



Deep Release Online
Professional Training for Counsellors

When Dreams Speak: Meeting the Self in Night- Time Stories

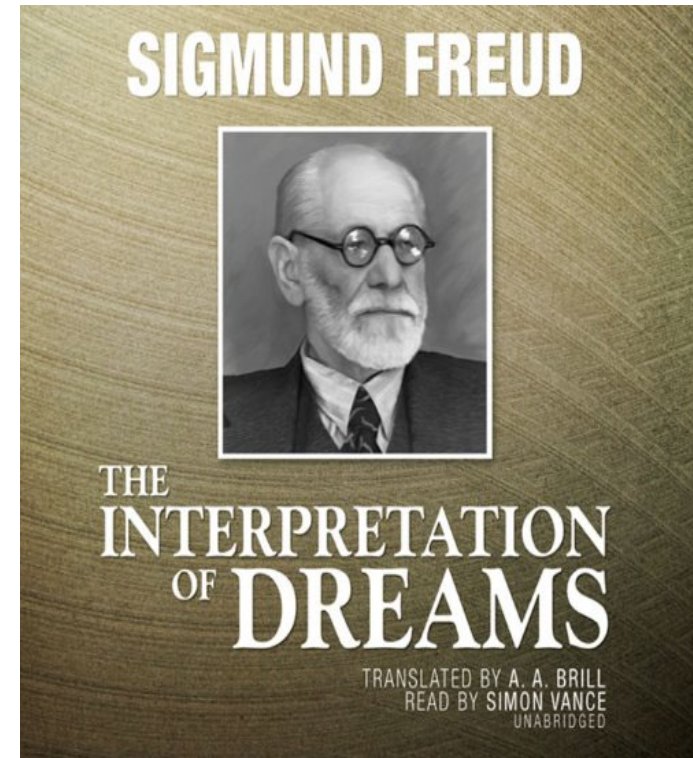


What is the earliest dream you can remember?

Freud and Dreams

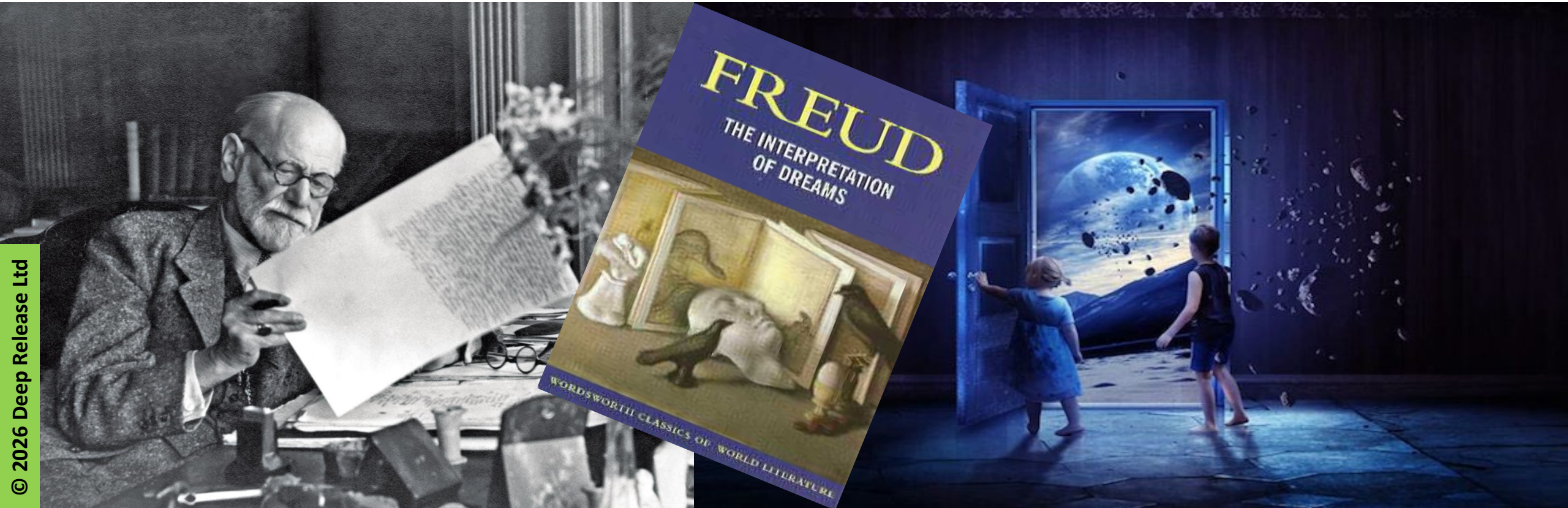
FREUD (1856 – 1939)

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



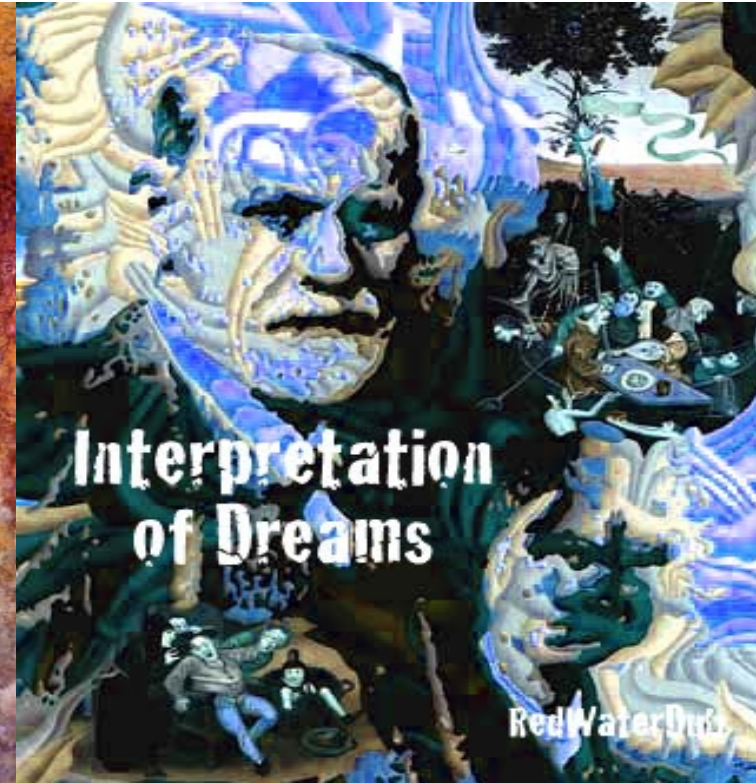
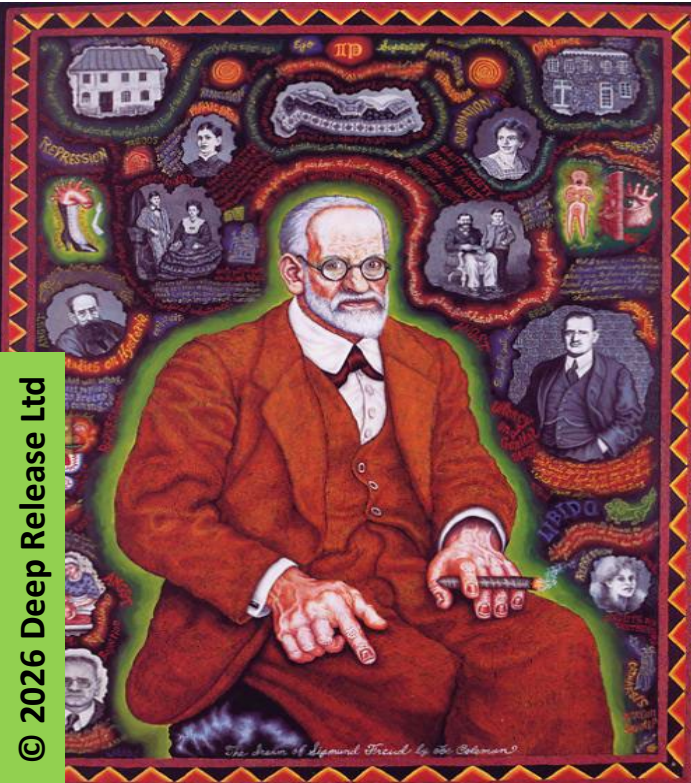
Freud and Dreams

