

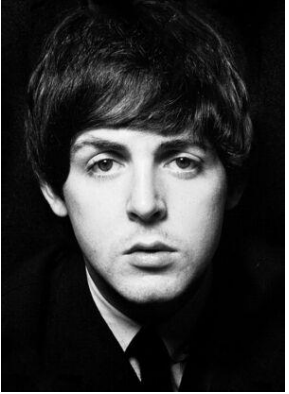


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*Professional Training for Counsellors*

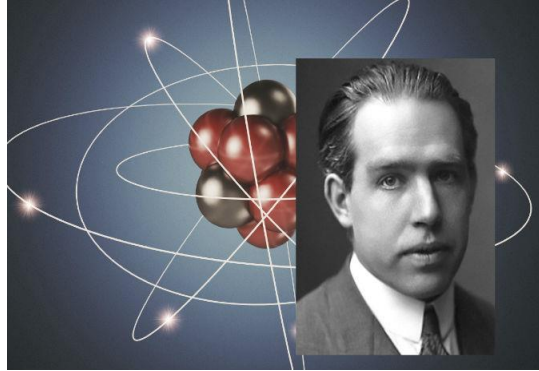
## **Simple Ways to Work with Dreams in Counselling**



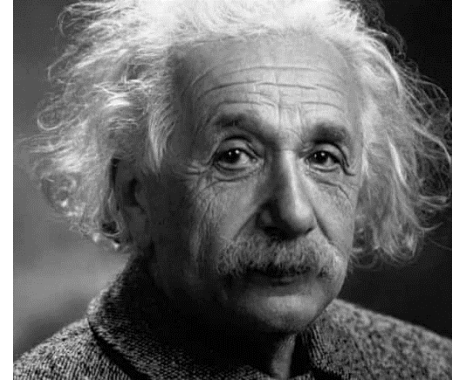
Paul McCartney composed 'Yesterday' in a dream in 1965 – he heard it fully formed in the morning



Niels Bohr saw the structure of the atom in a dream and won the Nobel Prize for Physics in 1922



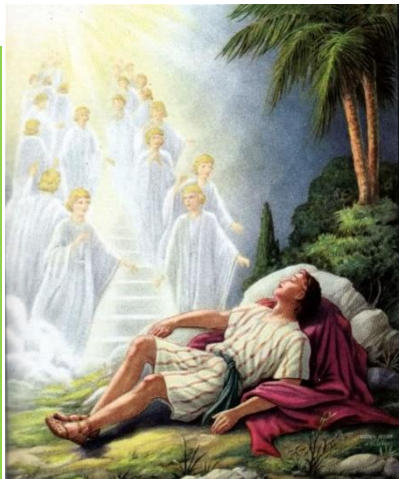
Einstein discovered the principle of relativity - after a vivid dream



Salvador Dali saw "Persistence of Memory" in a dream



21 dreams in The Bible - warnings and prophecies



In 1845, Elias Howe saw how to design the sewing machine needle in a dream



When a really great dream shows up, grab it!



Larry Page dreamed he could download the entire web onto some old computers lying around, so he got up in the middle of the night and realised it was plausible – the result was Google



**Do you  
remember  
the stories  
you write in  
the night?**



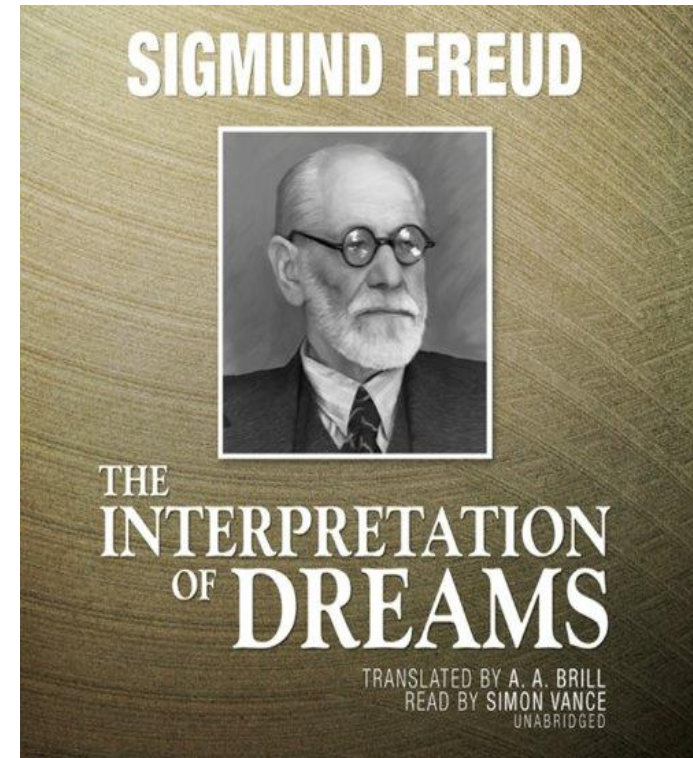


# WORKING WITH DREAMS



**FREUD (1856 – 1939)**

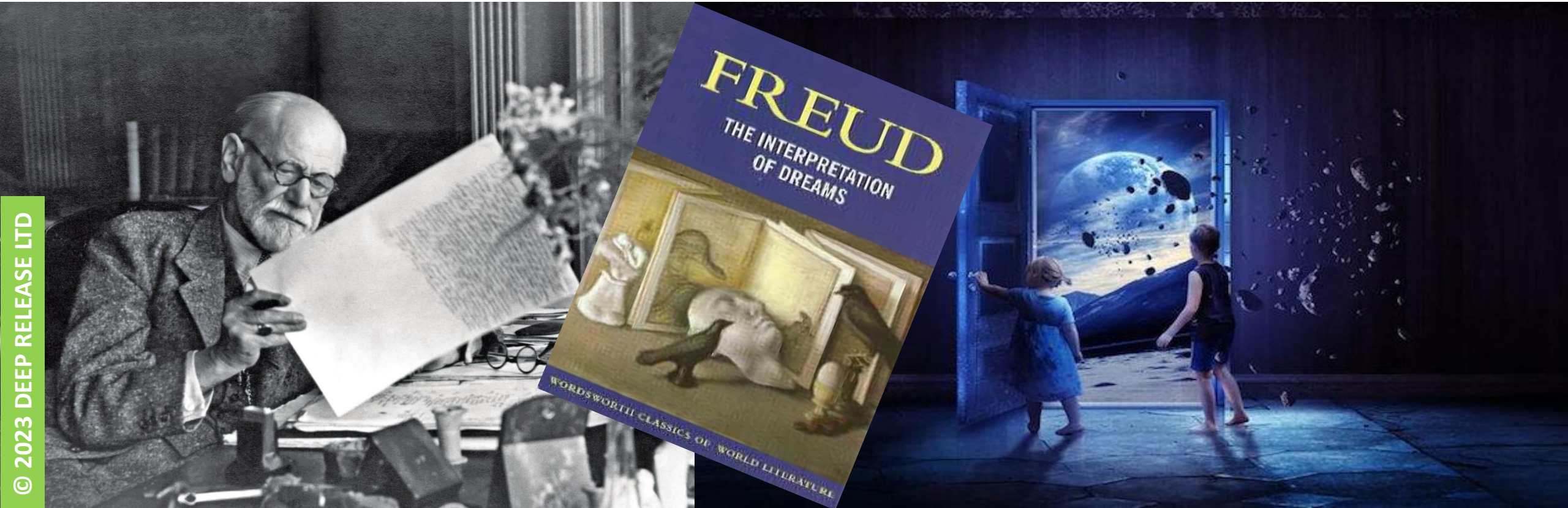
***“The interpretation of the dream  
is the royal road to a knowledge  
of the unconscious activities of  
the mind...”***





