



STREPHON KAPLAN-WILLIAMS

Dreamwork Psychology Handbook

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STREPHON KAPLAN-WILLIAMS

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A Personal Statement From Strephon Kaplan-Williams

What we have in this Handbook is the distilled essence of my work over thirty-five years.

We see also the essence of the observed effects with people from dreamworking in this style. This is a source document reflecting the results of doing in depth dreamwork with hundreds of people and their over twenty thousand dreams.

Before now what I had developed were the training and dreamwork methods described in my many books.

Now I have a greater understanding of what is a dreamwork approach to life and personality. I believe people are searching for ways to develop themselves. They realize, if they are modern, that they are their own personal bio-computer, so to speak.

Not only does the world create external technologies for greater life fulfillment, now we also need to keep pace and develop internal technologies for life fulfillment. Dreamwork is one of these internal technologies for self-development at a major level of effectiveness.

We must help people understand that it is fun and productive to work on themselves, and out of this self-development comes their greater fulfillment in life.

With the publishing of this Handbook there is now the foundation level that can be implemented in training programs and built upon so that it becomes both inspiring and effective in the real world of the Twenty-First Century.

Effectiveness is when what you intend consistently happens in the world of direct experiencing.

Strephon Kaplan-Williams
2009, September

Definitions

Definition

A definition is a core description characterizing an entity, action or event for which words are used. A definition is best worded to indicate how something functions, overriding even the historical usage of the word as scholars have discovered it.

Dream

A dream is a coherent experience in imagery, action and feeling participated in while asleep that can also be remembered and conveyed after waking, even if subsequently forgotten.

Dreamwork

Ways of working with dreams to resolve issues and patterns they reflect and to change the ego's point of view towards greater reality, purpose and dealing with things. Dreamwork is reexperiencing the dream. Dreamwork is turning symbol into function. Dreamwork is not interpreting the dream since the dream experience is not significantly altered by the interpretation.

Interpretation

Interpretation is turning symbol into concept using an external symbol system, often unconscious and therefore assumed to be true. Interpretation is turning symbol into concept while dreamwork is turning symbol into function.

Commitment

Commitment is sustained choice and action over a chosen period of time in a given direction for a determined value.

Healing

Healing is bringing resolution to conflicts and contrary tensions in dreams and life.

Resolution

Resolution is ending conflicts through new integration of the conflicting dynamics or the resolving of a conflict by ending one or more of the conflicting dynamics.

Congruence

Congruence is being actively related to the whole of which you are a part so they whole functions at a natural core level.

Choice

Choice is choosing among sometimes differing and contrary possibilities, saying Yes to one thing and No to all that would oppose it.

Consciousness

Consciousness is being aware of how you are being aware. Consciousness is awareness plus appropriate action following universal energy principles and functions.

Ego

The choicemaking and awareness center of the human psyche.

Ego Identity

A collection of images, attitudes and memories that the human identifies with to see themselves as an individual.

Egocentric defense system

The collection of attitudes, patterns and behavior that the egocentric ego builds up around itself to protect itself from experiencing consciously and fully all of reality as it comes.

The Dream and Its Dreamwork¹

Introduction

- The Dream and Its Dreamwork - The Exciting Discoveries
- In this new approach the presenter has discovered that dreamers who truly work with their dreams cannot feel safe in their confrontation with what the dream is saying about them. Referencing thirty-five years of professional dreamwork and research the presenter finds that the dreamer's point of view is not the objective view in the dream itself. Only by dreamworking the dream do we make our subjectivity objective. We objectify the dream to objectify ourselves. We find out who we are by finding out who we are in our dreams.

Dream Definitions

- 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

Dream Functions

- 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

Some Dreamer Fallacies

- 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

The Dreamworker

- 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

¹ ASD Featured Presentation, June 19, 2004, Copenhagen, Denmark

What We Know About The Dream

- Dreams are created by a wisdom source other than ego because dreams present us with our life issues and our challenges in dealing with life and personality
- We dream objectively about ourselves
- The dreamer is represented by the dream ego
- Other symbols, figures and actions represent unconscious inner dynamics and attitudes, but also outer issues, perceptions and persons
- Dreaming is congruent with the intuitive function not under control by the ego
- Only the ego feels fear. Nightmares show the ego handling situations and issues ineffectively
- The dream presents our conscious ego response to inner and outer dynamics and situations
- The dream functions to highlight issues and to train the ego consciousness in attitude change and development based on the wholeness principle and reality function
- Dreams are created out of a core thrust for wholeness and resolving inner and outer issues
- Dreams lead and we follow. We commit to wiser direction than the ego personality provides
- Our ongoing dream task is to become more congruent with the issues and dynamics of the dream itself
- There are many ways to live life but only one way to live the dream

About The Dream Ego

- 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 dreams
- 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 dream ego behavior to deal more effectively with repeat dream issues or situations
- Analyze future dreams for changes in dream ego 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
- Beginner Dreamer
- 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 become congruent within the dream and in life
- 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

The Dreamer Commitment

- 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
- The Dreamer Development
- 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 personality and life
- 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

Dreamwork Research Principles

- 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
- 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

Key Dreamwork Methods - A Summary

- **Objectifying the Dream** as the detailing of the structures and units of meaning inherent to the dream itself as shown in the dream report
- **Following the Dream Ego** as the specific focus on the behavior, actions, non-actions and motivating attitudes and patterns of the dreamer in the dream. Then applying these discoveries to life actions and attitudes to evaluate and make changes according to the Reality Principle
- **Dream Dialogue** releases unconscious content associated with a dream symbol
- **Dream Reentry** helps the dreamer reexperience dream content by going back into the dream through the meditative state and the door of the dream's imagery and actions. Dream Reentry also works to help resolve dream issues and scenes
- **Dream Enactments** are mini dramas enacted from simplified dream scenes to help the dreamer reexperience dream content and resolve issues
- **Dream Tasks** are the specific choices for change the dreamer commits to practicing coming out of the dream and its dreamwork

Method: Objectifying Dreams

- Record the dream as completely and objectively as possible without interpretation
- List and evaluate key symbols and actions according to relevance, repetition and intensity of effectiveness in the dream itself
- List and evaluate dream ego actions and reactions
- List and evaluate dream ego "could have done" non-actions and reactions
- List similarities and contrasts
- List interrelations of parts
- List sequences and developments
- List resolutions and non-resolutions
- List key issues and potentials for action and change
- List what dream ego could have done differently to handle dream issues with resolution and development

