

DREAMWORK PSYCHOLOGY

A Proposal for Training Modules

M	Modules: We will work with these core concepts in group discussion and process, applying our insights to our clients and ourselves. Short research presentations will be asked for. Evaluations and supervision will be organized	Dreamwork Methods and Processes
1	<p>Dream Definitions & Transforming Childhood</p> <ul style="list-style-type: none"> • A dream is an internal ego experience of meaning occurring internally during sleep • A dream is an experience in image, action and feeling occurring internally in sleep • A dream is a coherent whole using the universal language of imagery to convey our internal and external life issues and how to deal with them, including our limitations in facing their reality • A dream is an internal experience of meaning coming to our awareness in the aware sleep state from a wisdom source other than ego <p>Dream Functions</p> <ul style="list-style-type: none"> • A dream functions to present life issues and how we are and are not dealing with them • A dream functions to train us in better dealing with life and personality issues • A dream uses intense imagery to affect us at the emotional level regarding issues to deal with • A dream represents us in our attitudes and patterns in a more objective way than we usually see ourselves • A dream functions to illustrate the need for internal and external integration and wholeness <p>Some Dreamer Fallacies</p> <ul style="list-style-type: none"> • The dream is only or best understood by the dreamer • That you can interpret dreams using outside symbol systems • That a dream symbol can be explained out of context • That sharing dreams is a private occupation • That the dreamer needs to fear what dreams reveal or others say about the dream • That dreams are not meaningful in themselves • That you can understand your dreams without needing to understand your dream ego also <p>Transforming Childhood</p>	<p>Group Dreamwork</p> <p>Working with the model of Ego and Ego-functioning</p> <p>Objectifying Dreams</p> <p>Following The Dream Ego</p> <p>Key Questions</p> <p>Working with the Dream Record</p> <p>Dream Analysis based on the dream ego</p> <p>Dream Ego Assessment Profile</p> <p>Partner and group application of the methods</p> <p>Active Imagination</p> <p>Inner Dialogue</p> <p>Role-Playing Parent-Child</p>

	<ul style="list-style-type: none"> • Starting our Dream Journey naturally starts with childhood • Earliest remembered dreams transformed • Myth of Childhood developed • Healing the “broken archetype” • Graduating from childhood • Dealing with the dreams with childhood themes 	
<p>2</p>	<p>The Dreamworker</p> <ul style="list-style-type: none"> • The committed dreamworker writes down at least three dreams a week for the rest of her life and dreamworks at least one dream a week • The committed dreamworker uses dreams and dreamwork as an objectifying process for making conscious oneself and ones life issues so as to develop, integrate and live realistically • The committed dreamworker chooses the objective view of the dream over that of the dream or waking egos in the choice for objectivity, resolution and wholeness • Personal dreamwork and its relation to ones core self • Projection into dreams and onto others, including colleagues and clients • The integrative process 	<p>Group Dreamwork</p> <p>Working With The Model Of Ego And Ego-Functioning</p> <p>Objectifying Dreams</p> <p>Following The Dream Ego</p> <p>Key Questions</p> <p>Working With The Dream Record</p> <p>Dream Analysis Based On The Dream Ego</p> <p>Dream Ego Assessment Profile</p> <p>Partner And Group Application Of The Methods</p> <p>Dream Incubation</p> <p>Symbol Immersion</p> <p>Developing The Dream Further</p> <p>Observing Decision-Making In Dreams</p> <p>Dream Tasks</p>
<p>3</p>	<p>About The Dream Ego</p> <ul style="list-style-type: none"> • The Dream Ego represents our operational identity in dreams similar to the ego in waking life • The Dream Ego is only about one seventh of the dream’s dynamics, perspective and issues • The ego identity of the dreamer is challenged by the dream source in the dream • Ongoing analysis of dream ego behavior, characteristics and attitudes through a series of dreams is highly effective for personality assessment and measurement of personal growth • Dream Ego Assessment Profile • List dream ego actions and inactions through a series of 	<p>Putting dreams in Art</p> <p>Dream Work with Archetypes</p> <p>Dream Cards</p> <p>Dream Enactment</p>