# FREUD'S VIEWS ON DREAMS

- The dream comes from the events of the day before the dream – the "**day residue**"
- This is straightforward in children, but adult dreams are more complicated
- Adult dreams are distorted and the dream's real meaning is hidden
- Essentially Freud believed dreams were about **wish fulfilment**





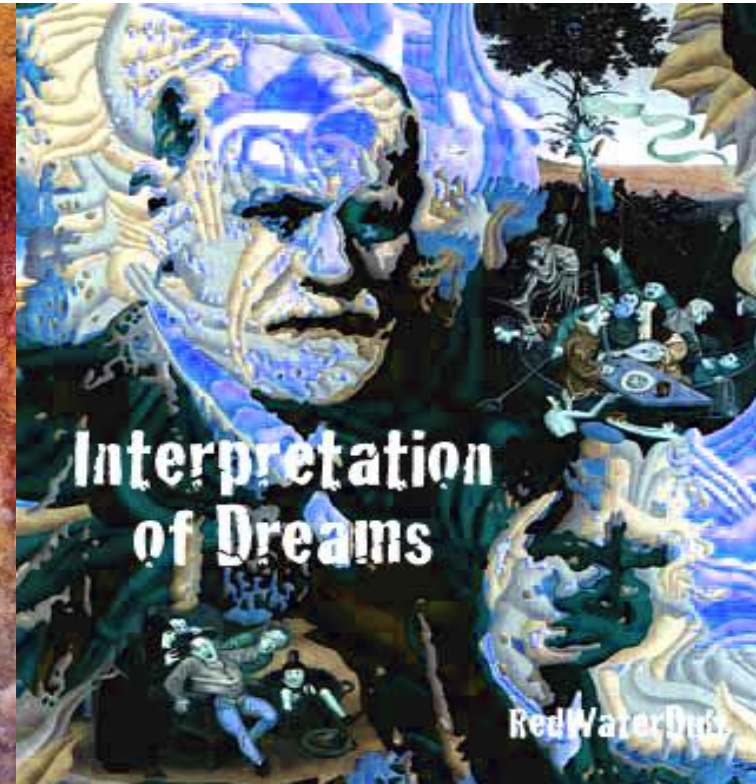
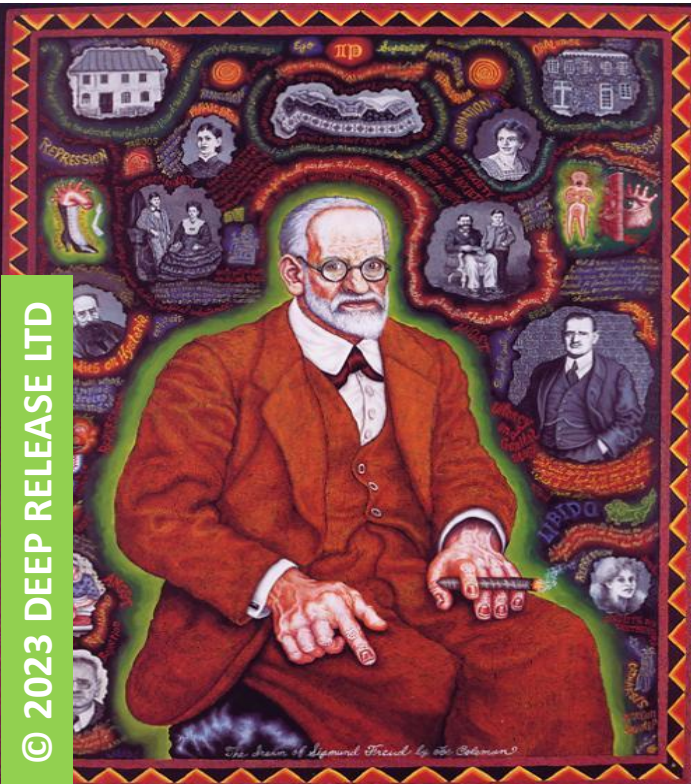


**What is the earliest dream you can remember?**



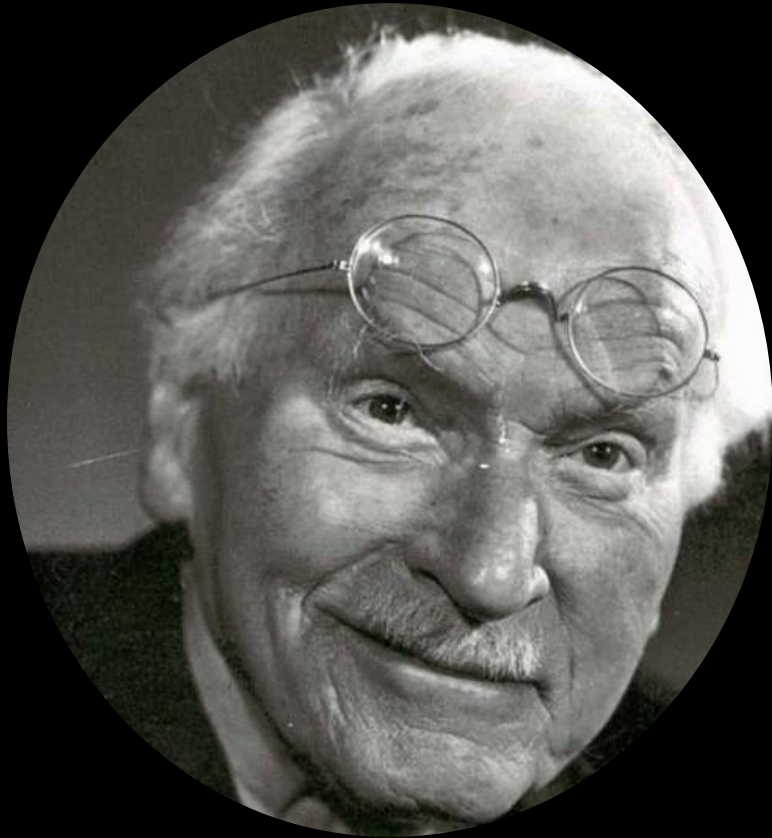
# FREUD'S VIEWS ON DREAMS

- **The manifest** content of a dream is the detail we remember
- **The latent** content is what the dream really means
- **Free association** of the manifest content reveals the meaning of the dream through analysis
- Freud was the 'expert' – he would tell you what the dream meant





# CARL JUNG



The **dream** is the small hidden  
door in the deepest and most intimate  
sanctum of the soul...

Carl Jung





## CARL JUNG

- Jung held the theory that the universe projects itself symbolically onto our unconscious minds, using imagery to transmit ***ideas that language can't***
- He pioneered the idea of ***symbols*** coming from the ***collective unconscious***
- These are 'archetypes' which have developed in the universal history of human beings



"I'll take care  
of you"