- 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**

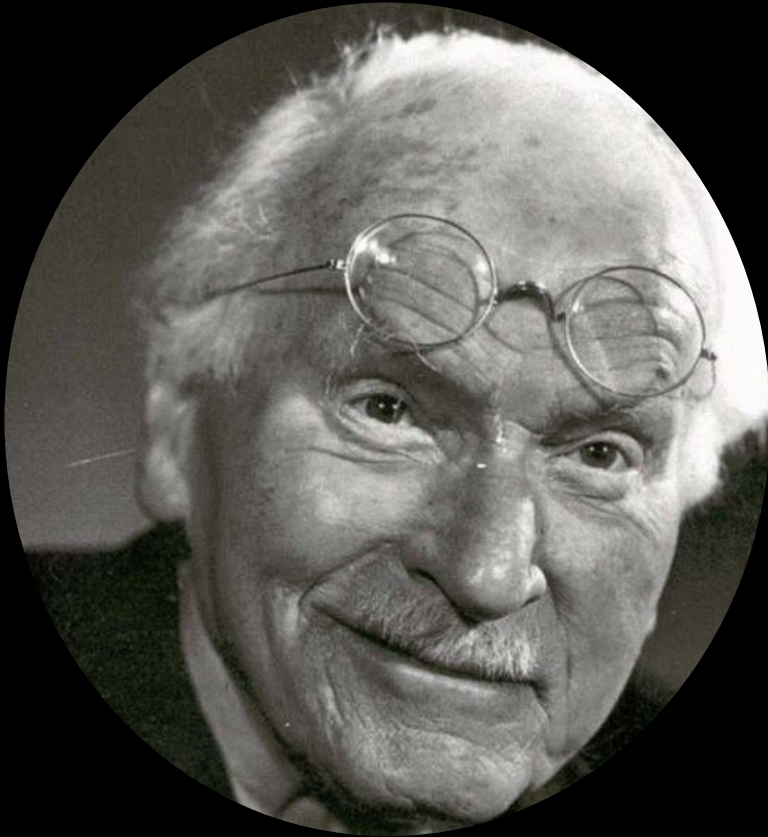


Freud and Dreams

- **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



Jung and Dreams



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

Carl Jung



Jung and Dreams

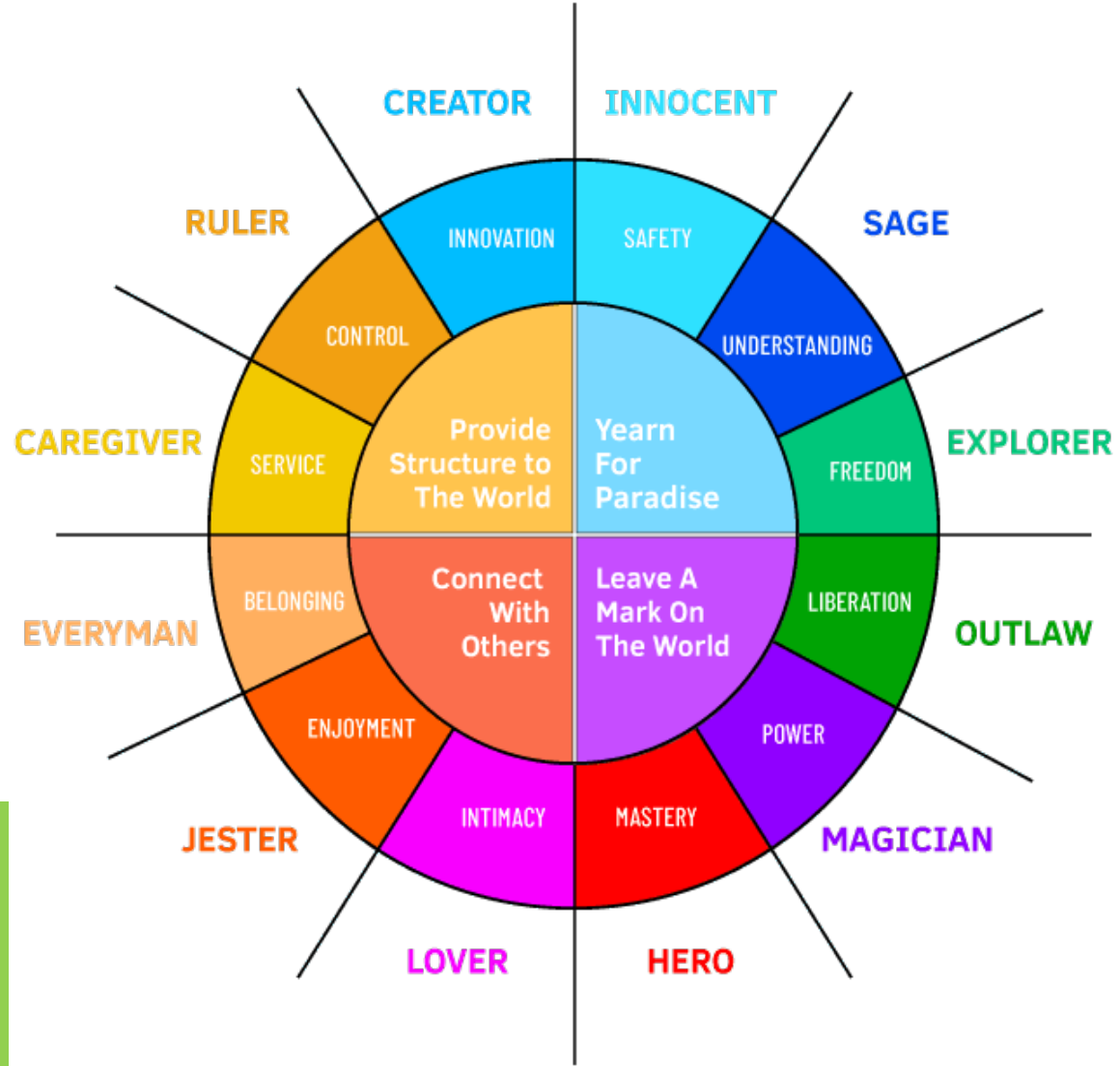
- Jung believed that dreams are messages from the unconscious mind, and they help us understand ourselves better.
- They are not random: they are the mind's way of showing us things we may not notice when we are awake – our fears, hopes, conflicts and hidden thoughts.
- According to Jung, the unconscious mind stores memories, emotions and ideas that influence us without us realising it.
- There is an even deeper level shared by all humans, which he called *The Collective Unconscious*. It contains patterns and symbols that appear in myths, stories, religions and dreams everywhere in the world.
- Because of this, people often dream about similar symbols, eg oceans, journeys, shadows, wise old figures or broken clocks, representing deeper human experiences.

“Mother Earth”



“I’ll take care of you”

Jung and Archetypes



The Explorer



The Jester



The Rebel



The Hero



Rescuer Roles
THE PEACEMAKER



I calm everyone down and stop any conflict, or disagreements.



Control Roles
THE REBEL



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

Rescuer Roles
THE RESCUER



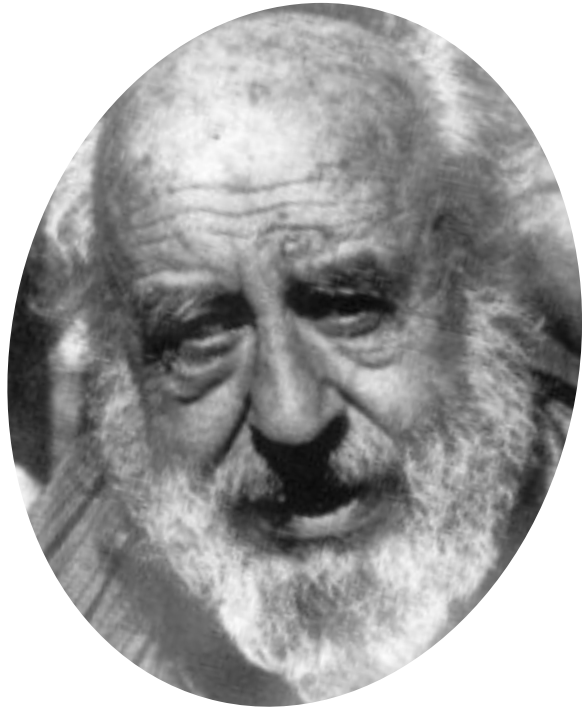
I will always try and ease your pain – whether you want me to or not.

Performer Roles
THE ENTERTAINER



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

Perls: A Gestalt Approach to Dreamwork

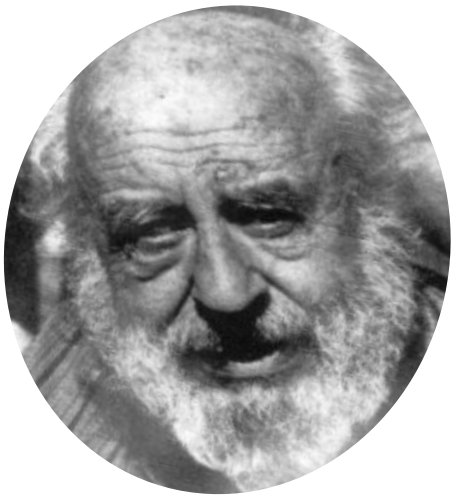


PERLS (1893 –1970)

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



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



Perls: A Gestalt Approach to Dreamwork

“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.



Creating a Dream Journal





Creating a Dream Journal

Be Creative!