Method: Following The Dream Ego

- Objectify the dream
- List dream ego actions
- List dream ego "could have done" non-actions
- List dream ego attitudes behind actions and non-actions
- List issues the dream ego is dealing with in the dream
- List dream ego's effectiveness in dealing with resolving or developing dream issues and potentials
- Make parallels of dream ego discoveries to waking life issues, attitudes, actions and non-actions
- Follow dream ego development in dreams and life

Following Dream Ego Benefits

- Objectifies ones ego functions of awareness, identity, attitudes and choicemaking
- Works with ones unrealistic attitudes and behavior by seeing dream cause-and-effect behavior
- Forms the basis for life and personality change
- Disidentifies from images and archetypes
- Develops effectiveness in dealing with dream and life issues and dynamics
- Increases the range and effectiveness of dream and life behavior
- Obtaining ongoing objective feedback on oneself

Some Principles To Practice

- Make yourself conscious by objectifying yourself and life consistent with the Reality Principle (what is)
- Cure yourself of egocentric desire and defenses
- Serve a greater source of wisdom and direction than ego desire and self-centeredness
- Choose for wholeness and integration
- Balance the opposites in all things
- Practice and choose by wisdom principles daily
- Live by an objectifying source such as dreamwork
- Practice the wisdom principles found in dreams

Method: Dream Dialogue

- After Objectifying your dream, pick the symbol or figure with the most energy, positive or negative,
- Make about five key questions to ask in your dialogue using the dream's imagery and issues
- In a quiet place, visualize your dream figure and ask a key question of it, writing down quickly whatever comes into your head
- Keep asking questions and give short responses until the flow stops or resolution occurs
- List what you have learned from your dialogue

Method: Dream Reentry

- Do Objectifying and Following the Dream Ego
- Note dream ego ineffectiveness and effectiveness
- Choose how to interact with your dream figures and situation for development and resolution
- Close your eyes and visualize the dream scene but this time acting as you have chosen
- As you act differently allow the dream's imagery to change naturally
- Stop when you have a new development or sense of resolution

Method: Dream Enactment

- Do Objectifying and Following the Dream Ego
- Create an effective attitude and action for the dream ego to use in resolving a key issue

- Use a director to direct dream group members to enact in simplified form for ten minutes the dream scene
- Reenact again for ten minutes but first asking what the dreamer would like to change in action and attitude
- The director enhances the drama as necessary during the process, going for resolution
- The dreamer gives his or her experience followed by each person involved or watching also speaking
- How does the enactment resolve the issues?

Method: Dream Tasks

- After using other dreamwork methods summarize the dreamwork insights and do any of the following
- List parallels from dream ego behavior and dream issues to waking life and personality
- Discard habits and behaviors based on the dreamwork discoveries
- Create new behaviors and principles to live by
- Write down or tell another a specific action, choice or practice you will undertake within a definite time
- Record and tell significant results from the new actions, attitudes and principles
- Look for changes in dream ego behavior in new dreams

Dreamworking Methods

1. Objectifying Dreams

Finding the structures actually present in the dream rather than projecting symbol systems into the dream to arrive at an interpretation

Areas

The nature of objectivity and subjectivity

What are the structures in every dream and how do we clarify them?

Using correct thinking principles to analyze dream and life situations

Taking back projections and disidentifying unconsciously with concepts and attitudes

Effects

The person learns how they think and feel subjectively rather than also objectively

The person starts learning to live consciously by objectifying oneself

One sees what is actually there in dreams and life rather than adding images and feelings based on projecting into dream and life experiences

2. Following the Dream Ego

Objectifying the dreamer's behavior in the dream, evaluating that behavior in terms of dream and life congruence and then making changes in drego and life behavior

Areas

Listing drego actions

Listing possible attitudes behind drego actions

Evaluating drego behavior in terms of congruence or incongruence with the dream

Developing dream and life principles for drego to act more congruent with dream situation

Following changes in drego behavior and ego life behavior through a series of dreams and dreamwork

Effects

Organized and grounded mirroring of the ego function and identity of the dreamer

Re-organizes the ego function to be more congruent with dream and waking reality

Mirrors and re-works the personality identity by dream ego work

Develops effectiveness in life by knowing how the ego functions for identity and action in life

Tests the integrity of the dreamer in evaluating whether the dreamer gives up control and acts congruent with dreams and life

3. Key Questions

Open-ended questions that reflect the key issues raised in the dream

Areas

Key questions based in the dream itself

Key questions raised by the dream regarding ones life and personality

Consciousness as focused awareness and open activity

Effects

Expands ones consciousness and perspective on life

Gives standard format for processing a series of dreams

Opens the intuitive channels of inner guidance and wisdom

Helps prevent interpretive, rational labeling of dream symbols

Focuses the dreamer on key areas and issues in the dream

4. Dream Tasks

Re-enacting chosen dream behavior in daily life

Areas

Objectifying dream actions for re-enacting

Grounding dream insights in daily life practice

Personality change and development following dream actions and dream ego activity

Development of character and personality through commitment to reality

Effects

Getting out of the interpretive, rational mode into direct action and dealing with consequences

Vitalizing ones personality and life with new creative activity originated from dreams and dreamwork

Evoking future dreaming on the issues and actions practiced

5. Dialoguing with Dream Figures

Having a flow conversation with a symbol to evoke its conscious meaning

Areas

Intersection between consciousness and the unconscious

Effects

Relationship forming between symbol and ego functions

Generating new consciousness

Clearing intuitive channels in giving up ego control

Developing the wholeness process by developing the ego relation to other parts of the psyche symbolized by dream symbols and their functions

Learning the meaning of symbols directly by experiencing their energy functions

Dealing with repressed material not normally acceptable to the ego which comes up

6. Symbol Immersion

In the meditative state focusing on a key dream symbol and intensifying your experience of it

Areas

Use for intensifying your awareness reaction to a dream symbol

Develop your intuitive function through immersion in live symbols

Effects

Face and accept an ego fearful symbol

Experiencing the meaning of a symbol at a feeling and physical awareness level

Bypasses the rational, interpretive mind

Trains the ego not to dominate or interpret the symbol but to experience it directly without labeling it

Helps healing in the psyche by facing and integrating emotionally the symbol and its energy

function

Helps knowing the energy function behind the symbol

7. Dream Reentry

Going back into the dream through the meditative state to reexperience it as it is or to add changed drego behavior and then experiencing the results

Areas

Use for reexperiencing the dream more intensely

Use to evoke resolution of the dream situation through changed drego activity (do not change the imagery consciously)

