Teacher Answer Key

Case Study

1. Freud read the calm wolves watching the patient as symbols rather than as literal animals, tying them to childhood fears and unresolved conflicts with authority figures.

2. It shows Freud treated dream images as coded messages about repressed material, so analyzing them was a way to surface memories and conflicts the patient could not reach while awake.

3. Barrett asked participants to think about a specific problem before bed, and some of them reported that their dreams supplied insights or solutions to that problem.

4. The cognitive theory treats dreaming as continued thinking rather than hidden wish fulfillment, and Barrett's dreamers woke with a clearer perspective on possible solutions.

Multiple Choice

1. B

2. A

3. C

Matching

1-B, 2-D, 3-A, 4-C

Fill-in-the-Blank

1) unconscious, 2) Hobson, 3) problem

Short Answer (Sample Responses)

Q1: The activation-synthesis theory argues that during REM sleep, random signals from the brainstem activate various areas of the cortex, which tries to make sense of these signals by creating a narrative or dream, even though the content is random.

Q2: Unlike Freud's theory, which sees dreams as revealing hidden desires, cognitive theory views dreams as a way to process memories and solve problems, emphasizing their functional role in daily life.

Q3: Barrett's study found that dreams can help participants gain insights or solutions to real-world problems, suggesting that the mind uses dreams to work

through issues or rehearse potential solutions.