Use your Phone/iPad



Write by hand



Creating a Dream Journal



WORKING WITH A DREAM

Possible Ideas to share in Buddy Groups

- Share your own experience of dreaming
- Do you work with clients on their dreams?
- How did you relate to Katy's dreamwork?

15 minutes



TAKE A BREAK



Rapid Eye Movement

Rapid Eye Movement (REM) sleep is the stage of sleep when:

- our brain is highly active (almost as much as when you are awake)
- the eyes move quickly under your eyelids
- most vivid dreaming happens

REM sleep usually begins about 90 minutes after you fall asleep and repeats several times during the night

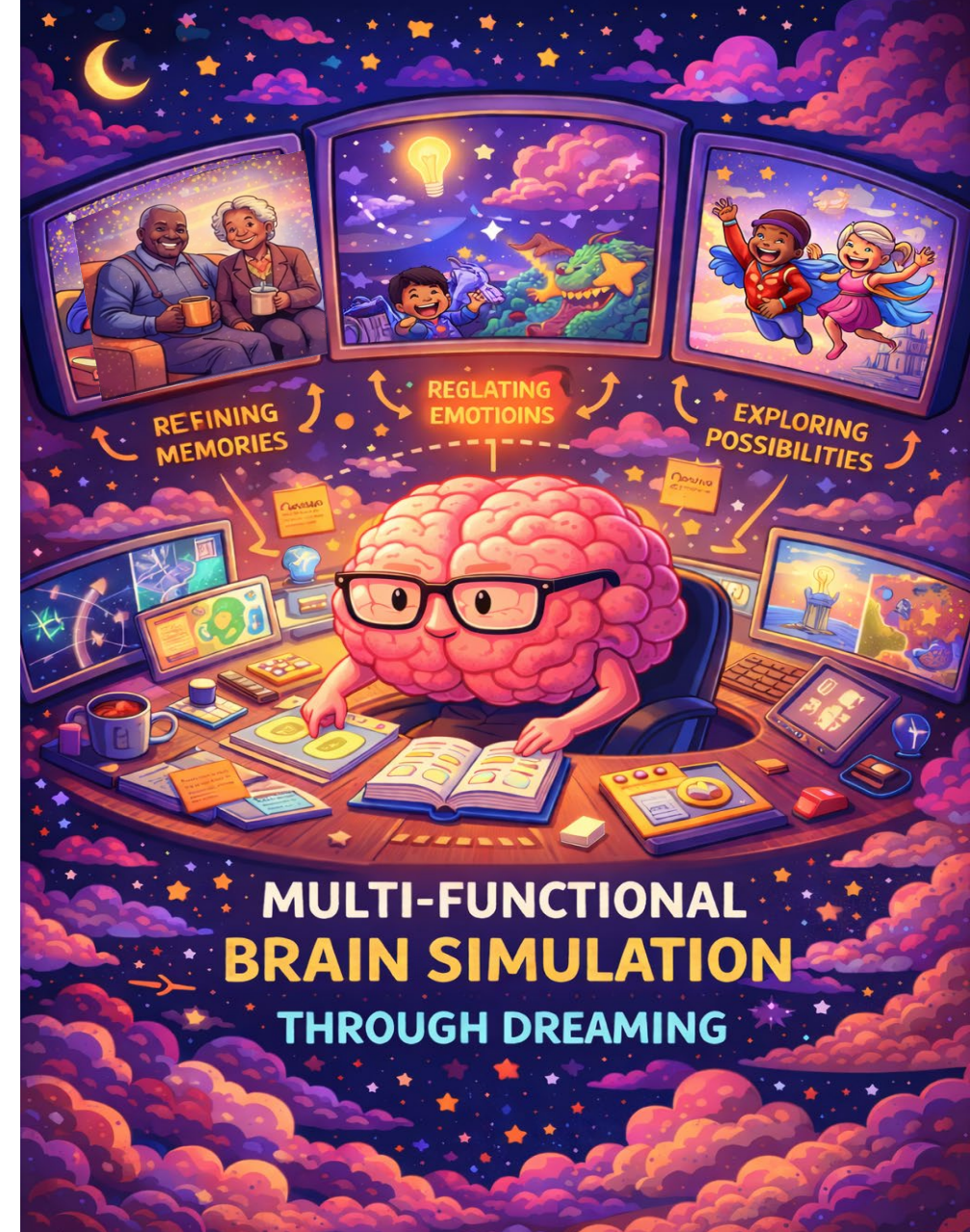
REM periods get longer towards morning.



RAPID EYE MOVEMENT (REM) SLEEP

- ACTIVE BRAIN
- FAST EYE MOVEMENTS
- VIVID DREAMING

- Modern neuroscience (2020–2025 research) suggests that dreaming doesn't have one single purpose
- Dreams appear to be part of several overlapping brain processes that occur during sleep
- Many scientists now describe dreaming as a “multi-function brain simulation”
- Dreaming helps us to
 - regulate our emotions
 - refine our memories
 - explore possibilities



Emotional Processing and Regulation

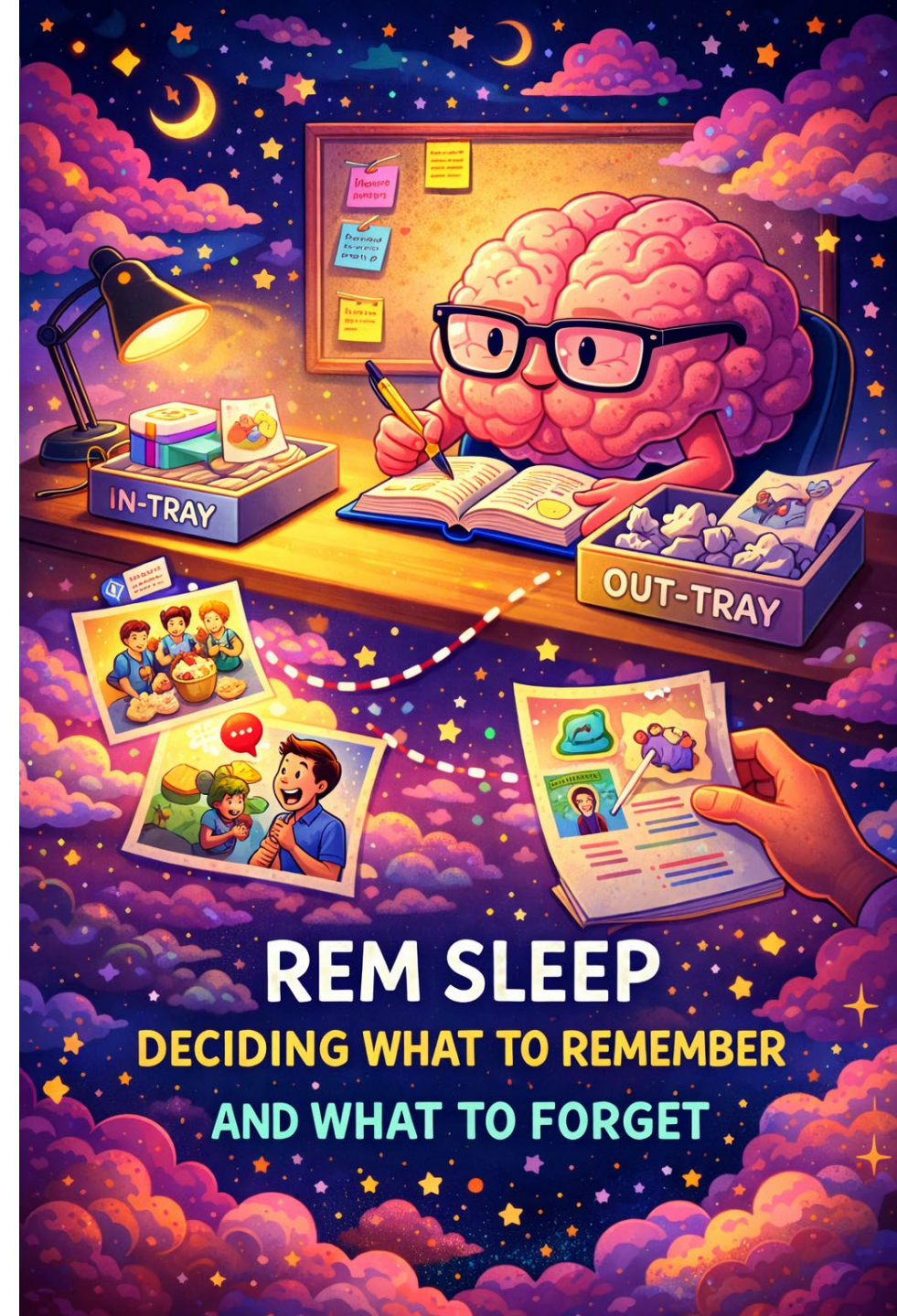
- Studies show that dreaming after emotional events can reduce the intensity of those emotions by the next day
- Dreams often replay emotionally important experiences in symbolic forms, which may help the brain reframe stressful memories
- Researchers sometimes describe dreams as ‘overnight therapy’, allowing the brain to reexperience emotions without the stress hormones produce when we are awake



