

## Theatre of the Mind

**M**ost of us are conscious that we think about our lives during the day. At night we go on thinking about it but we think in a different language: We think in the language of ACTION, EMOTION, IMAGES, STORIES.....Like film.

Every night each one of us becomes our own film-maker/dream-maker, movie producer, director, script writer performing in our own personal psychic plays. As psychoanalyst each of us harbours in our inner universe a number of "characters", parts of ourselves that frequently operate in complete contradiction to one another.

Often we are not well acquainted with these hidden players. "We are all capable of creating perverse fantasies as well as dreaming impossible dreams. Whether we will it or not, our inner characters are constantly seeking a stage on which to play out their tragedies and comedies. These psychic plays can be performed in the theatre of our own minds or our bodies, or may take place in the external world, sometimes using other people's minds and bodies or even social institutions as their stage." The unconscious exerts a powerful influence over our conscious life. We find traces of it in our dreams, slips of the tongue, humor etc. Freud believed that dreams were the royal road to the unconscious. Jung believed that dreams were our way of healing ourselves. I believe that film and dreams can be a tool to both explore our unconscious and heal ourselves. Art and psychotherapy are both processes of transforming consciousness. Music, art, drama are all potent transformers of our consciousness and film blends all three. Viewing films through an analytic frame provides much inner enrichment.

Throughout this course we will try to explore themes of psychological significance which help us understand what is going on inside us and to learn about films.