	<p>dreams</p> <ul style="list-style-type: none"> • List key issues and actions being repeated in a series of dreams • Find similarities of repeat actions and inactions through the series of dreams regarding repeat issues • Do analysis of attitudes behind dream ego behavior • Design changes in drego behavior to deal more effectively with repeat dream issues or situations • Analyze future dreams for changes in drego behavior and attitude regarding repeat dream issue situations • Dreamwork • Dreamwork is the conscious relation of the dreamer to the dream • Dreamwork creates meaning out of reexperiencing the dream and its dynamics • Dreamwork requires objectifying by separating out the Dreamer Ego from the Dream Ego • Dreamwork deals with the personality and life issues dramatized by the dream • Dreamworking The Archetypes • Dreamworking The Nightmare • Dreamworking And Mental Breakdown • Dreamworking The Defense System 	
<p>4</p>	<p>The Beginner Dreamer</p> <ul style="list-style-type: none"> • The beginning dreamer is passive and reactive in dreams and life • The beginner dreamer lives from fear and the principle of playing it safe in life using a defense system • The beginner dreamer tries to be in control in dreams and life but has many dreams wherein trying to control does not work • The beginner dreamer does not live in dreams or life that effectively in the sense of realizing potentials and relationships in a growthful and integrative way • The beginner dreamer is not committed to writing down dreams and working with them to mirror personality and to solve life issues and develop potentials • The beginner dreamer is not committed to self-growth and change via shifts in ego point of view • The beginner dreamer does not base life action on following the portrayal of the dream ego in the dream • The beginner dreamer is not committed to changing to 	<p>Dialoging with the dream figures</p> <p>Dream reentry</p> <p>Nightmare Resolution</p> <p>Resolving Childhood dreams</p> <p>Working with Children's Dreams</p> <p>Working with Clients</p>

	<p>become congruent within the dream and in life</p> <ul style="list-style-type: none"> • The beginner dreamer does not have an organized and developed consciousness but lives through others and projects freely • The beginner dreamer has large areas of life lived in fantasy and symbol systems about how life should be but isn't • The beginner dreamer tries to control or ignore dreams and life issues that are uncomfortable <p>The Dreamer Commitment</p> <ul style="list-style-type: none"> • The commitment to remember and write down many of ones dreams • The commitment to work with a dream a week with reactions to the dream • The commitment to make changes in oneself and life based on reexperiencing and understanding dream situations and issues • The commitment to becoming active, not passive and reactive, in dreams and life • The commitment to give up ones egocentric need to control in dreams and life • The commitment to become congruent in dreams and life • The commitment to serve the greater principles of integration and wholeness • The commitment to develop the reality function based on dream revelations about dream ego behavior and attitudes in dealing with life • Dreamworking Family Relationships • Transforming Childhood 	
5	<p>Dreamer Development</p> <ul style="list-style-type: none"> • The dreamer experimentally commits to recording dreams as personal mirroring • The dreamer commits to working with recorded dreams for insight and creativity • The dreamer commits to personality and life change based in part on dreamworking the dream • The dreamer commits to give up the defense system and live from the reality principle as reflected in dreams and life • The dreamer begins giving up egocentric control • The dreamer begins dealing with unconscious traumatic material and repressed potentials • The dreamer begins applying dream insights and values to 	<p>Commitment</p> <p>Choice-Making</p> <p>Dream Body Work</p> <p>Dream Body Diagnosis</p> <p>Focusing dream symbols in the body</p> <p>Observing dream series with focus on the body</p>