Memory Consolidation and Reorganisation

During sleep, the brain:

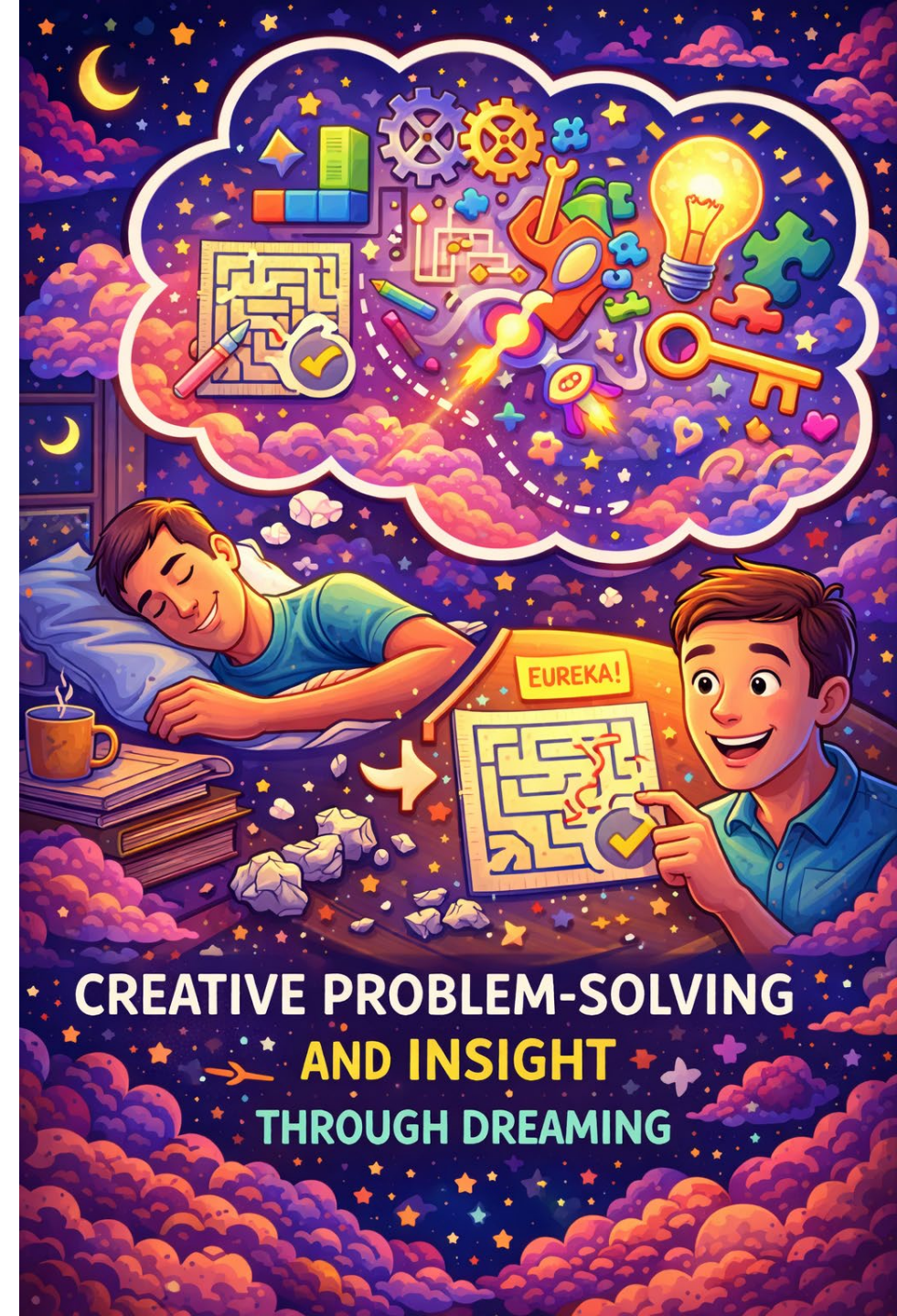
- strengthens important memories
- lets trivial information fade away
- decides what to remember and what to forget
- If you dream about something you learned during the day, you are more likely to remember it better the next day
- So we build understanding and connect knowledge



REM SLEEP
DECIDING WHAT TO REMEMBER
AND WHAT TO FORGET

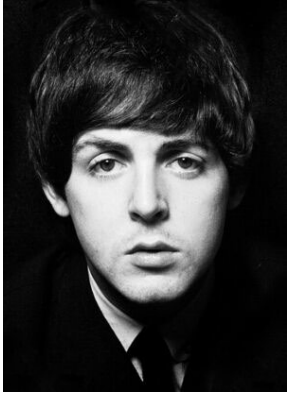
Creative Problem-Solving and Insight

- Dreaming also appears to support creative thinking
- Recent experiments show that, if we think about a problem before sleep, we sometimes dream about it and then solve it the next day
- During dreams, the brain can combine memories and ideas that normally remain separate
- This may explain why dreams sometimes produce unexpected associations or creative insights

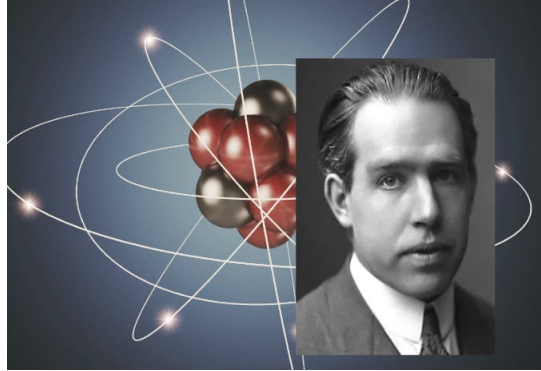


**CREATIVE PROBLEM-SOLVING
AND INSIGHT
THROUGH DREAMING**

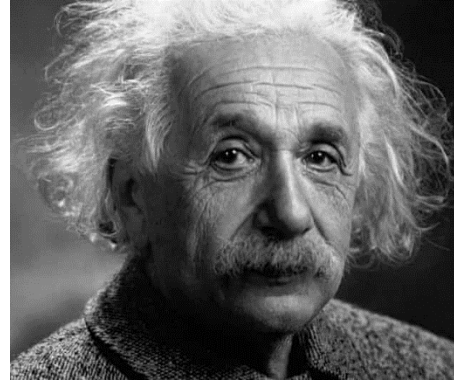
Paul McCartney composed 'Yesterday' in a dream in 1965 – he heard it fully formed in the morning



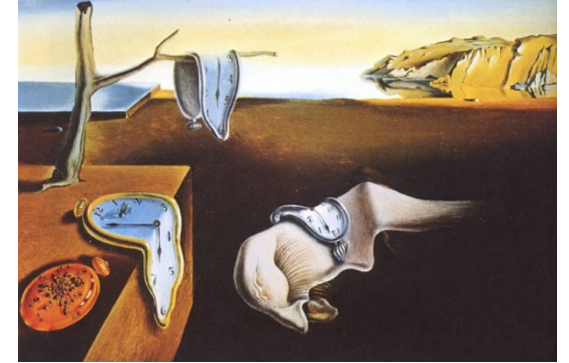
Niels Bohr saw the structure of the atom in a dream and won the Nobel Prize for Physics in 1922



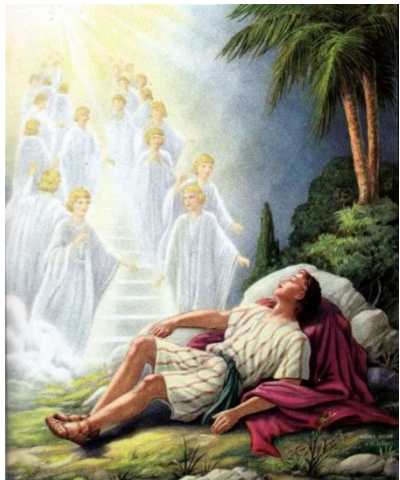
Einstein discovered the principle of relativity - after a vivid dream



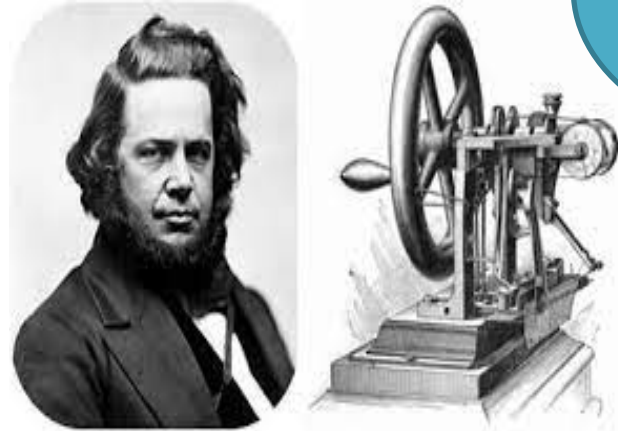
Salvador Dali saw "Persistence of Memory" in a dream



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!