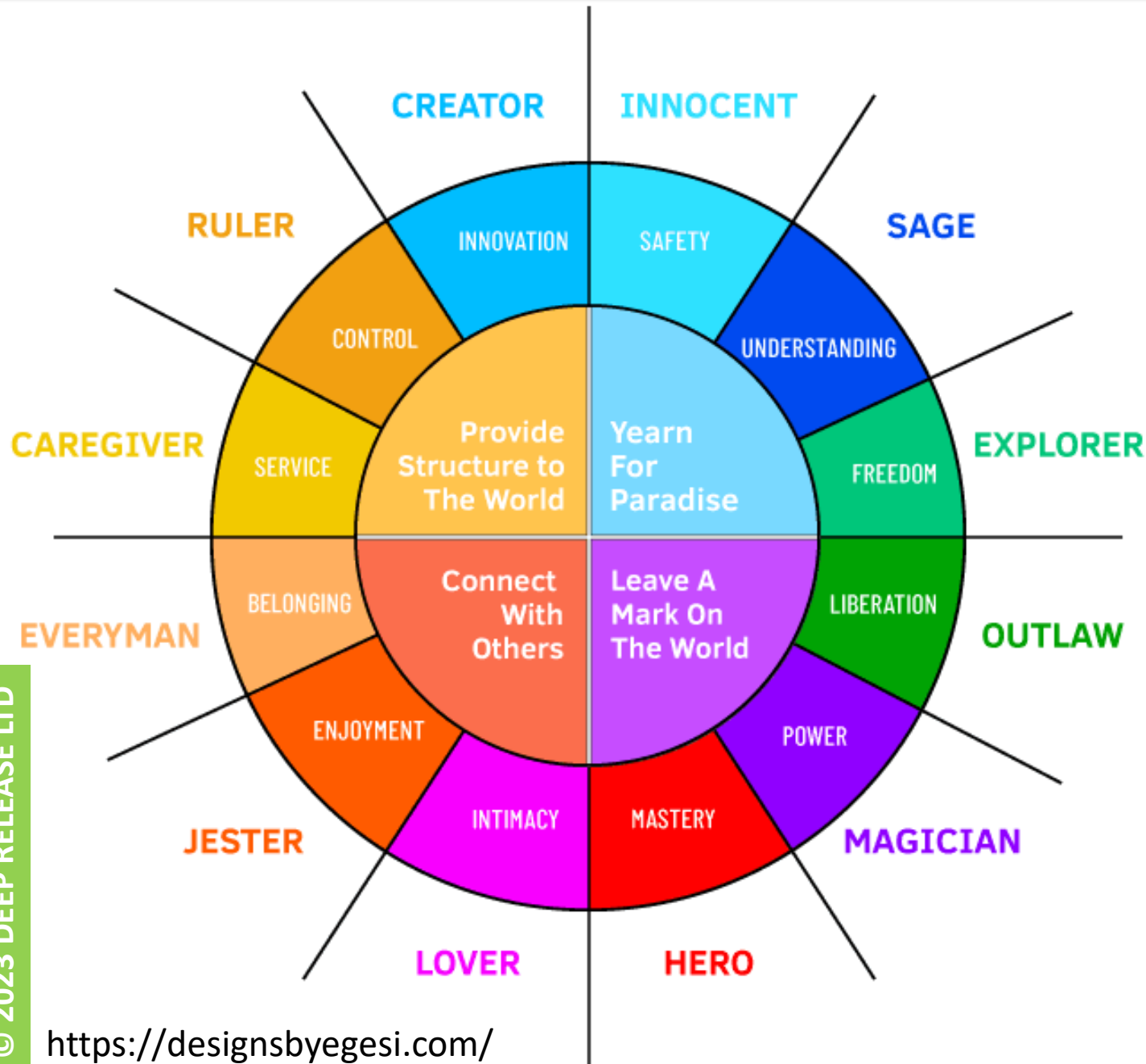
I don't wanna  
be serious!



Greta Thunberg  
Brave & bolshie  
*"I'm gonna change  
the world...."*



# ARCHETYPES




**Rescuer Roles**  
**THE PEACEMAKER**



I calm everyone down and stop any conflict, agreements.

**Performer Roles**  
**THE ENTERTAINER**



I make people laugh, stop them being angry or upset... I cheer everyone up.

**Control Roles**  
**THE REBEL**



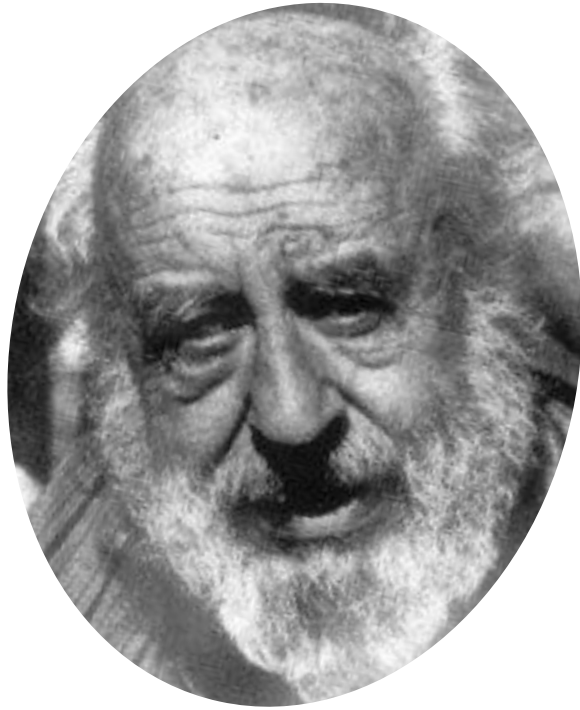
I deliberately do the opposite of what is expected/wanted.

**Rescuer Roles**  
**NURSE**



My role is to put anyone who is sick above my own needs; I have to take care of them.





**PERLS (1893 –1970)**

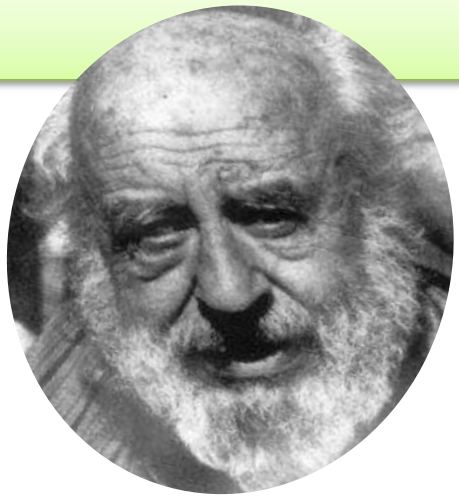
***“You are the maker of the dream...  
Whatever you put into the dream  
must be what is in you...”***



Look at each piece in the dream.  
What does it tell you? How does it fit  
into the whole?

*Discover the beauty when  
it is all put together!*





*“In Gestalt therapy we don’t interpret dreams. We do something much more interesting with them. Instead of analysing and further cutting up the dream, we want to bring it back to life”.*

- Gestalt is interested in what we want to *avoid*, areas of our life and our personality that we have disowned or are phobic about.
- Perls believed that dreams are the royal road to integration.
- We have to re-own projected and fragmented parts of the personality and re-own the hidden potential that appears in the dream.