Use to evoke further dream development

Use to fall asleep redreaming the dream onward

Use to change archetypal patterns

Effects

Greater feeling affect for the dreamer

Re-training the ego to be more congruent with the dream

Healing the dream conflict through evoking resolution

Changing archetypal splits and patterns within the psyche

Ending recurrent dreams through resolution

Ending recurrent nightmares through resolution by staying present in the dream

Shifting physical illness to wellness in symbolic diseases such as cancer

8. Dream Enactments

Acting out key dream situations to reexperience them emotionally and energy-wise, and sometimes to re-enact resolutions to dream issues

Areas

Dream ego original dream reaction and new drego action

Resolving key dream and life issues

Emotional release

Archetypal pattern shifts

Learning effectiveness in dreams and life

Experiencing the dream with affect

Participating directly in dreams and life

Effects

Learning to cope with conflicts and tensions

Experiencing directly new potential

9. Rewriting the Dream

After objectifying and dream ego work we rewrite the dream with the drego acting more congruently with the rest of the dream

Areas

Changing ego attitudes in dreams and life

Healing archetypal patterns

Serving the source

Effects

Learning problem solving

Healing splits within

Developing reality function

Committing to ones purpose in life

10. Dream Bodywork

Finding the dream energy in body awareness and the body as dream

Areas

Body symbols in dreams

Body awareness

Body symptoms

Rebirthing symbolically

Re-healing the body

Re-balancing the energy system

Effects

Healing bodily symptoms

Conscious awareness of bodily affect in dreams and the body

Healing core traumas

11. Archetypal Dreamwork

Finding the energy functions in a dream so as to see what other archetypes or energy functions need evoking for rebalancing

Areas

Shows dominance of an archetype in the dreams and by reflection in the life and personality

Shows the dreamer's relationship and responsibility in terms of the archetypal functions portrayed

Indicated interventions to make in terms of the dream's issues and archetypes

Effects

Helps understand one's archetypal energy system

Helps understand and deal with one's emotional past

Helps one live in tune with archetypal energies in the psyche and in life itself

Helps evoke physical and emotional healing

12. Dream Theme Development

Dream themes are repeat situations, images, actions and persons that have relevance to the dreamer and the dream ego

Areas

By tracking a certain symbol and the dreamer's relation to that symbol we can see developmental changes, usually for the better

Effects

Dreams, by re-presenting issues and themes, emphasize to us the importance of dealing with this issue or theme

Not only can a dream theme develop but the drego can develop as well in relation to the dream theme

If the theme is no longer dreamed it may mean the dreamer has dealt with the issue behind the theme

By tracking dream themes you see what your dominant life issues are as reflected in the series of dreams

Since you have the same issue or theme in a series of dreams you now have the basis for resolving those issues and themes

You dream what you most need to know

You change your ego attitude and perspective according to how a dream theme challenges you to do so

13. Dream Incubation

When we evoke a dream on a certain subject or issue and we receive a relevant dream

Areas

Dream Incubation to evoke clarity on a life issue

To evoke a counterbalancing archetypal energy function to the one already dominant in the dream

How to recognize a response coming from the dream source and not being projected by the ego intention

Effects

Gives conscious focus to the dreamwork process

Evokes healing in the psyche

Enlarges our arena of expression in dreams and in life

Focuses the ego intention

14. Dream Art Expression

Using the symbolic arts to reexpress dream situations and symbols for greater affect

Areas

Painting dreams and dream themes

Developing intuitive expression

Writing dream inspired poetry and meditations

Using movement to reexpress dream functions in bodily experience

Effects

Gets one out of the rational interpretive mode into bodily feeling

Helps one let go of thinking control to feel the dream effect

Refocus key dream symbols and themes for better memory access and use as reminding symbols of how better to act in daily life

15. Dreamwork Rituals

The use of sacred objects and practices to embody chosen dream symbols for their perspective and meaning

Areas

Nature rituals for renewing the life force

Shamanism practices for centering and energy renewal

Symbolic rituals to mythologize the dream and life journey

Dreamwork Rituals contrasted with traditional religious practice and dogma

Effects

Creates transpersonal experiences of greater meaning

Renews the life force

Provides a rich context of meaning and relationship

Helps the dream journeyer to experience more fully the spiritual life journey in dreams and life

16. Dreamwork Sharing

Sharing dreams in groups and partnerships for the purpose of doing dreamwork to enhance the meaning of the dream and deal with its issues

Areas

The dream sharing support group

Structures for sharing and doing dreamwork together

Commitment to dreamwork within a group context

Effects

Gaining support from others of like purpose in re-living ones dreams in dreamwork

Reinforcing ones perspective on dreams and the dream journey by participating in other dreamers' dream and life journeys

Experiencing inspiration and energy generated out of dream group experiences

17. Dream Group Leading

Focusing group members around doing formal dreamwork with each person's dream

Areas

The group leader's own dreamwork life
The group leader not interpreting but guiding dreamworking experiences

Commitments and skills need for group leaders

Being an advocate for the dream's perspective over that of the dreamer's perspective as well as the dream ego's perspective

Effects

Leadership helps the leader do better personal dreamwork because of being inspired by others dreamwork as well

Builds integrity and consciousness in the leader if working in an honest and open way with the group and its dreams

Gives a creative and purposeful vocation in building consciousness for oneself and others

18. Dreamwork Guiding

Leadership in using dreamwork methodology objectively in helping dreamers face the issues of their dreams and use dreams and dreamwork to change their lives for the better

Areas

Using the methodology objectively rather than interpreting dreams for others

Being an advocate for the dream's perspective over that of the dreamer's perspective as well as the dream ego's perspective

Effects

Being inspired to greater meaning and consciousness by working with others as well as oneself using dreamworking

Becoming really effective and fulfilled in life

Being challenged to integrity and grounding in working with others at the dreamworking level

Comment:

Trainers and therapists would do well to note the chief effects of each of these techniques so that there are appropriate guidelines for evolving the process. Dreamwork process is best grounded in the dream and in the outcomes that emerge for the dreamworker. We must be aware as much of the results of the dreamworking as of the original dreaming experience, and the life experiences that may have evoked the dream.

Most dreamwork techniques can be self-enacted but when assisted by a skilled dreamworking guide with the support of a committed dream group the process often seems to go deeper. Both approaches to doing the dreamwork have their value. Perhaps the greatest limitation in doing self-initiated dreamwork is that the dreamer is likely to keep the ego viewpoint in control of the dreamwork experience. Yet if the dreamwork experience is powerful enough then the dreamer's ego may be forced to let go, and this is often scary, for who knows what might happen as the process takes off on its own?

Thus it is that the dreamer is better supported in doing dreamwork by being in a committed group with a skilled leader as guide. The dreamer will usually let go more this way if there is trust in the group and in the leader.