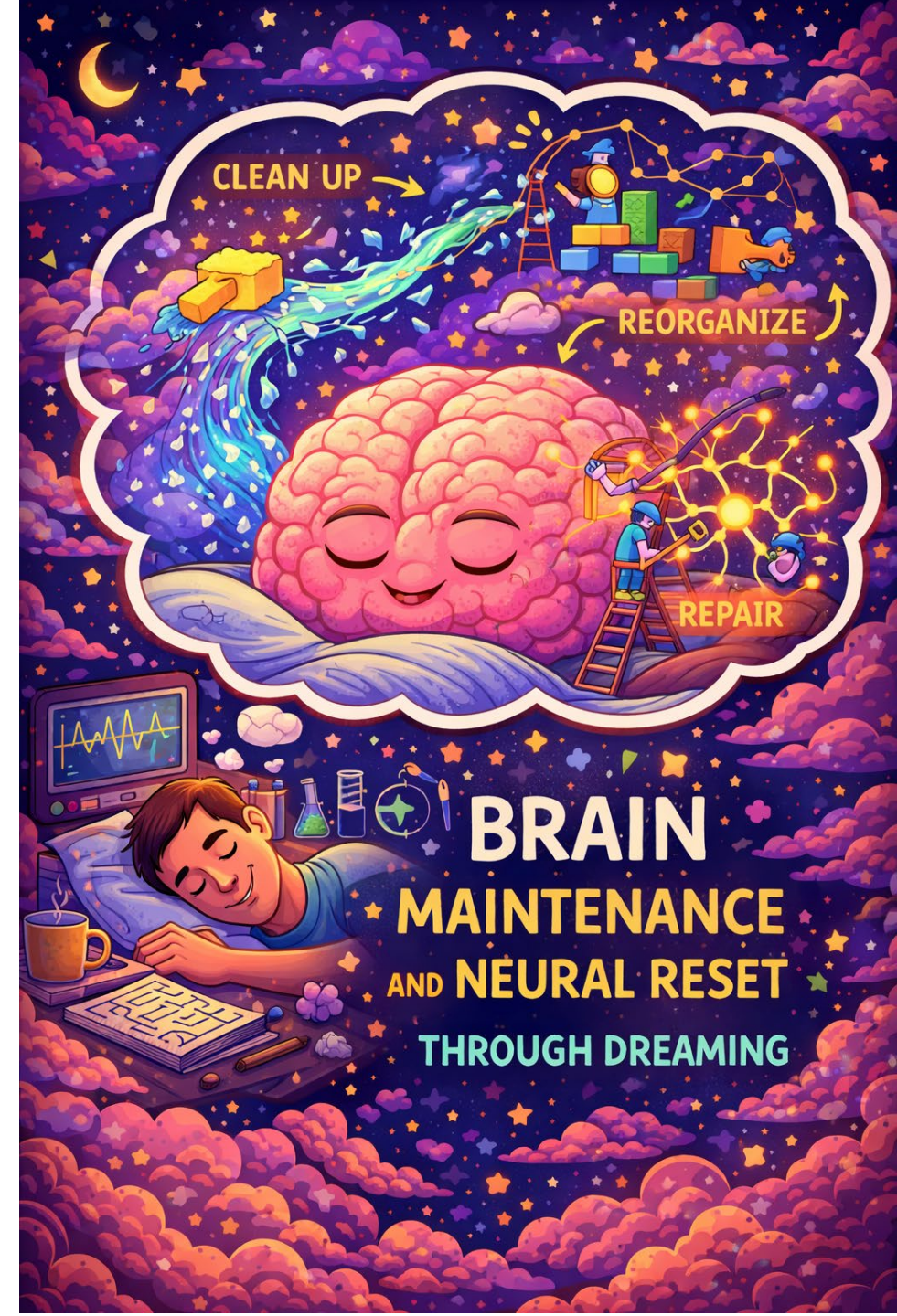
Larry Page dreamed he could download the entire web onto some old computers lying around, so he got up in the middle of the night and realised it was plausible – the result was Google

Brain Maintenance and Neural Reset

During sleep the brain:

- reorganises neural connections
- clears metabolic waste through the glymphatic system
- resets brain networks for the next day

This is like a large-scale neural maintenance process.

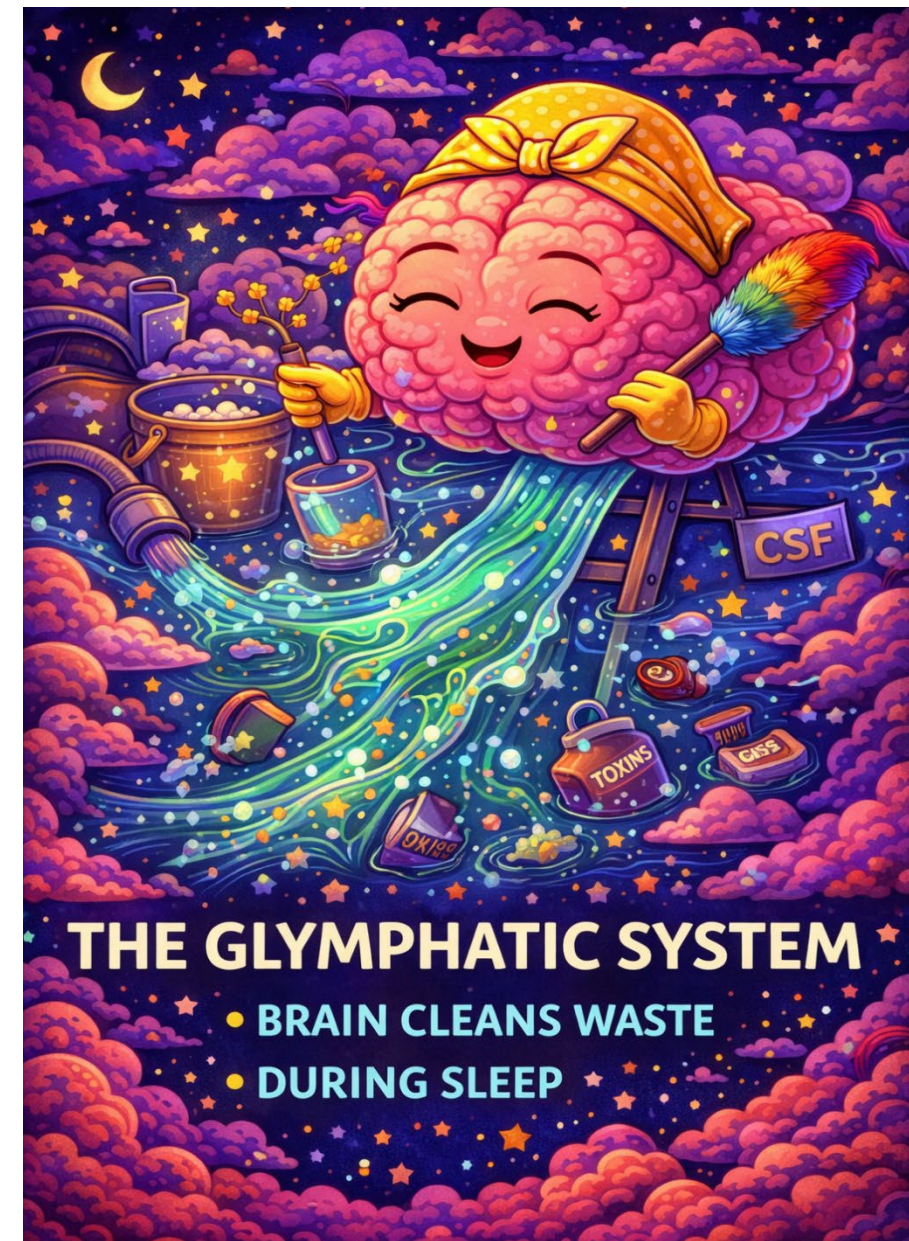


The Glymphatic System

During deep sleep cerebrospinal fluid (CSF) flows through the brain and flushes out waste products. This helps remove damaged proteins, metabolic waste from brain activity and toxins such as beta-amyloid (linked to Alzheimer's, Parkinsons, brain aging and concussion recovery).

Why Sleep is important

- The glymphatic system works much more efficiently during sleep
- Research suggests this is because brain cells shrink slightly, creating more space between them
- Fluid can then move through the brain more easily and wash away waste




While you sleep, your brain is being cleaned

Why are dreams sometimes totally random and bizarre?

- During REM sleep the prefrontal cortex (logic, planning, critical thinking) is reduced. We don't question strange events and impossible things seem quite normal!
- The Limbic System (emotional brain) is highly active! Dreams can become emotionally intense, symbolic and dramatic!