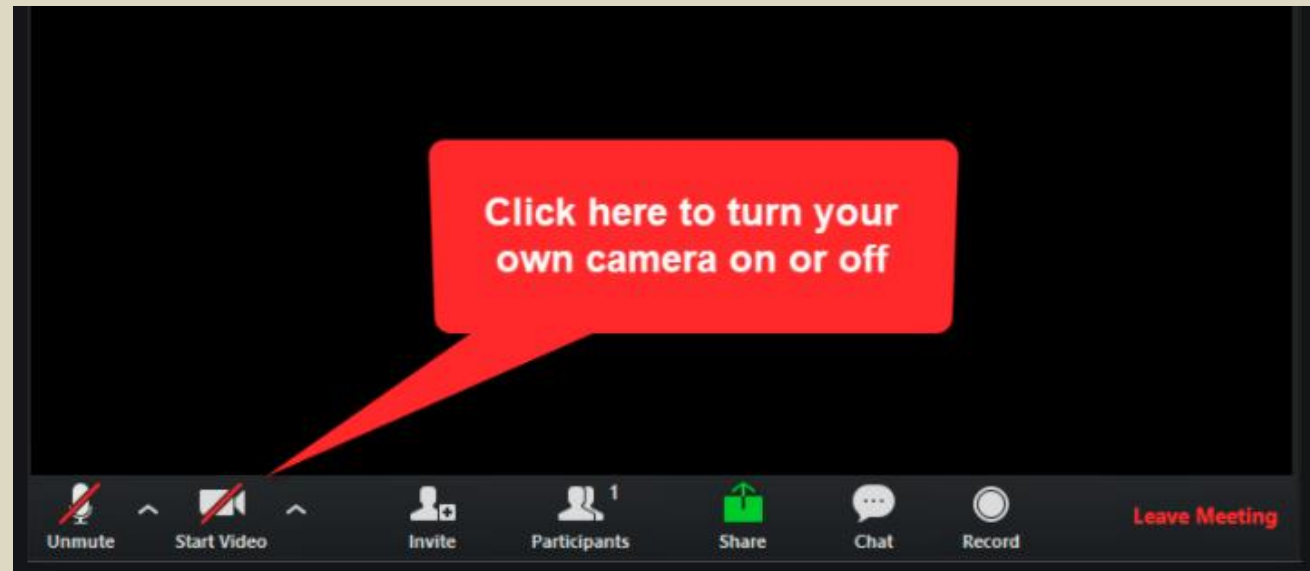


# WORKING WITH A DREAM



**Please turn your  
video off for the  
film**

**THANK YOU!**

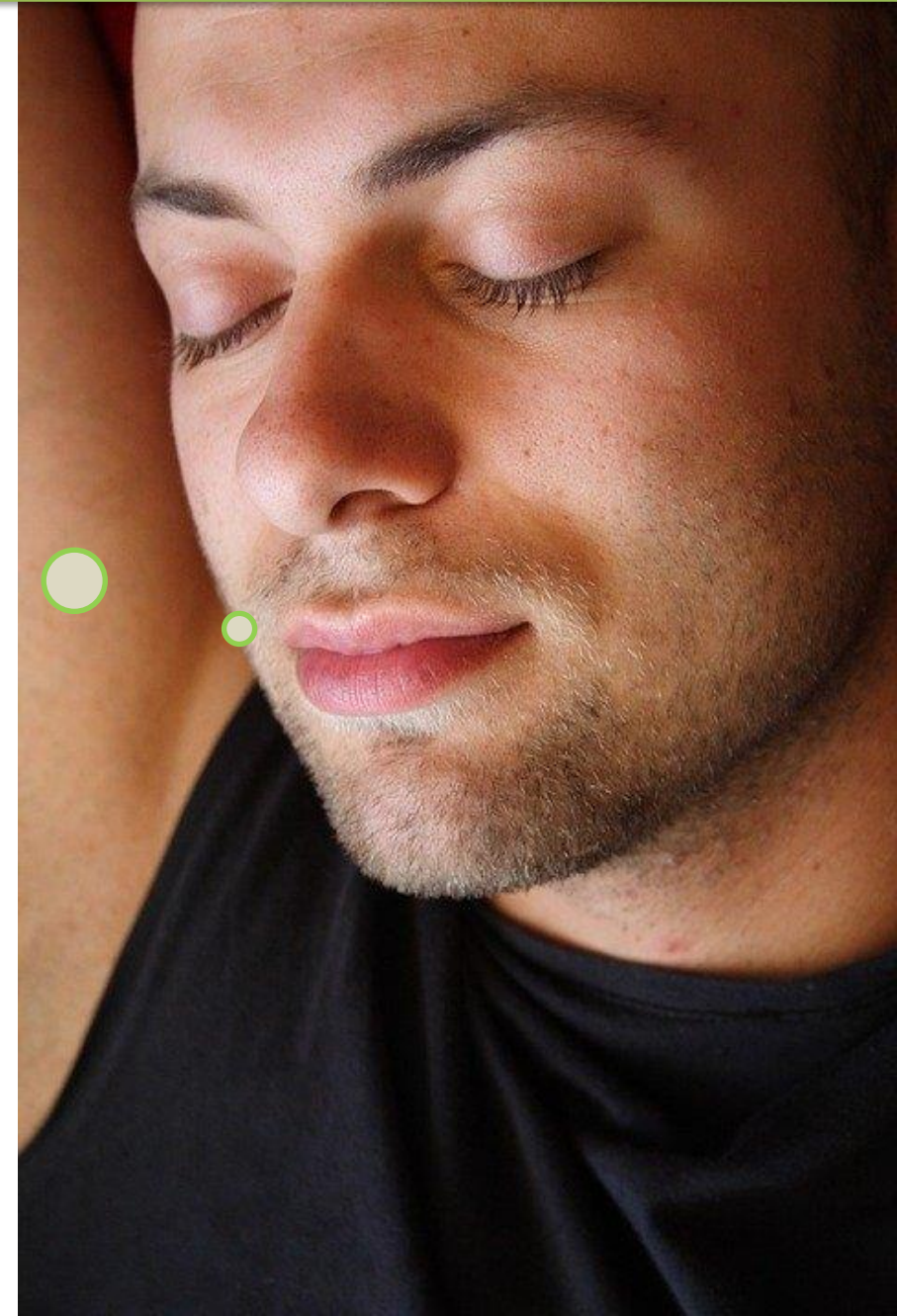





# CONTINUE WRITING YOUR DREAM

***“I’m walking towards  
the person, and I can  
see.....”***

- **Where did the dream stop?**
- **Continue writing the dream you wrote in the night**