However, leaders who have not been sufficiently through their own dreamworking process will seek to control the dreamer's dreamworking experience. This often leads to insecurity because the group instinctively recognizes the leader is not in herself. When the leader is not secure and grounded how can others be secure and grounded?

The clearest separation between dreamwork leaders and guides is between those who are truly professional and those who are not.

Dreamwork Psychology Tools

Dream Ego Evaluation Scale For Active Dreamwork

These are the outstanding characteristics of the dream ego, the dreamer in the dream. When you analyze your dream for these characteristics, much will be revealed to you. Further, when you keep working with your dreams in functional dreamwork rather than interpretive dreamwork, you will see that you are becoming more active and effective in your dreams and thus start achieving plus scores. To work with a dream write down your dream and then look at and describe your dream ego behavior and being in the dream.

Put these dream report descriptions in the blank cells of this table. You will through this process discover insights about yourself, your dream and life. Keep doing these reports for each of your significant dreams. Then review a series of reports after a few months and see what dream and life changes have occurred. You can also use this form for analysis of strong life situations that you describe as a dream. Again, put in descriptions of you and your behavior in the form.

This ongoing reporting on yourself may indicate quite well how you are progressing in your growth. For professional therapists you can also use this form to evaluate others.

Strephon Kaplan-Williams Dream Ego Evaluation Scale © 2009
20 Primary Dream Ego Characteristics

+	Active – <i>Doing things rather than just observing or not reacting</i>		
-	Reactive – <i>Doing things forced upon one by others and circumstances</i>		
+	Interactive – <i>Sharing with another of oneself and opening to what the other wants to give you of themselves</i>		
-	Subjective – <i>When we interpret our experiences based on the past in the form of attitudes, memories and belief system, thus not being able to experience the Other in itself</i>		
+	Objective – <i>The drego assesses a person or situation as it is and interacts appropriately</i>		
+	Creative Action – <i>Taking action to manifest the potentials available</i>		
-	Passive – <i>Not expressing, taking action or interacting to things happening</i>		

-	Observer – <i>Watching what is happening without interacting or taking action</i>		
+	Decisive Action – <i>Action that directly shifts the dream situation</i>		

+	Taking Congruent Action – <i>Doing what is in tune with what is happening in the dream</i>		
+	Choosing – <i>Aware of alternatives the drego carries out one option and not the others</i>		
+	Bringing Resolution – <i>The drego acts to cause a shift in a stasis situation, freeing energy and causing movement in a direction more whole than the stasis situation</i>		
-	Following Ego Desire – <i>The drego acts according to what it wants in the situation</i>		
-	Flight – <i>The dream ego tries to avoid energy coming its way, adversarial or not</i>		
-	Control – <i>The drego tries to prevent, resist, take charge of what is happening</i>		
+	Cooperation – <i>The drego accepts the situation and chooses to conform to it as it is through choice and self-action. This is not passivity in which the drego does not react.</i>		
-	Fight – <i>The drego attempts to oppose and even destroy adversarial forces coming its way</i>		
-	Fearful – <i>The drego feels, interprets and reacts to situations it perceives to be dangerous and tenses, unable to act</i>		
-	Emoting – <i>Expressing or feeling strong positive or negative energy that affects oneself to the extent that one is unable to choose or see the whole objectively</i>		

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+	Accepting – <i>Being open to what is happening and letting it affect one without overwhelming oneself</i>																					
	Summary of Insights																					
	Totals – <i>A chosen goal of dreamwork as growth work can be to increase your dream ego score to show positive scores as favorable in terms of ego activity and effectiveness.</i>																		T-Score			
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10		

Ego Self Statements Profile (Ego Profile) Form

We are asking you to make a forced choice in which you have to choose one way or another if the statement is you or not.

SELF-STATEMENT DO YOU AGREE?	YES	NO
1. A friend is someone who makes you feel good.		
2. Anger is a bad thing.		
3. Avoid conflicts at all costs.		
4. Basically people are out to meet their own needs first so be careful.		
5. Control others or they will control you.		
6. Do not stand out from the crowd.		
7. Do what others want you to do if it is at all possible.		
8. Don't give away secrets because people will betray you with them.		
9. Don't go in the water if it doesn't feel good.		
10. Don't waste your energy fighting.		
11. Everyone has fear.		
12. Friends are well worth having.		
13. Friends take a lot of your time.		
14. Generally I am a successful person.		
15. Generally I am smarter than my parents in dealing with life.		
16. Generally resist those who make advances and take the initiative yourself when you		
17. God is all powerful.		
18. God is love.		
19. Half the time I don't know I am in a body.		
20. Humans are more bad than good.		
21. Humans are more good than bad.		
22. I always give the other guy the benefit of the doubt.		
23. I always look for a new way to do things.		
24. I am a highly successful person in what I do.		
25. I am a risk taker regardless of outcome.		
26. I am afraid to be alone.		
27. I am afraid to die.		
28. I am always surprised when nice things happen to me I did not ask for.		
29. I am always thinking of myself and what I am doing with myself.		
30. I am often afraid to risk unless I am certain the outcome will be good.		
31. I am basically a good person.		
32. I am basically a lucky person with many opportunities to fulfill myself.		
33. I am content mostly with the way my life is right now.		
34. I am highly critical of others but I do not let them know how I feel.		

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35. I am living life almost as fully as I can.		
36. I am living my life at about half my capacity.		
37. I am lonely in love because I always seem to end up with the wrong person.		
38. I am lonely in love because I am not attractive enough.		
39. I am my own worst enemy.		
40. I am nervous and high strung much of the time.		
41. I am never content but always trying to do something better, different or new.		
42. I am not content with my life the way it is.		
43. I am not the person my parents brought me up to be.		
44. I am suffering a lot.		
45. I am worried about my body.		
46. I basically know myself.		
47. I believe about half of what people tell me is true.		
48. I believe that no matter how bad things are they will always get better.		
49. I can meet my own needs better than have someone else meeting my needs.		
50. I can take care of myself.		
51. I cannot hold onto my money.		
52. I choose my goals and do what is necessary to fulfill them.		
53. I choose to deal with things as they happen and out of that find my way in life.		
54. I control my feelings so as not to upset others or get them negative about me.		
55. I deal with things in the here and now.		
56. I do believe in God.		
57. I do not abuse my body but try to maintain the best health possible.		
58. I do not indulge in things that are bad for me.		
59. I do not have a love partner and I am not trying to get one.		
60. I do not have a love partner but want one.		
61. I do not keep my sexual life secret from others who need to know.		
62. I do not know if there is life after death or not.		
63. I do not trust that whatever choice I make is right.		
64. I do what I want to do regardless of others.		
65. I do what others want me to do.		
66. I don't know what to do with myself if I am not involved in some activity.		
67. I don't always know what I want.		
68. I don't need anybody.		
69. I don't believe in God.		
70. I don't know if I will really fulfill myself or not.		
71. I don't know why I am living my life.		
72. I don't like being unhappy.		

