



Die Traumdeutung (German Edition)

Sigmund Freud

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Freuds Traumdeutung gilt als grundlegendes Werk der Psychoanalyse. Für Freud ist der Sinn eines jeden Traums die Wunscherfüllung. In unseren Träumen manifestieren sich verdrängte aktuelle sowie aus der Kindheit stammende Wünsche, die sich häufig in verschlüsselter Form zeigen, weshalb die Traumdeutung auch „die Via regia [lat.: der Königsweg] zur Kenntnis des Unbewussten im Seelenleben“ sei. Die Traumdeutung führt die grundlegenden Elemente von Freuds Psychoanalyse zum ersten Mal zusammen: das Unbewusste, die Verdrängung, die frühkindliche Sexualität und die Arbeit an der Bewusstmachung verborgener Konflikte als therapeutischer Methode. Träume haben nach Freud einen Sinn, der sich hermeneutisch erschließen lässt. Im Traum streben inakzeptable, von der Zensur des psychischen Apparats verdrängte Wünsche, die häufig einen sexuellen Hintergrund haben und mit Kindheitserlebnissen in Verbindung stehen, nach Erfüllung. Da Erregung den Schlaf gefährden würde, werden die Wünsche durch „Verdichtung“ und „Verschiebung“ verschleiert. Die Interpretation von Träumen mithilfe eines Therapeuten macht zuvor unbewusste innere Störungen und Zwiespalte einer Bearbeitung zugänglich.

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