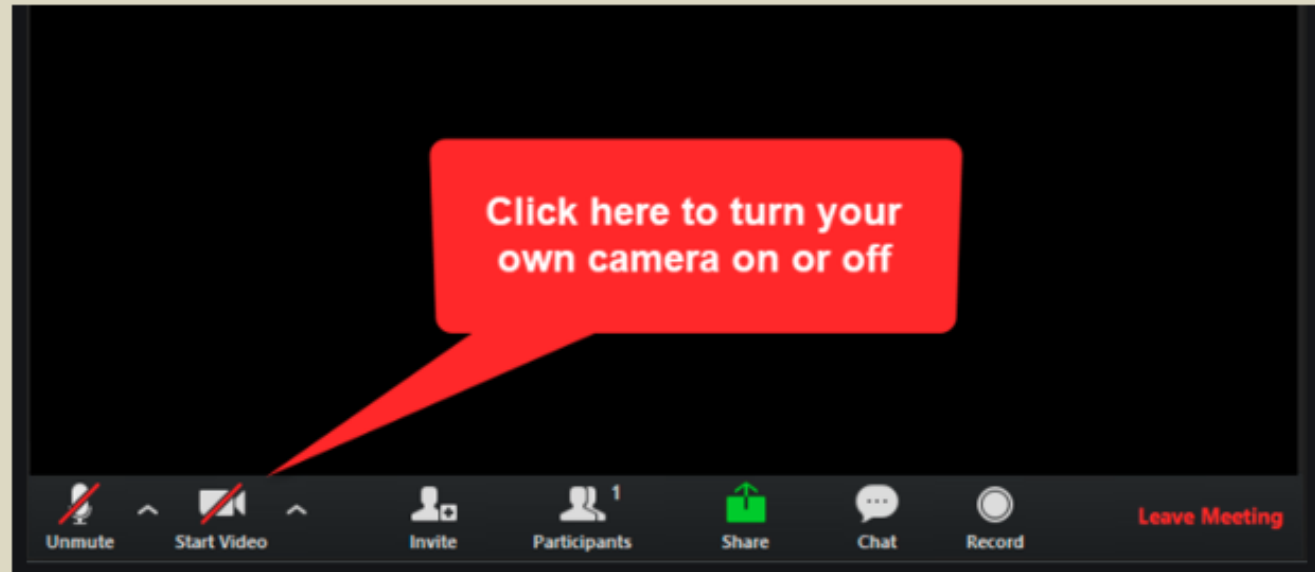


# **CONTINUING TO WRITE YOUR DREAM**



**Please turn your  
video off for the  
film**

**THANK YOU!**





# Share in Buddy Groups

*How in touch are you with your own dreams?*

*What did you feel about this way of working with dreams?*

15 minutes



# Take a Break

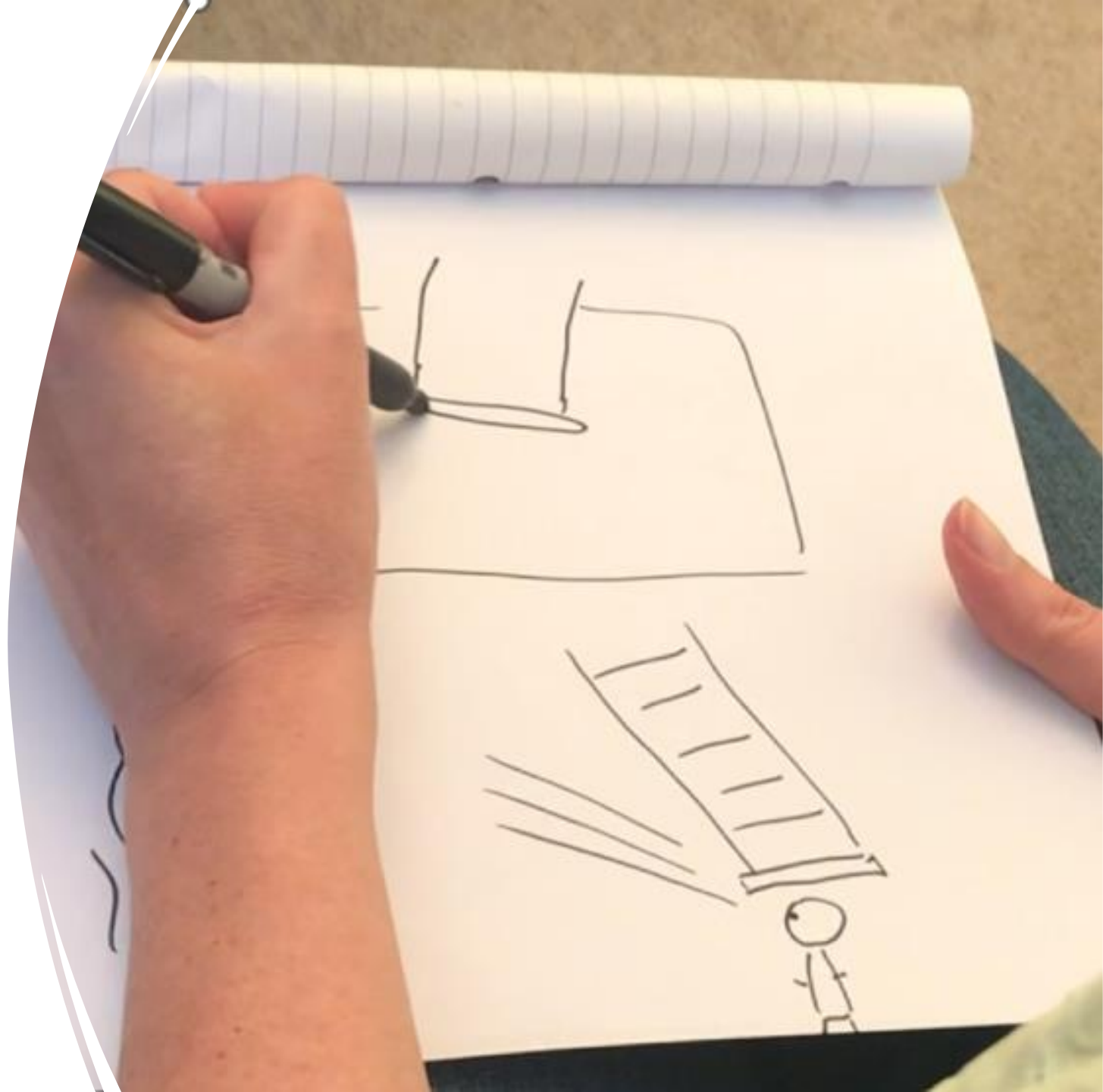


## See you in 10 minutes



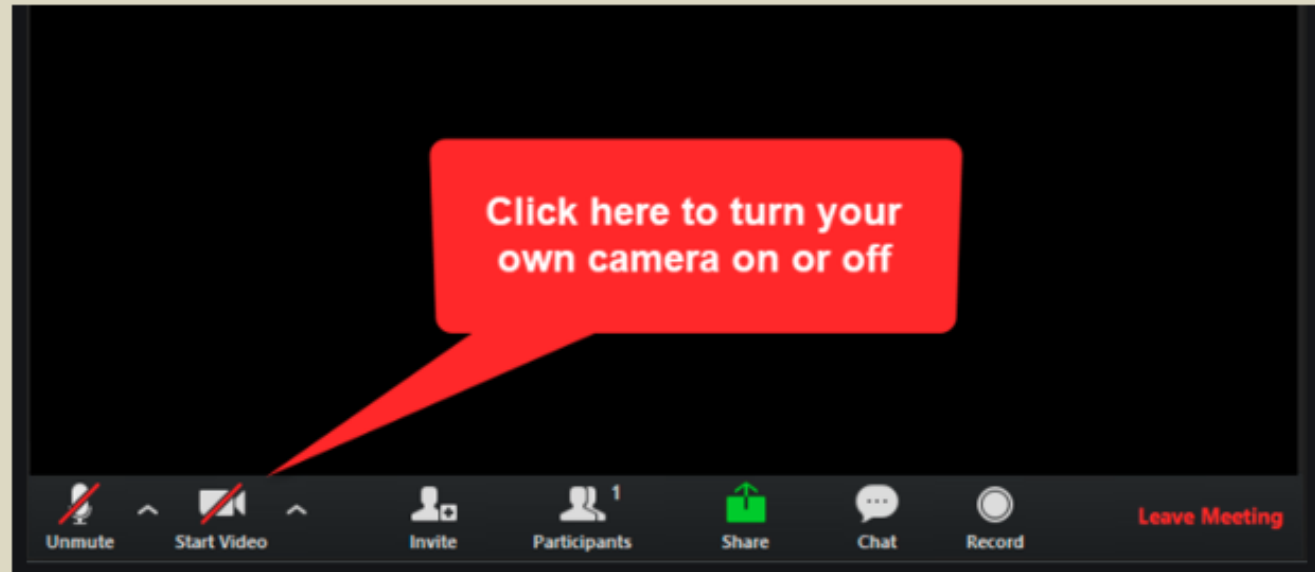
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## DRAWING THE DREAM



**Please turn your  
video off for the  
film**

**THANK YOU!**





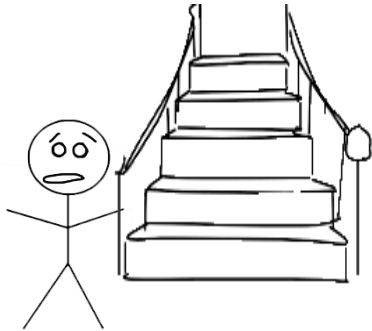

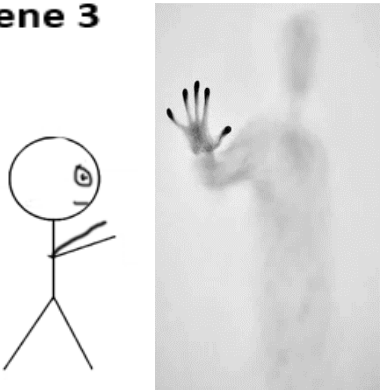
# DRAWING A DREAM STORYBOARD



<b>Scene 1</b>	<b>Scene 2</b>	<b>Scene 3</b>
<b>Scene 4</b>	<b>Scene 5</b>	<b>Scene 6</b>
<b>Scene 7</b>	<b>Scene 8</b>	<b>Scene 9</b>