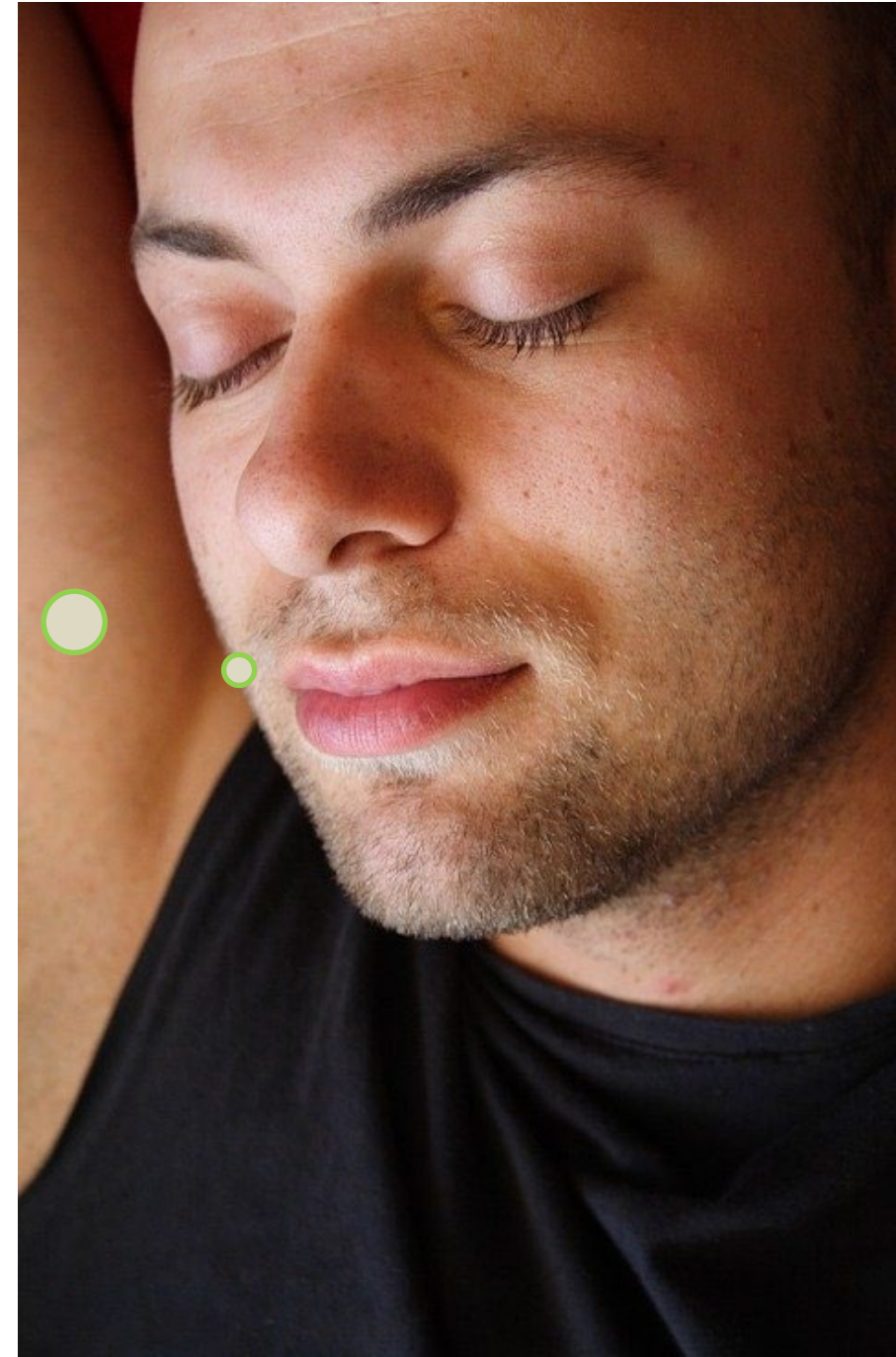
CONTINUING TO WRITE YOUR DREAM



Continuing to write your Dream Story

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

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



Katy continues to write the dream



Research into thousands of dream reports across cultures have found that certain dream themes appear again and again worldwide, including from different cultures. This suggests that dreams are partly shaped by shared human concerns and brain processes.

The amygdala is active in REM sleep and dreams may rehearse avoidance or survival

May reflect a loss or control, or the brain's balance system is recalibrating

Exam dreams can simulate performance anxiety, even long after leaving school

Concerns about appearance or aging; feeling helpless; signals from jaw tension

Dreams can amplify feelings of social vulnerability or embarrassment

May arise from the brain's motor system being activated while the body is paralysed.

Dreaming activates memory networks and older memories often resurface

Dreams simulate goals and obstacles, reflecting everyday planning

Possible Ideas to share in Buddy Groups

- Discuss the current theories on dreaming – can you relate to them?
- Share your responses to Katy continuing her dream.

