

The Existential Road to Dreams

Summary

Medard Boss describes dreams as not something we 'have' but instead are aspects of our being - "we are our dreaming state". They are not puzzles to be solved but openings to be attended to. We all have dreams and either dismiss them as having no meaning or attempt to analyse them through some form of symbolic interpretation.

Existential therapists believe dreams are usually an expression of the dreamer's current existential position and can therefore provide a message about the person's relationship with their waking world. Hence, dreams can provide us with a tool for unlocking the feelings and emotions we experience that we may not be aware of in our everyday life.

The dream stands for what it is and through exploration of the phenomena in the dream, the meaning of the dream emerges.

This one day workshop will explore the various existential/phenomenological approaches to dreams as developed by Medard Boss, Clark Moustakas, Ernesto Spinelli and Emmy van Deurzen. There will be ample opportunity for participants to examine one of their own dreams from this perspective.

Who will benefit?

The course is designed for:

- Practising counsellors and psychotherapists who wish to extend their knowledge and understanding of the existential tradition.
- Trainee counsellors and psychotherapists who wish to include the knowledge and practice of the existential tradition.
- Practitioners in the 'helping' profession who wish to incorporate existential issues into their practice.

Learning Outcomes

- To develop an understanding of the existential/phenomenology approach to dreams and how it is applied in practice
- To integrate the philosophical and psychological of existential theory concepts into the examination of dreams
- To understand how dreams can be a useful addition to understanding the everyday world of the dreamer

Content areas

- The existential philosopher's understanding of dreams
- Existential and Phenomenological approaches to working with dreams
- Exploring the four worlds in relation to dreams
- Feelings and emotions
- Relating the dream to the everyday world
- Dream workshop