

# UCSC Professor Lives In A Dream World

By Margaret Koch  
Sentinel Staff Writer

A standard breakfast table remark for many humans is: "Boy—did I have a weird dream last night!"

After which the dreamer tells, usually with great relish, his crazy—or frightening—or amusing dream.

Of all the dreams ever dreamed, perhaps the most famous of all time was Joseph's, of the seven lean cows and seven fat cows.

Man, who likes to think he controls his own thoughts, has always been intrigued by his capricious dreams. They seem to come and go as they please. Their cause and origin are hidden in a chasm deeper than than the ones in "falling" dreams.

A lot of balderdash has been written about dreams and their interpretations. But top researchers (who do NOT publish balderdash) are coming closer today to some of the answers.

Dreams and day dreaming fantasies top the list of interests of Dr. William Domhoff, who will join the University of California at Santa Cruz staff this fall as an assistant professor of psychology.

Bill Domhoff received his bachelor's degree from Duke

university, his master's at Kent State university and a doctorate at University of Miami. He has studied with Calvin Hall, who is considered one of the United States' pre-eminent Freudian psychologists. Together they have written several articles. They are now working on a book on dream research.

"Dreams are thought by some persons to be an emotional outlet—a sort of 'safety valve' theory," Dr. Domhoff said. "Then there's a newer theory that some actual bio-chemical becomes used up during periods of dreaming." He noted that Stanford university is at work on this theory.

Dreaming in color also is the subject of research. Little is known about it except that more women than men seem to dream in color.

Whatever the cause, it seems necessary for man to dream.

"The average person dreams from 20 to 25 per cent of each night. If he is deprived of a portion of his dream time, he will make it up as soon as he can," Domhoff said.

Experiments have been carried out with human beings through the use of physiological indicators. Electrodes are fastened to arms. An electroencephalograph is attached to the head. It registers brain

waves and records changes in them; dreaming is indicated by a certain pattern. Physical indications of dreaming include eye movement, facial expressions, heart rate, respiration and others.

Scientists have found that everyone dreams four to six times per night; dreams last from 15 to 20 minutes each. Animals also dream. And a revealing and valuable study was recently conducted in southern California, using cats, Dr. Domhoff pointed out.

"Some of the cats were deprived of their dreaming periods for as long as 20 or 25 days. They would spend two or three weeks making it up," he said.

Dream-deprived cats experienced extreme and constant hunger. They had trouble learning simple acts which are learned easily by cats, and they were sexually ravenous.

"To all appearances they were normal cats. You couldn't tell just by looking at them that they were different," he said.

In still another group of normal cats, the "dream center" in the brain was destroyed surgically. "Those cats were observed acting out their dreams, and some died in what might be called an 'out of mind' state."

Freud, the first psychologist to realize the importance of dreams, established two basic guides: dreams are disguised attempts to fulfill unsatisfied wishes, and dreams are the guardians of sleep (instead of awakening to perform an action, we dream it.)

Freud also realized the symbolical importance of dreams.

"One person might dream of a nice calm cow, another person of a threatening witch or monster. All three can be mother symbols. It depends on who is dreaming and on many other factors involved," he explained. "No blanket statements can be made."

Along with dreams and day dreams (the latter a source of much creativity, he feels), Dr. Domhoff is interested in the human personality. There is a small cult of snake handlers who are itinerant preachers in the south. There are the leftists—and the rightists—all of us—and the world we are creating.

This last interest has led Dr. Domhoff into writing a book titled "Is the American Upper Class a Governing Class?" Concerned with both leftist and rightist political personalities, the book is "an extension of what has been written by E. Digby Baltzell of Philadelphia," according to Domhoff. Baltzell, a member of Philadelphia mainline society, has written two books.

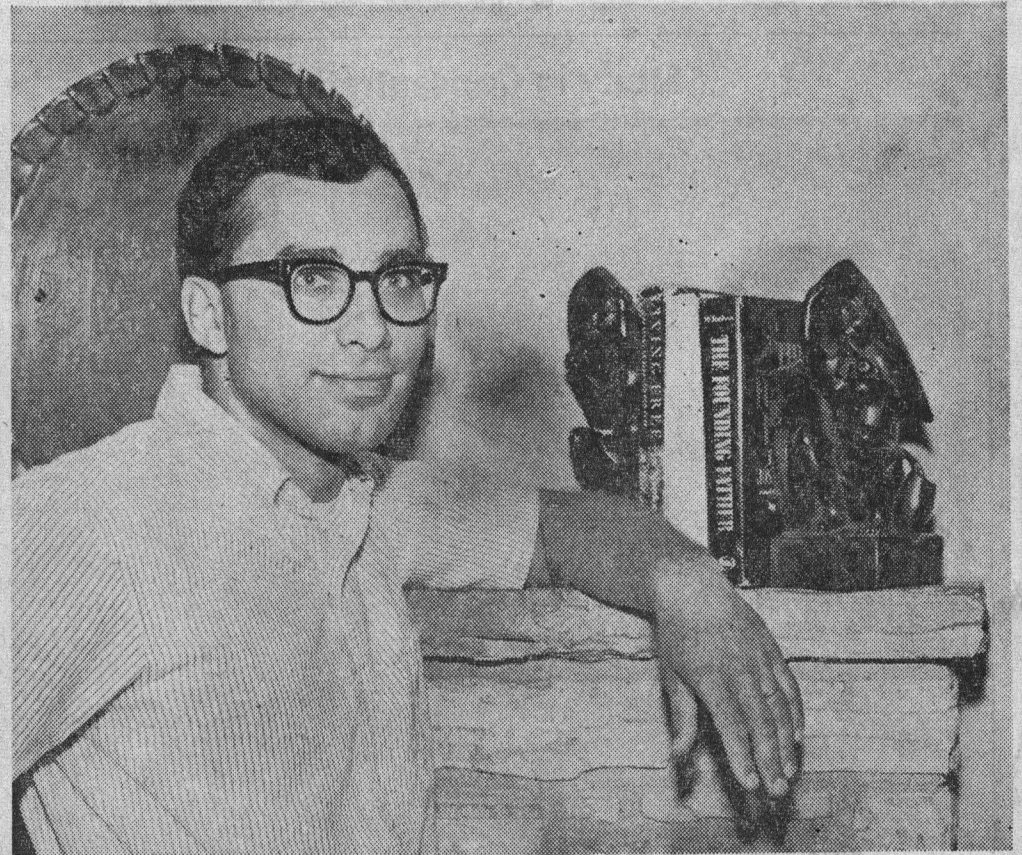
Of his interest in personalities, Domhoff says: "I'm not a psychoanalyst. I call myself a psychopompologist."