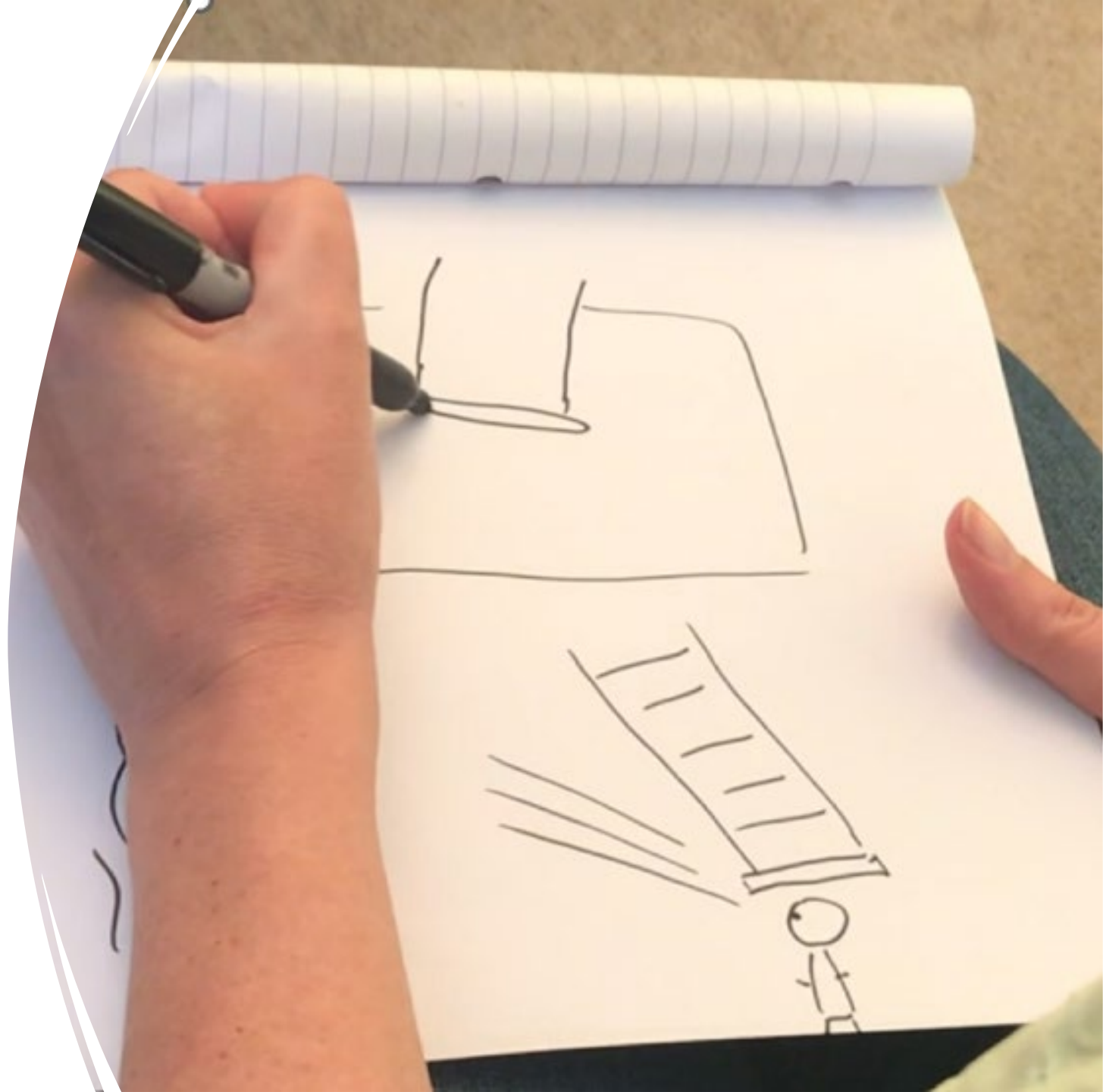


15 minutes

TAKE A BREAK



DRAWING THE DREAM



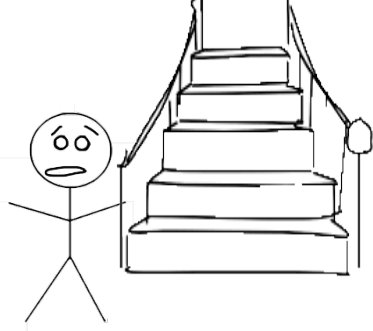

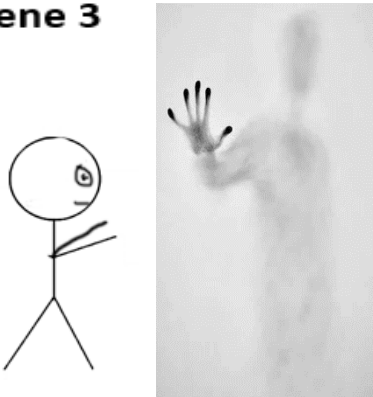
DRAWING A DREAM STORYBOARD



Scene 1	Scene 2	Scene 3
Scene 4	Scene 5	Scene 6
Scene 7	Scene 8	Scene 9

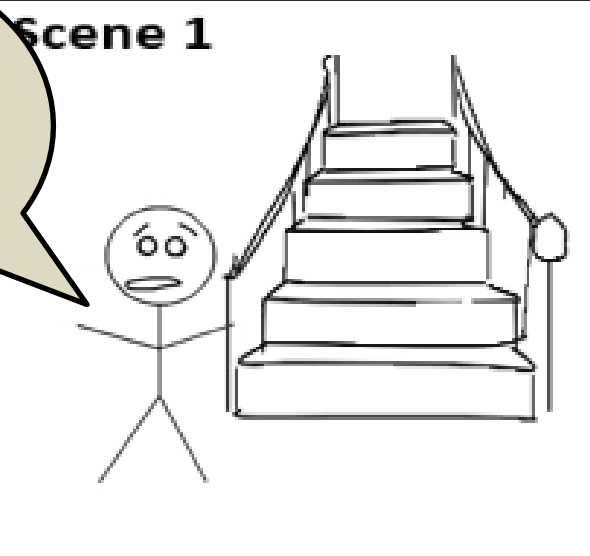
Add feeling words and speech bubbles

Drawing the Dream

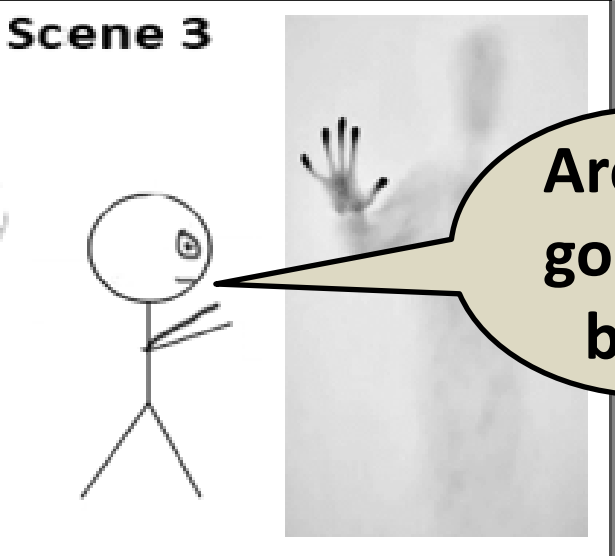
Scene 1  A stick figure with a worried expression stands at the bottom of a set of stairs with a handrail.	Scene 2  A stick figure is shown falling backwards down the stairs, with motion lines indicating a fall.	Scene 3  A stick figure looks towards a blurry, grayscale image of a hand reaching out from a wall.
Scene 4	Scene 5	Scene 6
Scene 7	Scene 8	Scene 9

DRAWING YOUR DREAM

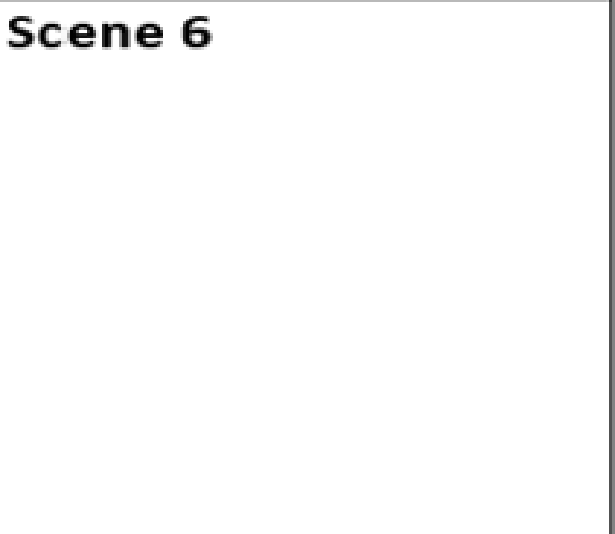
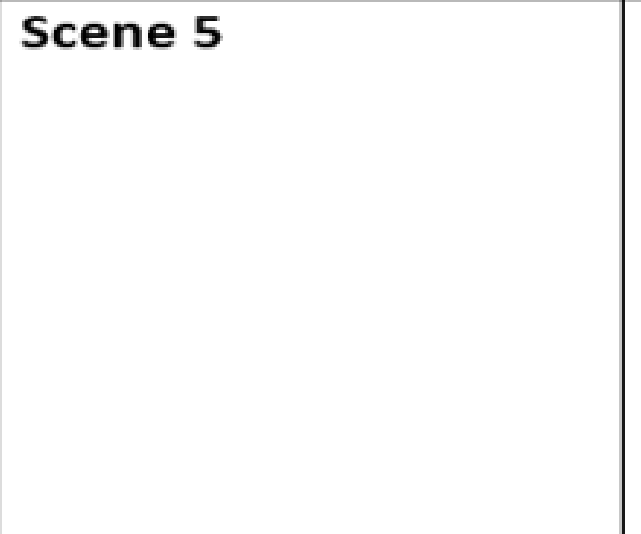
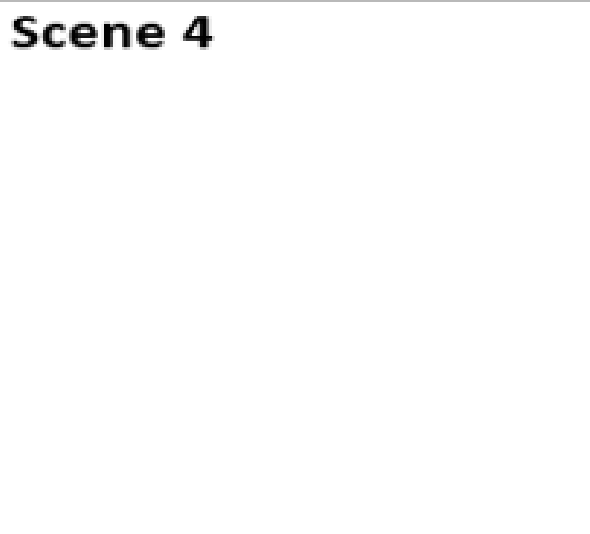
I can't find my way!



Heellpp!



Are you good or bad?