73. I don't like masturbating unless I have to.		
74. I don't like pain and try to avoid it at all costs.		
75. I don't make a habit of anything.		
76. I don't really know what I want to do with my life yet.		
77. I don't sleep as much as I should.		
78. I don't worry about the future.		
79. I express my feelings regardless of what others think and feel.		
80. I fear being rejected by others.		
81. I feel bad when others feel bad.		
82. I feel bad when something is wrong with me.		
83. I feel good when I have accomplished something good.		
84. I feel good when my body and my mind feels good.		
85. I feel good when others feel good.		
86. I feel mostly invisible to others.		
87. I get afraid that things could go wrong.		
88. I get afraid when I am threatened.		
89. I get afraid when I do not know what is going to happen in the situation.		
90. I get afraid when I don't know what is going to happen to me.		
91. I hardly ever lie to people.		
92. I hate my parents.		
93. I have a hard life in which what I achieve I have to mostly make happen.		
94. I have a love partner but I am more unsatisfied with the relationship than satisfied.		
95. I have a love partner but I am only half satisfied with the relationship.		
96. I have a wonderful life.		
97. I have done more than I ever thought I would in life.		
98. I have given up on relating to others because it doesn't work.		
99. I have habits that I cannot break that are destructive.		
100. I have never really gotten what I wanted in life.		
101. I have not accomplished that much yet in my life.		
102. I have problems I cannot solve.		
103. I have a great love partner for me.		
104. I have too much to do in life for my own good.		
105. I know how hard life really is.		
106. I know what to do with my life.		
107. I like being sexual whenever I can.		
108. I like expressing my anger when I feel it.		
109. I like the name my parents gave me.		

110.	I like to get things free.		
111.	I like to please people.		
112.	I like to sleep a lot because it makes me feel good.		
113.	I like to spend money whether I need certain things or not.		
114.	I love a good challenge.		
115.	I love trying to maintain balance between giving and receiving.		
116.	I love life as it is.		
117.	I love my parents but that does not mean I always like them.		
118.	I love my parents.		
119.	I love my partner but I don't always like him or her.		
120.	I love only those who love me.		
121.	I love to masturbate.		
122.	I love unconditionally without expecting anything in return.		
123.	I may not always be successful but I do try hard.		
124.	I mostly know what I want in life and go for it.		
125.	I move on in life developing new relationships and projects.		
126.	I must improve myself or go under.		
127.	I must keep moving forward in life achieving all I can.		
128.	I only believe in what I can experience directly.		
129.	I seldom know what I want and so I let opportunities go by.		
130.	I should not have sex with others when I am married.		
131.	I should not have sex with others when I have a regular partner.		
132.	I spend money usually without wasting it.		
133.	I take life one day at a time.		
134.	I tend to do what I have done before.		
135.	I tend to live in the past and nurture those relationships.		
136.	I think first of my work and responsibilities before I think of myself.		
137.	I try not to hurt others because I would not like to be hurt myself.		
138.	I usually know what I want but am scared to go for it.		
139.	I want something better from life than I am now getting.		
140.	I want to live as long as I can.		
141.	I want what I want when I want it.		
142.	I will achieve my purpose in life and be happy.		
143.	I would rather be nice to people than hurt them.		
144.	If I am honest I am not that successful in meeting my needs.		
145.	If I can avoid getting into trouble I will do so.		
146.	If it feels right it must be right.		

147.	If only I could just lay down and relax without any responsibility.		
148.	If someone hurts me I should fight back.		
149.	If someone hurts me I should just take it.		
150.	If someone hurts me I should protect myself.		
151.	If someone hurts me it is not worth doing anything about it.		
152.	If you believe in yourself others will believe in you.		
153.	If you don't protect yourself others will screw you.		
154.	If you help others they will try to take even more than you offer.		
155.	If you lose control bad things will happen to you.		
156.	If you lose your relationship there is always another one that will come along.		
157.	If you meet someone else's need they will meet your need.		
158.	In business anything goes that you can get away with.		
159.	In sex anything sexual is okay.		
160.	It doesn't matter what happens if you just deal with things as they come.		
161.	It doesn't matter whom I love just so I love.		
162.	It is better to be rich than to be poor.		
163.	It is better to have money than not have money.		
164.	It is better to have sex only with ones regular partner.		
165.	It is better to meet other people's needs first before your own needs are met.		
166.	It is better to meet your own needs first before meeting the needs of others.		
167.	It is better to play it safe in life than risk.		
168.	It is difficult to find love but once you find it you will keep it.		
169.	It is easy to find love but hard to keep it.		
170.	It is wrong to abuse ones body.		
171.	It is wrong to hurt other people.		
172.	It makes me sad when others die I have been close to.		
173.	It scares me to make choices because I might be wrong.		
174.	It's a dog eat dog world.		
175.	It's everyone for him or herself.		
176.	Keep control at whatever cost.		
177.	Let people fight their own battles.		
178.	Life is a lonely business at best.		
179.	Life is difficult and full of struggle.		
180.	Life is not enough for me unless I am living for something greater than myself.		
181.	Life is too hard sometimes.		
182.	Life sucks.		
183.	Live and love because life is short.		

184.	Live through others so you do not get caught up in yourself.		
185.	Love and care for others and they will love and care for you.		
186.	Love is everything.		
187.	Love is the ultimate sacrifice.		
188.	Love others and they will love you.		
189.	Meet other people's needs first.		
190.	Meet your own needs first.		
191.	Money is the root of all evil.		
192.	Money isn't everything.		
193.	Mostly life is good to me.		
194.	My name does not seem to fit who I am.		
195.	No one can reject me but myself.		
196.	No one cares about anyone else but themselves.		
197.	No one gets away with messing with me.		
198.	Nobody can reject me but myself.		
199.	People care mostly about themselves.		
200.	People don't like you when you oppose them.		
201.	People don't really care about others in this life.		
202.	People don't really know me.		
203.	People like and respect you if you do well in life.		
204.	People like you more when you help them.		
205.	People should be nice to each other.		
206.	People should not exploit each other.		
207.	People should not hurt each other.		
208.	People use sex for their own purposes.		
209.	Powerful people rule the world.		
210.	Sex is dirty and not a high human value.		
211.	Something greater than myself directs my life.		
212.	Sometimes I love my parents and sometimes I hate them.		
213.	Suffering is to be avoided and pleasure to be sought.		
214.	Take care of yourself because others will not take care of you.		
215.	Test the water first before you make a decision to jump in.		
216.	The best way to deal with something is to choose your way through it.		
217.	The best way to deal with things is mainly to let them happen.		
218.	The best way to deal with things is to resist them until they feel right for you.		
219.	The goal of life is to be happy.		
220.	The prospect of having pain makes me afraid.		