**Add feeling words and speech bubbles**

# DRAWING YOUR DREAM

<b>Scene 1</b> 	<b>Scene 2</b> 	<b>Scene 3</b> 
<b>Scene 4</b>	<b>Scene 5</b>	<b>Scene 6</b>
<b>Scene 7</b>	<b>Scene 8</b>	<b>Scene 9</b>

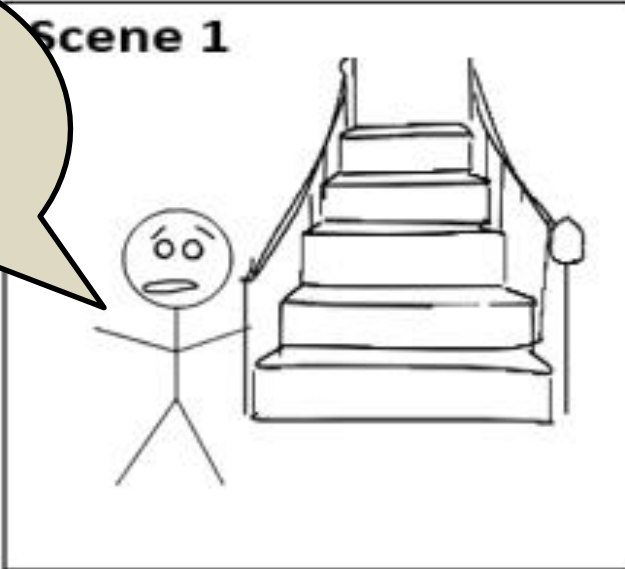


# DRAWING YOUR DREAM

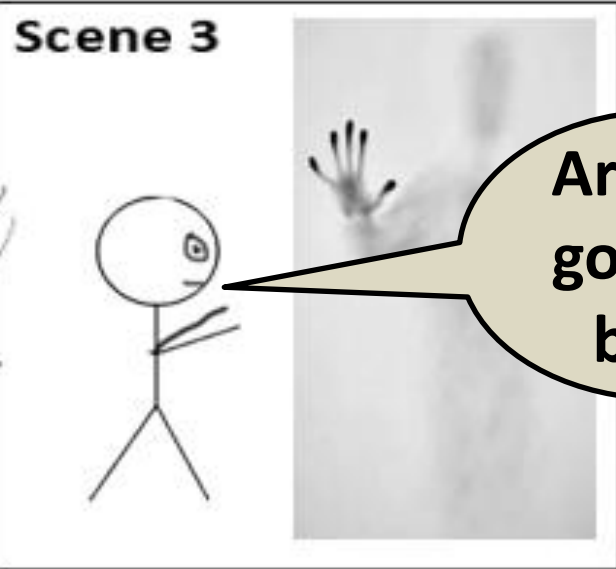
I can't find my way!

Confusion

Anxiety

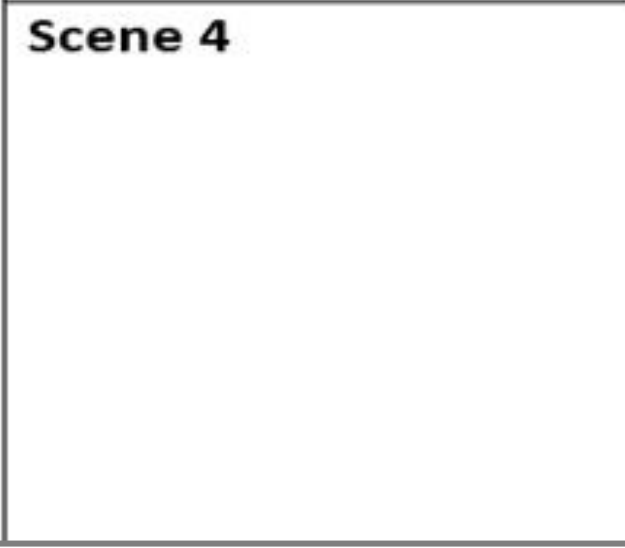


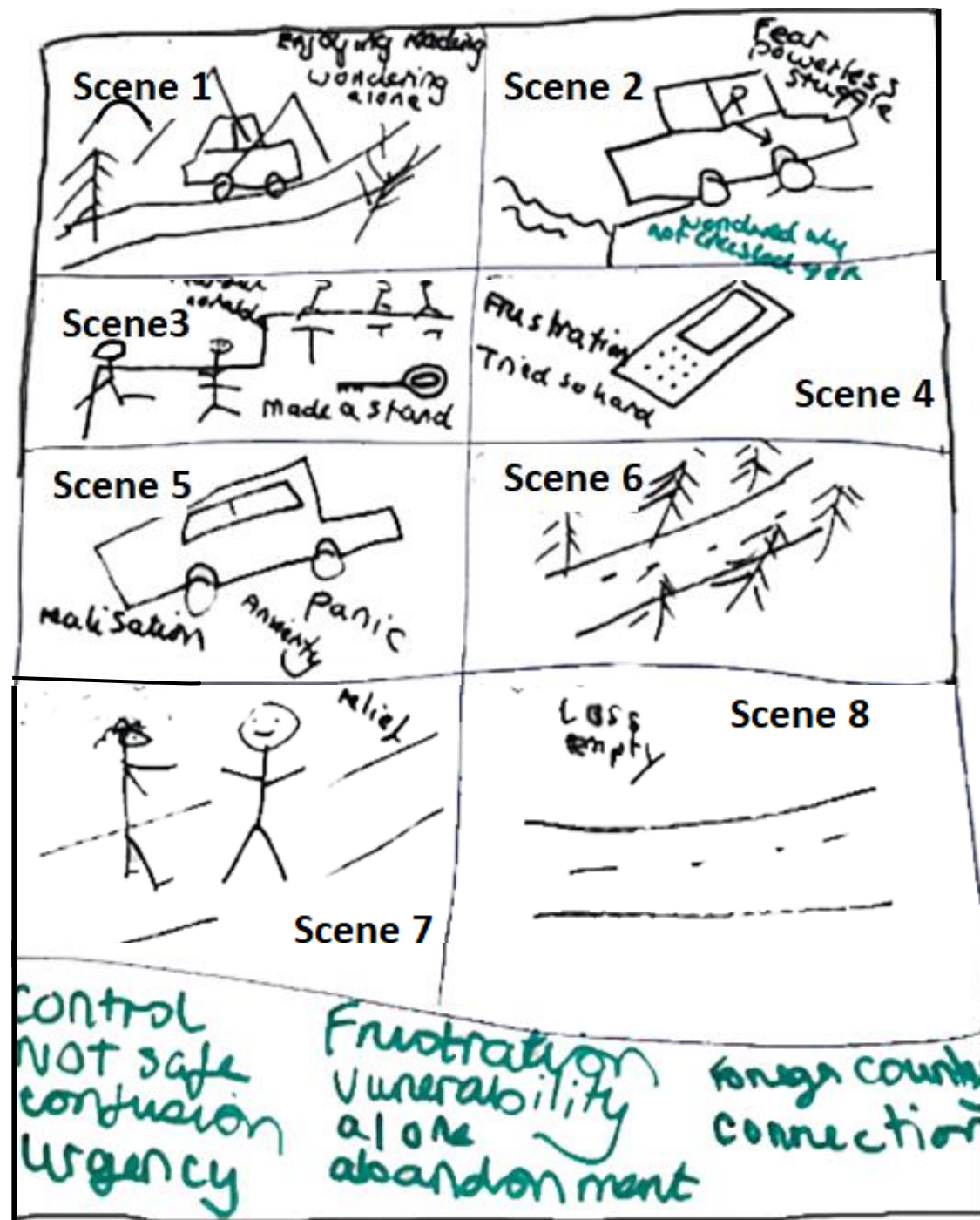
Heellpp!



Are you good or bad?