	<p>personality and life</p> <p>Dreamworking and the Body</p>	
6	<p>Dreamworking and (Sexual) Relationships</p> <p>Dreamer Development Continued</p> <ul style="list-style-type: none"> • The dreamer develops an organized and objective consciousness based on dreamworking many dreams • The dreamer develops an effective and fulfilling personality based on solving dream-evoked life issues and developing dream potentials in life • The dreamer develops a well-rounded personality and life style by solving dream and life issues and developing dream and life potentials • The dreamer becomes integrative and whole by becoming congruent in the dream • The dreamer becomes integrative and whole by living the potentials other characters carry in the dream for the dreamer • The dreamer becomes a self-integrating and self-contained personality by disidentifying from archetypes and integrating projections • The dreamer no longer tries to live through others but lives from ones own core being • The dreamer no longer lives through unconscious attitudes, symbol systems or fantasies, but from the reality principle, dealing with what is • The dreamer is a developed dreamworker able to work with and understand ones own dreams from the dream source viewpoint and not just the ego viewpoint • The dreamer has major dreams of life and destiny and change points in ones life that are followed and developed • The developed dreamer is effective and fulfilled, living a life of purpose and meaning • The developed dreamer lives fate as destiny, creating a life of meaning out of ones core self 	<p>Couples Dreamwork</p> <p>Dreamwork and Relationships</p> <p>Working With Body Image</p> <p>Living from the Reality Principle and not from attitudes</p> <p>Sexual Issues and Ethics in personal relating and in working with others</p> <p>Transference and Counter Transference as it shows up in dreams and dreamworking</p>
7	<p>Dreamworking With Others</p> <p>Dreamer Development Concluded</p> <ul style="list-style-type: none"> • The dreamer develops an organized and objective consciousness based on dreamworking many dreams • The dreamer develops an effective and fulfilling personality based on solving dream-evoked life issues and developing dream potentials in life 	<p>How to use dreamwork in a clinical setting.</p> <p>Much supervised dreamwork with others</p> <p>Group leadership</p> <p>Teaching Dreamwork Methodology</p>

	<ul style="list-style-type: none"> • The dreamer develops a well-rounded personality and life style by solving dream and life issues and developing dream and life potentials • The dreamer becomes integrative and whole by becoming congruent in the dream • The dreamer becomes integrative and whole by living the potentials other characters carry in the dream for the dreamer • The dreamer becomes a self-integrating and self-contained personality by disidentifying from archetypes and integrating projections • The dreamer no longer tries to live through others but lives from ones own core being • The dreamer no longer lives through unconscious attitudes, symbol systems or fantasies, but from the reality principle, dealing with what is • The dreamer is a developed dreamworker able to work with and understand ones own dreams from the dream source viewpoint and not just the ego viewpoint • The dreamer has major dreams of life and destiny and change points in ones life that are followed and developed • The developed dreamer is effective and fulfilled, living a life of purpose and meaning • The developed dreamer lives fate as destiny, creating a life of meaning out of ones core self 	
<p>8</p>	<p>Conscious Wholeness and Integration</p> <p>Dreamwork Research Principles</p> <ul style="list-style-type: none"> • The dream ego is the most consistent and relevant symbol in ongoing dreaming, and therefore the most measurable basis for classifying dream categories of meaning • Development in life and personality can be effectively measured by dream ego classification as to action and attitude, plus development in ongoing dreaming • Personality and life change and development can be measured by dream ego development and change when dream and dreamer related interventions are made through applying dreamwork methodology • Dream ego development and change can be classified and measured in itself and correlations made to ego development and change in life • Personality identity and behavior can be classified through classification of dream ego characteristics, actions and attitudes 	<p>Learn Correct Thinking, including the Thinking Fallacies and how they affect perspective and behavior</p> <p>The Reality Principle</p> <p>Learn and practice energy principles and movements in dreams and life. Ongoing in most training sessions</p> <p>Qualifying Examinations for Dreamwork Therapist in Dreamwork Psychology and-or as a Dreamwork Teacher and Dreamwork Group Leader in Dreamwork Psychology</p> <p>Participant Presentations of Projects and Papers</p>

	<ul style="list-style-type: none"> • The dream record is eighty percent accurate, accurate enough for objective classification • The personality of the dreamer can be objectively classified through objectifying the dream and the dream ego • Therapeutic and growth interventions can be effectively made based on ongoing dream ego analysis • The dreamer and the dream can be analyzed and classified through objectifying the dream ego • The effects of ongoing dreamwork can be measured in classification of dream ego behavior, change and development • The effects of ongoing dreamwork can be measured in correlations between dream ego behavior and attitude and waking ego behavior and attitude 	
	<p>Qualification and Graduation</p>	<p>Personal and Professional Qualification</p> <p>Examination on Theory and Methods and Practice in Working with People</p>

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