That, according to Webster, means "a carrier of souls to the underworld."

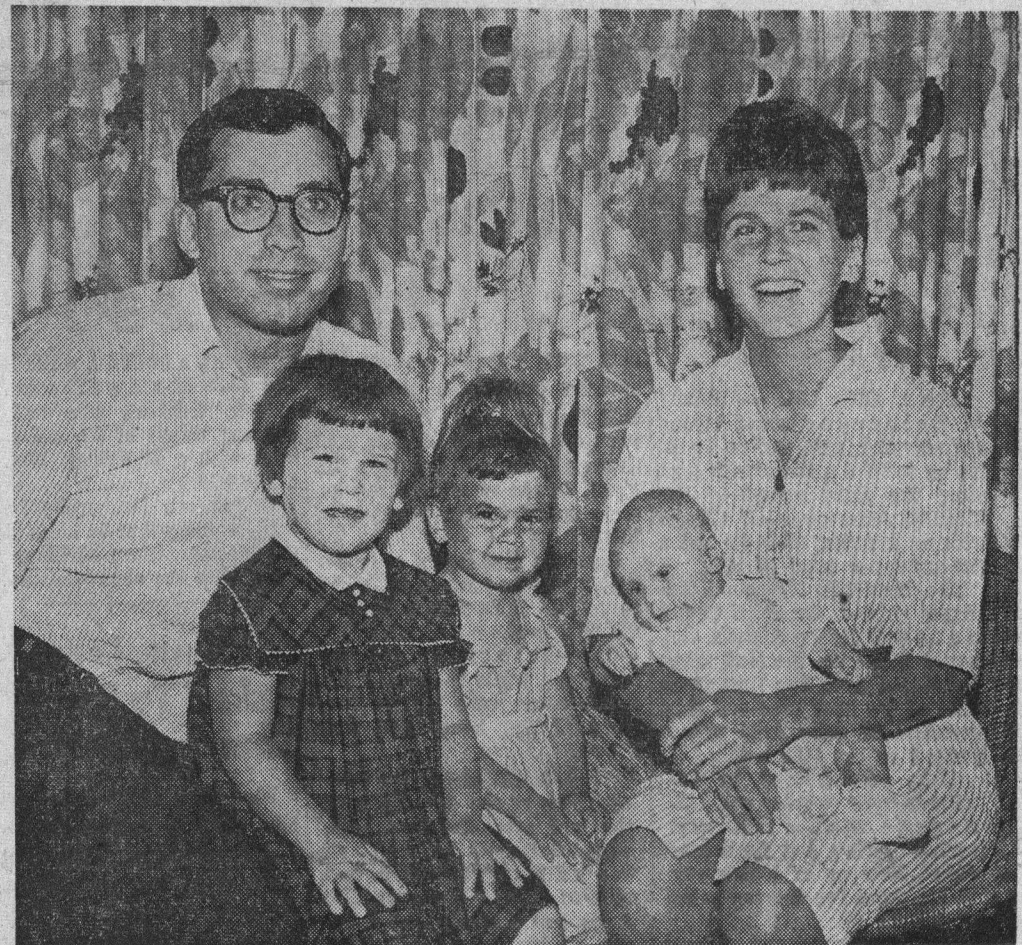
"My job is to carry souls (humans) from the conscious world to the unconscious world," Domhoff said.

This young man who deals in dreams and reality moved his family to Santa Cruz from Los Angeles. How did they feel about leaving the southern part of the state?

"We were delighted to leave it. It was a maze of smog and freeways—a nightmare," he said.



He's a psychopompologist! Santa Cruz, conducts souls conscious but he believes psychology should not be dull.  
Dr. G. William Domhoff of University of California at



Transplanted from southern California—and delighted. Dr. Domhoff, his wife, Judy, and (from left) Lynne, 3, Lori, 2 and Bill, two months. The Domhoffs live at 79 Alta Vista.