Curious

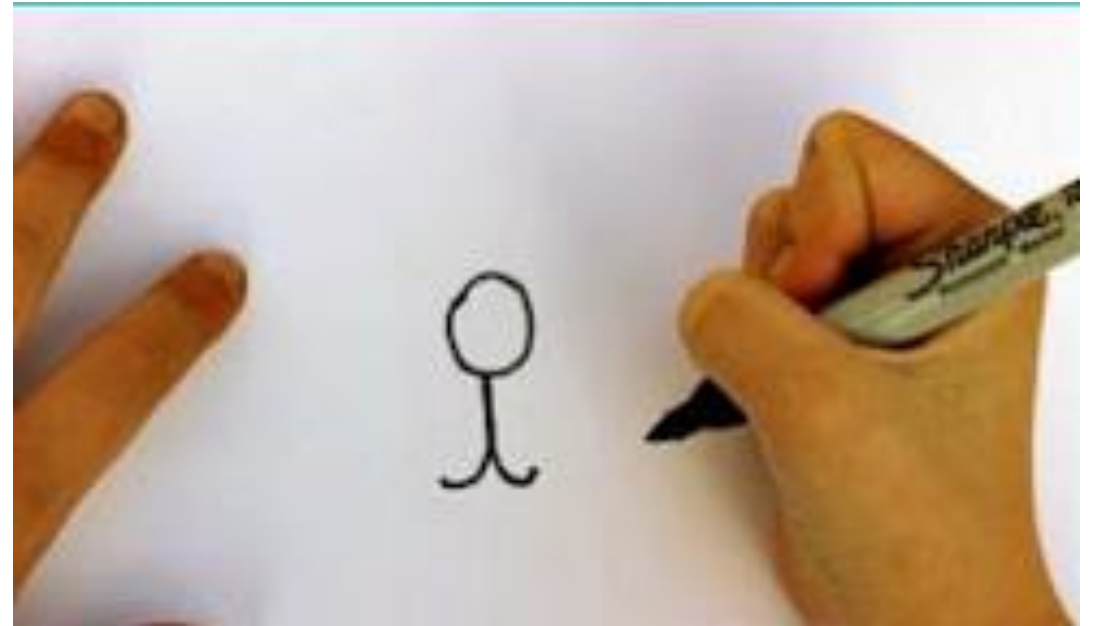






# TIME TO DRAW YOUR DREAM!

If you are happy to share your  
pictures then please send them to  
[jeremyacott@gmail.com](mailto:jeremyacott@gmail.com)

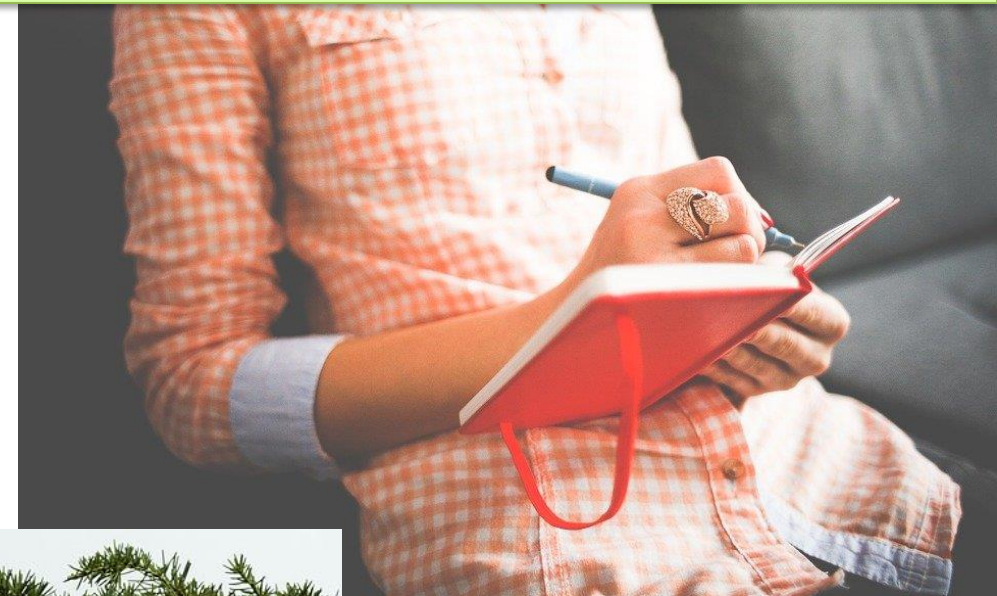


# DREAM JOURNALS



**Use your Phone/iPad**

**Be Creative!**



**Write by hand**







Any Questions or  
Comments?

***Look at each piece in the dream...  
What does it tell you?  
How does it fit into the whole?***

***Discover the beauty when it is all  
put together!***



***“You are the maker of the dream...  
Whatever you put into the dream must be what is in you...”***



# EXPLORING THE PARTS OF YOUR DREAM

Add Speech  
Bubbles!