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221.	The world is basically a good place to live.		
222.	The world owes me a living.		
223.	There is a solution to every problem if we try hard enough.		
224.	There is no life after death.		
225.	This universe was created but not by chance.		
226.	Those who make you feel bad are your enemies and to be avoided.		
227.	To best meet your needs stay in control.		
228.	Try and meet both your own and the other person's needs for the best relating.		
229.	Try to be happy and not cause suffering.		
230.	Usually I am right about others.		
231.	Usually I am right about the future.		
232.	We create our own realities.		
233.	We don't really have choice though we think we do.		
234.	We have to be careful what people think of us.		
235.	What you believe in will happen to you.		
236.	What you do for others they will do for you.		
237.	What you do to others they will do back to you.		
238.	What you don't know can't hurt you.		
239.	What you fear is what you become.		
240.	What you see is what I am.		
241.	What you think will happen is more likely to happen.		
242.	When I do something it usually turns out right for me.		
243.	When I don't do something to handle the situation it often turns out badly.		
244.	When I open myself bad things happen to me.		
245.	When I open myself good things happen to me.		
246.	When someone tries to get near you don't open until you know what they want.		
247.	When you do something for someone else they are more likely to do something for		
248.	When you put your energy out you get a return.		
249.	Win the fight or you will be misused.		
250.	Work hard and you will be rewarded.		
251.	You cannot always get your way.		
252.	You cannot trust others as well as you can trust yourself.		
253.	You don't have to be so intelligent but you do have to be smart.		
254.	You don't really know the real me.		
255.	My parents loved me and tried to do their best.		
TOTALS (255) Your scores			
Median Reality Scores (MRS)		112	143

Thirteen Dream Questions

Who are you in this dream?

What are you doing and not doing in your dream?

Are you active or passive in this dream, and why?

What kind of situation or issue is the dream trying to train you about?

Are you resisting or in tune with what the dream is doing?

What issues need resolving in this dream?

What new ways of understanding are presented in your dream?

What new actions are dramatized in your dream?

What single issue or insight brings the dream together?

What is similar in this dream to some other dreams?

What is similar in this dream to something in your outer life?

What will you do out of this dream in daily life?

Why do you need this dream now?

Fourteen Dreamer Questions

What keeps you from writing down your intense dreams?

What would it take for you to honor your dreams?

Are you active or passive regarding your dream life?

What are you learning about life?

How are you changing for the better?

What guides you if you are not letting dreams guide you?

Are you trying to control life or let go to a wisdom source such as in dreams?

Are you choosing in dreams and life aware of what you are really doing?

Who makes your ultimate choices for you? Your ego?

Or another source of knowledge?

Are you fulfilling yourself and your potential and values?

Are you accomplishing most of what you intend?

Are you handling creatively your suffering so as to learn from it?

Are you dealing with your nightmares and other scary situations?

Are you controlling life or creating purpose with what comes your way?

The Dreamworker's Pledge

Because I value the dream and its dreamwork as superior guidance in the Journey
Through Life I pledge the following

I will to the best of my ability treat my dreams and other people's dreams
objectively and not subjectively

I will endeavor not to project onto my dreams or other people's dreams but to see
and work with what is actually there

I will not interpret other people's dreams for them, saying what their symbols
means as if I am an authority

I will not take the ego's point of view over the dream's point of view

I will find what my ego point of view is in the dream and seek to bring it into
congruence with the rest of the dream and its true center as I can know it

I will let my dreams guide me and not seek to guide my dreams

I will not make fun of my dreams or anyone else's dreams but respect the dream
and its dreamwork at all times

I will commit to professional training of the highest quality and integrity available
for working with my own and other people's dreams

I will accept supervision and feedback in dealing with my own and others peoples
dreams

So long as I work with others on their dreams and dreamwork I will work equally
with my dreams and dreamwork

I will not violate the vulnerability of a person sharing a dream

I will not evoke a person regarding life issues based on their dreams unless they
have agreed that this is part of our interaction together

I will to the best of my ability remember my dreams and support my life being
dreamed forward by my dreams

This, I, _____, do pledge. Date: _____

Dreamwork Psychology Practice

Professional Dreamwork Psychologists

A professional in dreamwork is one who has learned the methodology by work with his or her own dreams under supervision of a dreamwork psychologist who has himself or herself been trained and graduated.

A professional adheres to a standard of ethics for protection of the clients he or she works with.

A professional gains considerable supervised experience in working with others and is so evaluated by both his or her peers and by the trainers most involved.

A professional is fully trained under supervision in working with both individuals and groups and certified as competent, objective and caring in this work.

The professional does not put himself or herself before the public in ways that he or she has not been professionally qualified for.

A professional is one who accepts responsibility to ones colleagues and to ones clients.

A professional maintains active contact with ones colleagues during professional life and keeps to ongoing study and personal dreamwork so as to enhance ones effectiveness in the field.

A professional has developed objectivity towards the dream, the dreamer and the dreamwork process through achieving a character development that no longer seeks to have the ego in control in dreams or in life.

This is a major shift that can only occur if the leader or guide has submitted to both a supervising professional dreamwork guide and developed a balanced relationship between the personal ego and the larger center that produces the dream.

I have trained a few hundred students over the years in this approach to dreamwork and met probably every manipulation that therapists, guides and teachers can put out into the atmosphere. Almost without exception the occupational hazard of working with others dream-wise and psychologically is that the therapist or teacher is drawn out of him or herself into the exciting material of the clients.

Correctives are needed, and in this approach, like in analyst training in Jungian psychology, we insist that the students be a student and work on her or himself extensively. This process is supervised by honest feedback from ones peers and from the trainers. Ultimately the dream therapist or guide must take individual responsibility for developing personal and professional integrity.

We remember again that the ego, the dream ego also, is only around one forth of the energy functions in a typical dream. If this is so why then should a dream or waking ego seek to

control all of a dream and its meaning, but this is exactly what seems to happen with a lot of dreamwork approaches, especially the interpretive ones.

We do everything possible in this dreamwork training to support each student and teacher in not trying to exert ego control over the dream and its dreamwork. The alternative is to let go of ego control and defenses and instead use the ego function to increase its congruence with what is happening in the dream through acceptance and processing.

