

Bettelheim's concluding essay shows how unresolved authority issues created a need for approval even if the person consciously hated the regime and produced internal conflict which weakened the power to resist. Erich Fromm in *The Forgotten Language* makes a similar point. He quotes a dream from a man who left Germany after Hitler's rise and was an anti-Nazi not, as Fromm says, in the conventional sense of an anti-Nazi "opinion", but passionately and intelligently. His political conviction was perhaps freer from doubt than anything else he thought and felt. Nevertheless he had the following dream

I sat with Hitler, and we had a pleasant and interesting conversation. I found him charming and was very proud that he listened with great attention to what I had to say.

As Fromm points out, this does not mean that the dreamer is "really" a pro-Nazi, but how pervasive the desire for approval from authority is.

Like dreams which operate on many different levels, Charlotte Beradt's book seems to cover both the intra-personal and the political. It has helped me understand how some of the forces of projection, ambivalence, rationalization, need for approval (the ones that operate in me in my day to day existence) served as building blocks for the Nazi regime in the same way as they seem to be contributing to the escalation of the arms race today.

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DREAM BOOKS

These five short reviews supplement those done in the last *Self and Society* special edition on dreams (May/June 1981), where I recommended Ann Faraday's *Dream Power* and *The Dream Game* as excellent starting points.

The Forgotten Language by Erich Fromm (Grove Press)

Although largely focussed on dreams, Fromm's scope is much wider. He looks at symbolic language - "the only universal language the human race has ever developed" - and the book therefore includes analysis of stories from the Bible, myth (particularly a reinterpretation of the Oedipus myth) and fairy stories. There are good sections on

the history of dream interpretation and Freud and Jung's theories. An excellent book by someone who knows and loves his subject well, simply written but never superficial.

The Understanding of Dreams by Raymond de Becker (Allen and Unwin 1968)

Although out of print, I mention this work as an interesting source book. It contains dreams and dream theories from many ages and civilizations and shows how dreams have played many roles in history - divinatory, therapeutic, philosophical, psychological. The book includes sections on great religious, political and cultural dreams, and dreams in art and literature.

Jung Senoi Dreamwork Manual, by Strephton Williams (Journey Press 1980 available probably only from Compendium)

A very practical guide to working with dreams with over 35 dreamwork methods. His approach is characterised by respect for the dream and the dreamer, and the book is one which could be used well with an ongoing group as the directions are quite explicit.

Living Your Dreams, by Gayle Delaney (Harper Row 1981)

I have included this book because of the chapter on dream incubation which I and others have found very useful. The technique involves focussing on a particular problem or question consciously and then eliciting dreams to help with the answer. Quite a practical book, but I had to overcome my resistance to her 'movie' language of "dream shows, producers and stars".

Dreaming and Waking by Corricre, Karle, Woldenberg and Hart (Peace Press 1980)

I was impressed by the fact that this is one of the few dream books that looks at the sharing context, starting with the authors who live in a dream sharing community. Their theory of dreams is an interesting one and challenges most other dream theories with whom they compare their own (namely those of Freud, Jung, Perls, and Boss), but the book is marred by the authors' need to prove themselves which results in dogmatic statements.

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