Confusion

Anxiety

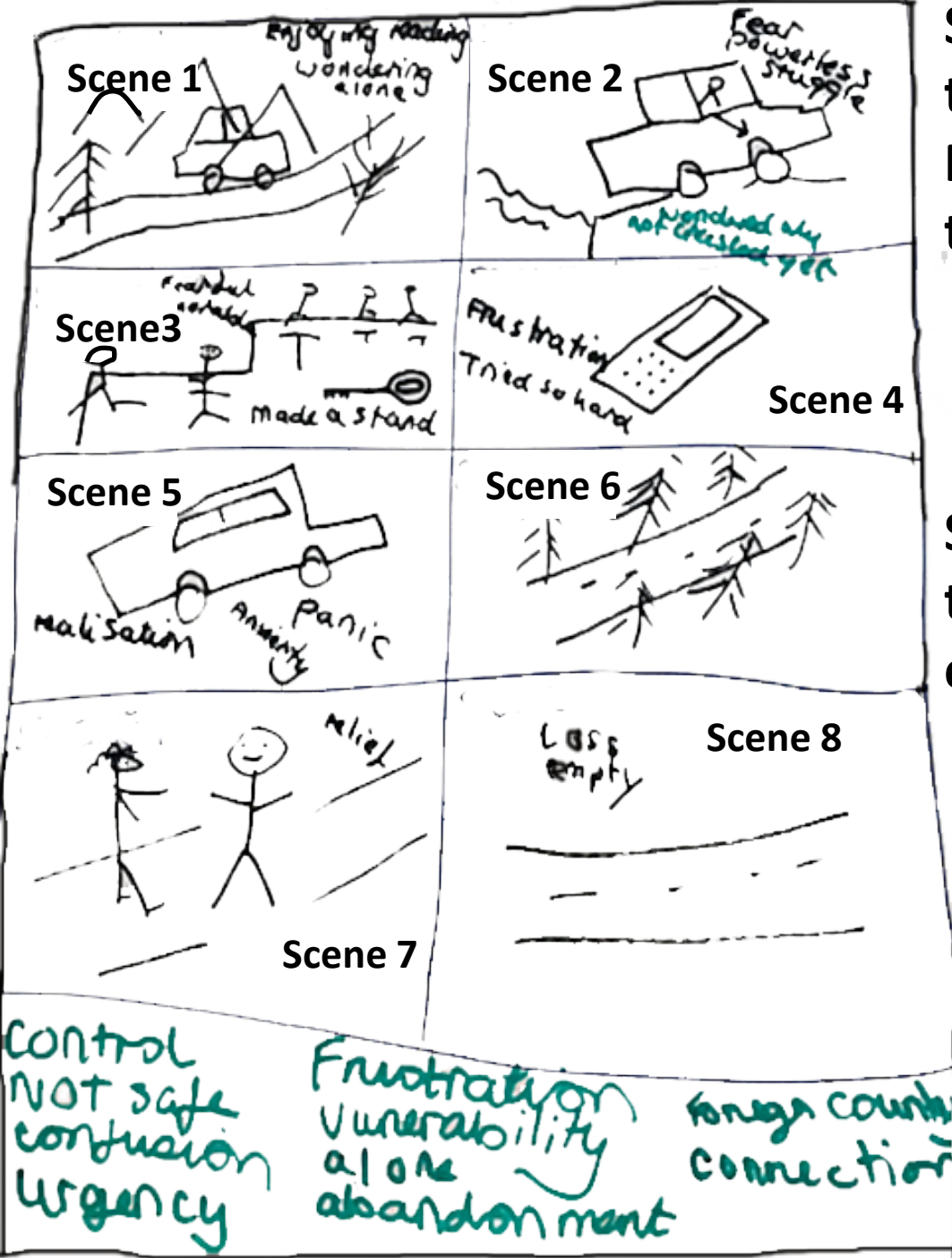
**Curious
(not scared)**

Scene 1: Enjoying reading in the car in a foreign country

Scene 3: In a restaurant, standing up to a bully!

Scene 5: Car back in. Desperate to find the car.

Scene 7: Huge relief – she meets her husband!



Scene 2: The car is sliding towards a river. Fear/Powerless/Struggle. She's in the back seat.

Scene 4: All the numbers in her phone have been wiped – can't get help.

Scene 6: Wandering through the woods, trying to find the car.

Scene 8 : But they've lost the car – it's gone.

**TIME TO
DRAW YOUR
DREAM!**

**Add
Speech
Bubbles!**

**Send your dream
pictures to Katy in
the Chat!**



**BECOMING THE
PARTS OF THE
DREAM**



Possible Ideas to share in Buddy Groups

- Share what you drew, if you feel comfortable to
- How did you respond to Katy becoming the different parts of her dream?



15 minutes



**Questions
Comments
Discussion**

Time to say Goodbye

- Say goodbye – exchange details if required.



5 minutes

MAR
21



(📅) 9:30 am - 1:00 pm

Spiritual Wounds and Spiritual Dimensions in the Counselling Room

APR
24



April 24 @ 4:00 pm - April 26 @ 3:00 pm

Conference: The Healing Dance: TA & Gestalt Together

The Healing Dance: TA & Gestalt Together

24-26 April 2026

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experiential
weekend for
counsellors/&
diploma-level
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Limited Early Bird &
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Resources

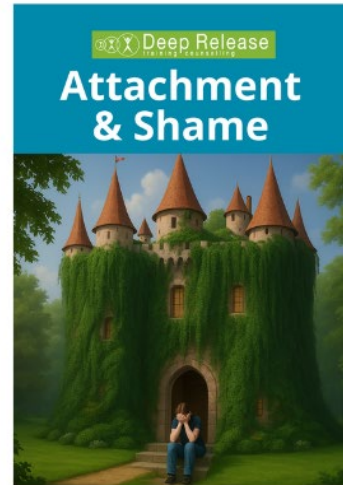
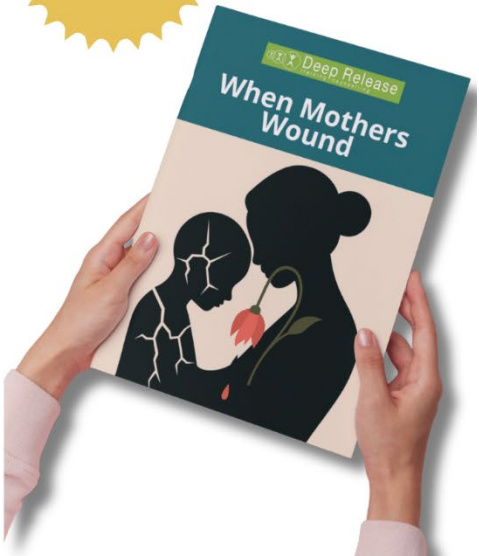
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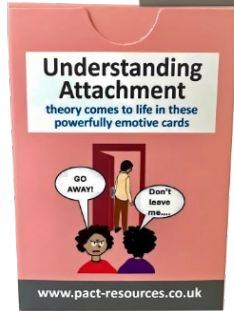
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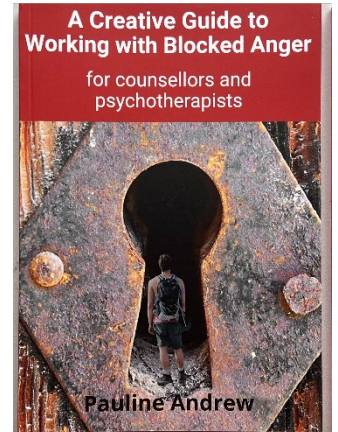
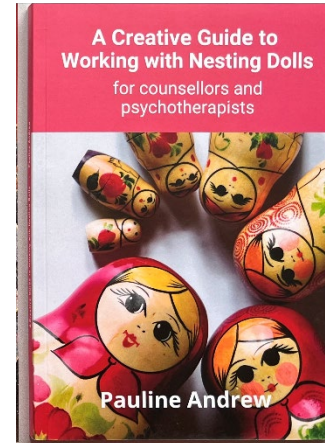


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I use the cards and find them an excellent tool. They enable clients to express emotions that they are unable to verbalise. – Peter, Counsellor

**HARD
FEELINGS**





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Pauline Andrew Creative Counselling

Working with fairy tales
in counselling



Choosing your Nesting Dolls



Working with aspects of self
using nesting dolls



6 ways of working with plain
nesting dolls in counselling



How to introduce creative
interventions in counselling



How to paint and work with
stones in counselling



How to work with animal figures
in counselling

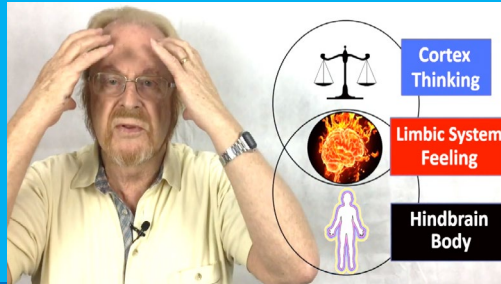


Brain Body & Beyond

Left and Right Brain



The Top Down Brain



Catch Up



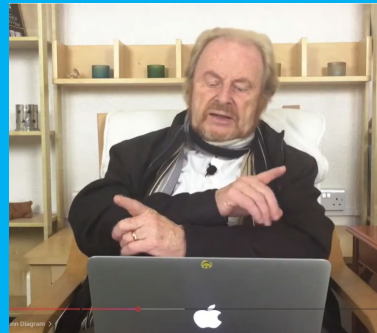
The Left and Right Axes

Sciences
Objective
Prose
Particular
Analyse
By the book
Hardware
Law
Quantitative
Zoom in

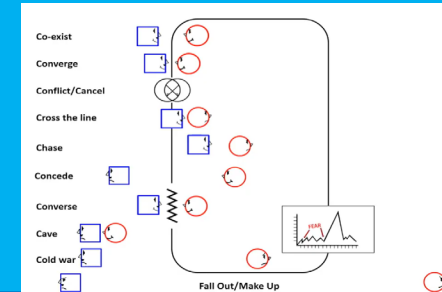


Arts
Subjective
Poetry
General
Synthesise
Extemporise
Software
Liberty
Qualitative
Zoom out

The Warzone



Fixing Broken Relationships Part 1



Fixing Broken Relationships Part 2



Please send
us your
feedback!



Thank you so much for joining us and supporting our work! If you have found the day helpful, please would like leave some feedback in the Deep Release Facebook group, or send us an email at info@deeprelease.org.uk. It would mean so much to us! 😊

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Thank you