Thus one of the fundamental questions for doing dreamwork is, How can you make your dream ego more cooperative and accepting in your dreams instead of seeking control, resisting what is happening, or avoiding what the dream portrays?

Thus for all it is very necessary to learn the dreamworking techniques well through constant practice and supervised training in the use of the techniques and in dealing with outcomes. This is also why leaders and therapists must have extensive supervised dreamwork experience of their own dream journeys before they can work in depth with others. Anyone almost can start using the techniques on themselves and others because the techniques are powerful and effective in themselves. But since the results of letting go to the dream source again are unpredictable non-committed and non-skilled leaders will not always be able to ground the emotions and processes that are evoked in using the techniques.

Learn well the techniques and their effects on you before you use the techniques with anyone else. This is our guidance.

Professional Ethical Standards

Supervision Of Students

All people working with members of the public must be professionally supervised according to our capacities to do so. This can be done by email reports, individual supervision hours, group supervision hours, and evaluation of performance in written and real feedback. All students must be thoroughly evaluated as to their levels of development and professional competence. This is in the best interest of the general public as well as for the professional standards of the program.

Individual Dreamwork Sessions

It is our position that those not clinically and professionally trained to work in depth with psychological problems should not do individual dreamwork sessions with members of the public.

Professionals and Non-Professionals In The International Dreamwork Movement

It is not professional for those who are not clinically trained to work as dreamwork psychotherapists with individuals and their dreams.

This means, in our view, that individuals not clinically trained should not be teaching others and offering them certificates and degrees for becoming dreamworkers or any other titles that set them up as able to work with individuals and groups on their dreams.

The Dream Book Writers

Because someone has written an interesting and somewhat useful book on dreams is no qualification in our view that this author can also work with people and their dreams in a professional manner, although there are a number of authors who have set themselves up to do dreamwork with both individuals and groups without sufficient professional training and commitment to professional ethics to be able to do so.

Dream Group Leaders and Teachers

We call for a sharp distinction in the field of dream sharing and dreamwork between clinically trained professional dreamworkers and all others who lead dream group sharing or teach classes on dreams and dreamwork. This latter group should not take individual clients from their groups and classes, or from the general public. Of course it is impossible to prevent this but at least within our organization we stand on principle that a sharp division should be made between dreamwork therapy and general dream sharing done in a group without a dominant leader. The public should know that untrained dream group teachers and leaders do cause harm as well as sometimes encourage people in their dream sharing, especially in individual sessions. Even among professionally trained dreamwork things can be dangerous.

Dreamwork Therapist Ethics Statement

1. Commitment - All dreamwork students, dreamwork therapist students and trainers are asked to clearly understand and commit to these guidelines. So the second step after understanding these guidelines is commitment. Commitment is a sustained choice is a chosen direction for a definite period of time. Little core learning is possible without also a core commitment. The uncommitted can always escape into their defense systems, whether good for them or not. A commitment to a value means you choose for the value over any ego desire that may arise. Of course we are not asking for a life-long commitment to anything. This is not a religion but an approach for focus in living life. If you have a methodology that works in reality you do not need a dogma. But to have professional standards that are real you must of course experience them as real, as a challenge to your ego, and in this way you ground ideas and words in direct experience of yourself practicing living up to your values and commitments no matter what.

2. Professionalism - Professionalism is commitment to living the core and necessary values of the form one chooses to work in. It means choosing for objectivity over subjectivity. It means the building of personal integrity by serious study in the form as well as using the form for personal change and growth. It means staying in the program for the length of the commitment and doing what is necessary to experience both oneself and the program as fully as possible. It means allowing honest feedback from fellow students and trainers so as to sort out and face the reality of ones own being. It means also when ones training is over that one still practices the fundamentals that one would teach to others. Who you are outside is also who you are inside. What you do inside is also what you do outside.

3. Study, Work, Discipline, Caring - These four key words indicate what is realistically necessary to work honestly with ones dreams at a core level of integrity and personal development. With dreams it is so easy to fool oneself and others because of the human tendency to project inner content onto outer content such as the symbolism of dreams. Study means apply what is being taught to yourself and in your work with others. Do more than is asked for in training sessions. Live the process as a way of life while you are in it.

4. Work and Discipline mean keeping to an ongoing commitment to do the assignments and to do them well. It also means doing personal work on ones dreams and on oneself. Keep at it. Do the needed things even sometimes when you don't want to do them or are not feeling well. Come to training sessions whether you feel well or not when you can. Work and discipline keep the focus, channel the energy, help deal with and not give in to the regressive pull.

5. Caring means supporting yourself first so then you can also support others. Trying to take care of others first and not really dealing with yourself is intrusive behavior, badly motivated to increase ones ego-importance. How much better it is to care for oneself rather than project longing to be cared for and appreciated by others. One is realistic and the other is projective, unrealistic and often intrusive, trying to manipulate others rather than take one hundred percent responsibility for oneself. True caring comes from grounding oneself in ones own process so that when one participates in another's process there is a degree of objectivity that allows the person being supported to have their own experiences and values. What an amazing experience it is to learn to care objectively rather than subjectively which is so often hidden

manipulation of others.

6. Responsibility - We operate under the aegis of a commitment to take one hundred percent responsibility for your own actions and whatever reactions you have within yourself. This means commitment to practice not living through others, not blaming or praising others when one is suffering or feeling joy. To truly use dreams and dreamwork as a major guidance for how we live our lives means taking one hundred percent responsibility. We need this because we do not know what dreams will bring up for us. In concrete terms we ask committed students and trainers to follow the whole of the dream and its core issues, rather than follow the dream ego's position in the dream or the waking ego's position in life. What maybe most separates this approach to dreams is that we make the clear distinction between what the personal, subjective ego wants and what the greater center that produces the dream gives us to deal with. We are an advocate for the whole dream in its wholeness and not for the ego to assert control and dominance. Thus while most approaches assert that the dreamer is the final person to decide what the dreamer means we take a different position that the dreamer is only part of the process and not the decider alone. Those who interpret dreams are inevitably keeping ego control over the dream content and its affects through labeling symbols with particular concepts, symbol experiences or "aha" experiences. We have found and take the position that we have dreams because we need to understand and deal with our fundamental issues. It would be far too easy to exclaim to ones dream group or instructor, Aha! Now I know what my dream means! Do you? How can you possibly know why your dream has come to you if you have not objectified it and done dreamwork with it that takes you further into personal change and experiential reality?

