The Attainment of Insight in the Hill Dream Model: A Case Study

Clara E. Hill, University of Maryland - College Park
Sarah Knox, Marquette University
Shirley Hess, Shippensburg University of Pennsylvania
Rachel E. Crook-Lyon, Brigham Young University
Melissa Goates-Jones, University of Maryland - College Park
Wonjin Sim, University of Maryland - College Park

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Abstract
Using a variety of different measurement methods, it has been shown that clients valued insight in dream sessions and that they gained insight into their dreams as a result of sessions. However, very little is known about the mechanisms through which insight is attained in dream sessions, other than the fact that client involvement and therapist adherence and competence are related to insight gains and that therapist interpretation may not be necessary for insight gains. Knowledge about how client insight develops in dream sessions might provide clues about how insight develops in therapy more generally, a useful pursuit given that insight is a major goal of many therapies. The purpose of the present study, then, was to investigate the development of insight within a single case of dream work. Because we currently know little about how insight develops in dream sessions and because insight might develop differently across clients, we studied one case of a client who developed insight during a dream session. We used a combination of quantitative and qualitative methods to maximize our ability to highlight the development of insight in this case. In this chapter we first describe the process and outcomes of the session, documenting that insight did occur. We then explore factors suggested from psychotherapy process research; dream work research; and our clinical experiences that may have facilitated or inhibited insight gains. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

Comments
study. At the same time, case studies also can have nested units within the main unit (see “embedded subcases” in the next section). In undertaking the definitional task, you should set a high bar: Think of the possibility that your case study may be one of the few that you ever complete. You might, therefore, like to put your efforts into as important, interesting, or significant a case as possible. What makes a case special? A case study approach is often the method of choice when the researcher is interested in process issues, in exploring areas about which little is known, in theory building (Langley, 1999), and in ethnographic research. The results of such research, like those obtained through any other method, are reported in the form of articles published in scholarly journals. I argue that ethnographic case study research is an inherently subjective and emotionally charged method of inquiry given the sustained contact and the particular closeness that is developed between researchers and informants.