Add Feeling Words





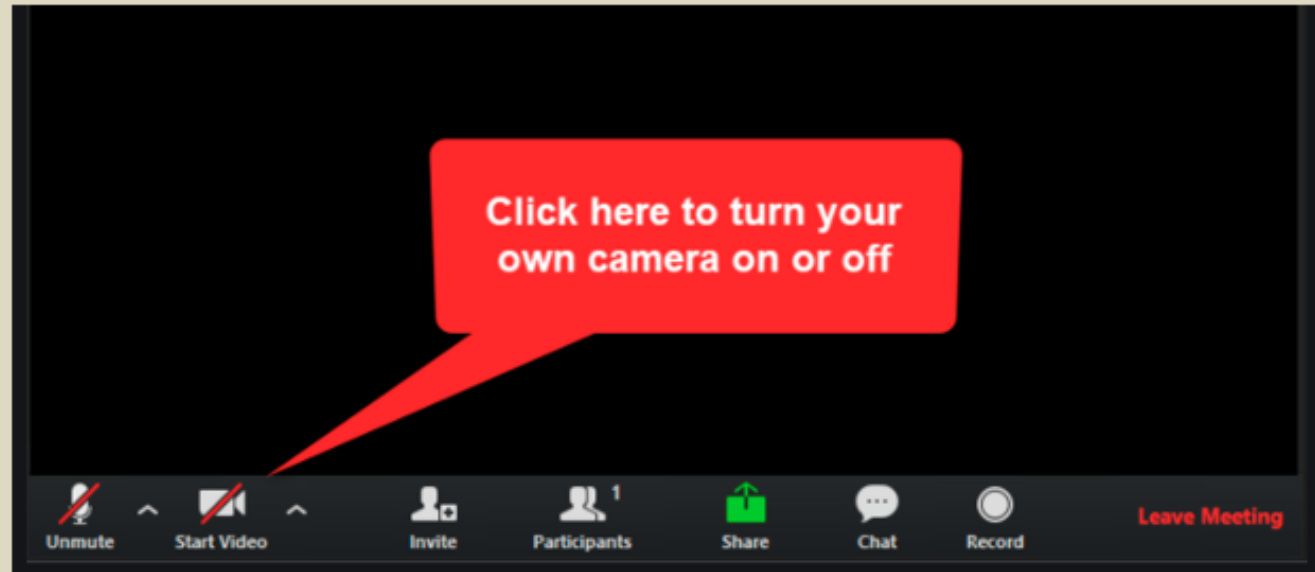
**PUTTING IT ALL  
TOGETHER**





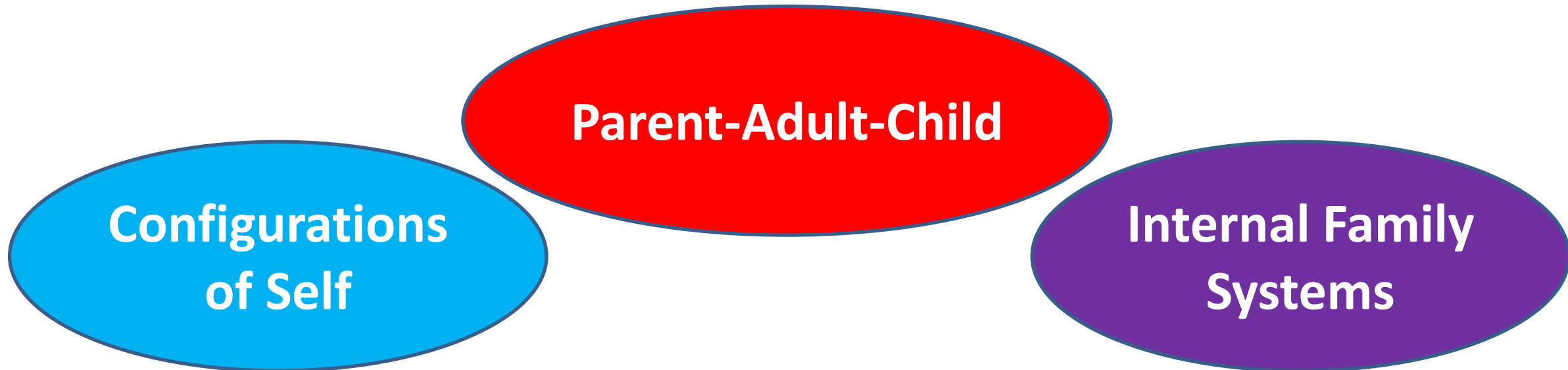
**Please turn your  
video off for the  
film**

**THANK YOU!**



## INTEGRATING THE PARTS OF THE DREAM

- The concept of '*the whole is different from the sum of the parts*' can sometimes be helpful in dreamwork as we seek to *integrate parts of ourselves* revealed in the dream story
- Gestalt is interested in our *unfinished business*
- Our unconscious will pull us towards addressing *disowned parts of ourself*, or things we haven't really looked at enough
- When the parts are integrated, we achieve balance and harmony





THE WHOLE IS DIFFERENT FROM THE SUM OF THE PARTS





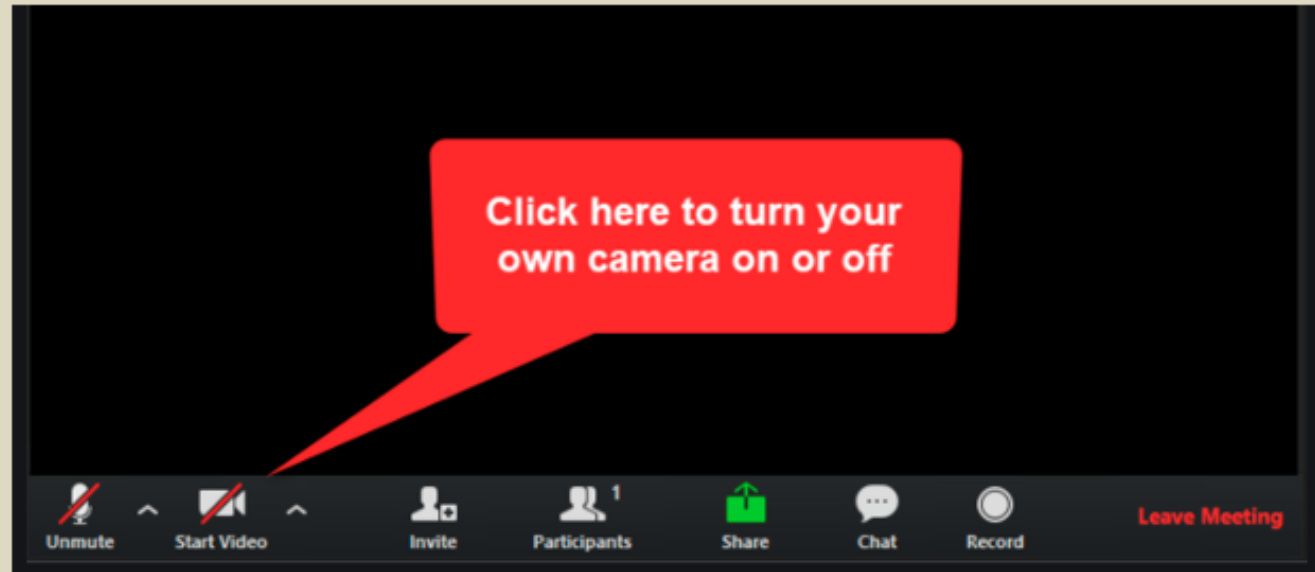
# **BECOMING THE PARTS OF THE DREAM**





**Please turn your  
video off for the  
film**

**THANK YOU!**



# Share in Buddy Groups

*Reflect on the teaching – any questions?*

15 minutes







Any Questions or  
Comments?



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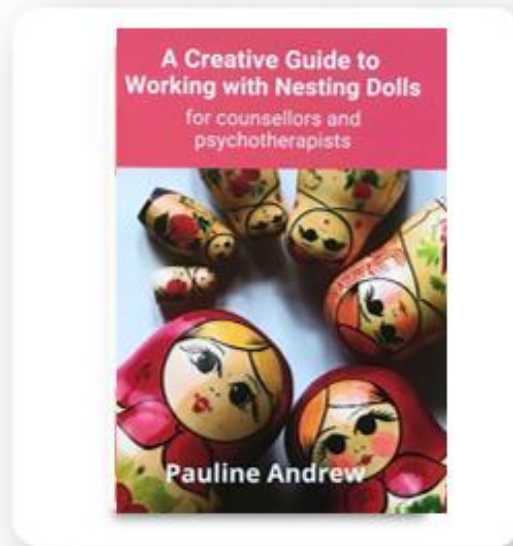
Buy 2 - get another video FREE!





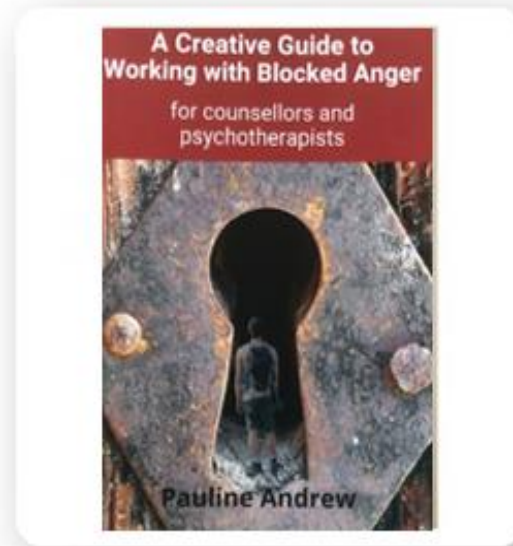
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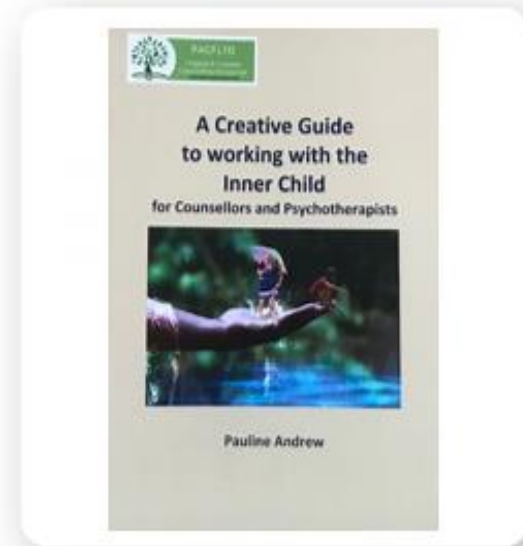
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BERKSHIRE

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*Thank you*  
 SurveyHero