7. Following The Dream - Every approach or form for lifestyle living must have a fundamental focus. Ours is the dream itself and its dreamwork. We make the fundamental assumption that dreams are a major source of guidance and development if we do committed dreamwork with them. Thus it is extremely ethical to make the conscious commitment, and live it, to following ones dreams for guidance and chance. But if you have a methodology you don't need a dogma, as said before. Following ones dreams doing dreamwork means developing a fundamental honesty and integrity to actually go through changes and new choicemaking based on seeking to resolve issues raised by ones dreams. Integrity is based what is directly experienced and not on what one says about oneself. Following the dream means, not interpretation, but action. And seen positively, what a wonderful and challenging experience it is to have originating from within oneself a master guidance more powerful and real than any guru or master. Of course some people can have a change and healing process evoked by working with those wise in the wisdom of the self and the world. But to contrast this, what an amazing experience it is also to consciously develop and ongoing relationship with ones own dream source, thereby changing and making conscious ones life.

8. Organizational Consciousness And Commitment - Since we mostly do not live as only private individuals we emphasize also that we practice the form of individual within community. Anyone seriously in our training program is also asked to being committed to supporting others in the program as well as supporting the program itself. This means that you see that you not only pay training fees but that you contribute work and feedback to others of your group and the organization itself. Yes, you pay money, but you also pay time and energy in the energy exchange. And you also pay for your training by undergoing a real change process within yourself. Not to do so means that you become an energy drain to the group and to yourself. Of course we try and honor any problems that arise but we are also all committed to working through any problems which arise that affect us. In terms of these ethical

guidelines helping them work in reality becomes everyone's responsibility. The worst thing that happens to organization ethics and guidelines is that members give lip service to them but when it comes to the nitty-gritty of living the guidelines objectively nobody is around. We do not practice judging people right or wrong, good or bad, but we do evaluate not only ourselves but others we are working together with. Let this always be in a spirit of both caring and honesty, and with the goal to sort things out, heal what is possible and end things that are not consistent with our focus of working clearly and honestly with our dreams.

9. Guidelines are guidelines and not rules. They are general principles for living a committed life to the values chosen. When decisions need to be made reference to the principles agreed upon should be made and then applied to the specifics of a person or issue. We cannot live simply by laws and rules in following the creative source such as that which produces the dream. Reality is always changing and we must change with it. We live by principles and not rules. We do not base our decisions or our behavior on precedents set in the past but we do apply realistic principles for living that apply in the contemporary now. In this spirit we can keep developing into the future, letting the past go as soon as it is no longer that relevant. Commitments are always made in the now as dedication to chosen values also into the future, as far as one and ones organization are able to carry these values out.

Dreamwork Training Program – Romanian Dreamwork Center

What most characterizes our dreamwork training program and separates us out from other personal growth development programs is that our core emphasis is on following and enhancing the guidance we can obtain from our dreams through our methodology for doing dreamwork.

We are a fully professional training program adhering to the highest standards for psychologists, teachers and spiritual counselors. Our focus is as much on personal growth and development as it is on the expression we gain from working with our dreams. Our fundamental assumption, well proven over thirty-five years, is that working with dreams is the best guidance available for understanding oneself and for making growth and development changes in ones personality and fulfillment in life.

What You Gain - Benefits

Self study about who you are

Learning effectiveness and fulfillment

Learning a life-long consciousness practice

Group support and sharing

Dreamwork knowledge

New therapeutic effectiveness in working with others

Jungian psychology

Spiritual learning and development

Integrating projections

Relating in real terms

Certification for job improvement

Possible Certification as a Dreamwork Psychologist

The expertise of Strephon Kaplan-Williams

Find your dream and life issues and solve them

Develop your true potentials

Get to the hidden attitudes and patterns that unconsciously motivate us so that we may have choice in how we act in life

Learning by following our dream ego to see how we deal and don't deal with things in dreams and life

Become effective and self-directed in life

Learning how to develop relation with ones own core center and values so as not to live from others values, attitudes and expectations

Romanian Dreamwork Center
www.explorareaviselor.ro

Dreamwork Training Modules Overview Chart

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	Hours and dreams
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>	<p>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others' dreams</p> <p>Writing up creatively one's myth of childhood</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 		
2	<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>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others’ dreams</p>
3	<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 	<p>Putting dreams in Art</p> <p>Dream Work with Archetypes</p> <p>Dream Cards</p> <p>Dream Enactment</p>	<p>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others’</p>

	<ul style="list-style-type: none"> • Dream Ego Assessment Profile • List dream ego actions and inactions through a series of dreams • 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 		dream
4	<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 	<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>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others' dream</p>

	<ul style="list-style-type: none"> • 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 become congruent within the dream and in life • 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 	<p>Commitment Choice-Making Dream Body Work Dream Body Diagnosis Focusing dream symbols in the body Observing dream series with focus on the body</p>	<p>One residential week 80 hrs 5 of own dreams 5 of others' dream</p>

	<ul style="list-style-type: none"> • 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 personality and life <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>	<p>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others' dream</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 • 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>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>	<p>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others' dream</p>
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8	<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 • 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 • Spiritual Aikido in Dreamworking Life 	<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>	<p>One residential week</p> <p>80 hrs</p> <p>5 of own dreams</p> <p>5 of others' dream</p>
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	Qualification and Graduation	Personal and Professional Qualification Examination on Theory and Methods and Practice in Working with People	Total In training hours, including the Sorting Out Week: 720 hrs. Dreamworked Dreams: Oneself: 45 Other: 45 300 hrs. of additional homework and reading
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What The Training Provides:

- In depth personal process-work and individuation with extensive supervision
- Theoretical and empirical basis for the application of process-oriented methods
- Practical application of Dream Enactment, Dream Bodywork, Dream Artwork, Dreamwork with Sexual and Relationship issues-
- An introduction to Relationship Counselling
- Supervised clinical practice
- Dreamwork Rituals
- Theoretical and methodological issues
- An introduction to research and assessment methods
- Empirical based knowledge. What do we know so far?
- A scientific or creative work within the field of dreamwork psychology

The program will provide an excellent possibility to revitalize and expand the personal individuation process as well as to prepare each participant to work clinically with process oriented methods as well as carrying out scientific research.

Throughout the program there will be a focus on the clinical role. In clinical work it is necessary to operate from proper ethical guidelines. To know our own skills as a clinical dreamworker as well as our limitations are fundamental. Knowledge and skills in how to deal with high intensity and possibly dangerous situations are also needed. This will include how to deal with strong emotions, projections, resistance and breakdowns.

Students who after graduation are evaluated as not being qualified to do clinical dreamwork

If a graduated student after personal evaluation does not qualify for certification, the student will instead receive a written confirmation describing the program completed and also state that the student is not qualified to do clinical dreamwork.