

Common Dream Themes Following a Loss

<i>Title</i>	<i>Description</i>
Back-to-Life	Deceased is alive in dream, either because she has or he has not really died or because they have come back to life
Alive-Again	Deceased appears to dreamer's surprise. Often the apparent death is seen as a mistake
Dying Again	Death re-enacted, either realistic or distorted
Passionate Encounter	Dream of romantic or sexual encounter with deceased (if loss of partner)
Knows deceased is Dead	Deceased is in a dream as if alive, but dreamer knows in the dream that he or she is dead
Moving on	Dreamer is physically moving away from the deceased
Re-enactment	"Classic" post-traumatic dream in which some aspect of the illness, death, or post death (e.g., funeral) is rather literally re-enacted
Reminiscence	Dream in which dreamer primarily gazes on deceased, without interacting, as if looking at a photo
Reunion	Dreamer and deceased encounter one another, greeting each other enthusiastically
Separation	Dreamer is physically separated from the deceased, e.g., by some physical barrier.

References:

- Barret, D. (1991-2). Through a glass darkly: Images of the dead in dreams. *Omega*, 24, 97-108.
Garfield, P (1996). In D. Barrett (Ed.), *Trauma and dreams* (pp. 186-211). Cambridge, MA: Harvard University Press.