

## DREAMS THAT SHAPE OUR LIVES: DO I WAKE OR SLEEP?

A one-day workshop

Saturday, 22nd May 2021: 1000-1600 (via Zoom)

Facilitated by Anna Bravessmith

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This workshop will explore the nature of dreams and the extraordinary fascination they have for us, even in today's culture where rational, cognitive, functions are dominant. What is the purpose of dreams, where do they come from - what part of us creates dreams? What part of us receives, and reflects on, the images and feeling content of dreams?

*Famous dreamers* range from *Martin Luther King* saying famously: 'I have a dream...' to the dream that helped *Einstein* to formulate the theory of relativity, to *Robert Louis Stevenson's* dream of the story of Dr. Jekyll and Mr Hyde, and *Paul McCartney's* dream of the acoustic for the hit song 'Yesterday'. Dreams have shaped our collective culture and our individual lives.

There will be an interactive discussion exploring dreams in literature and the arts, with any of your own favourite examples. The dream of Alice in '*Alice in Wonderland*' has been selected for in-depth reflection, accompanied with visual images. We will explore ways in which we might interpret this psychologically, exploring a fantasy scenario: *If you had Alice in a psychotherapy session today bringing her dream, how might you work with it?* It will be helpful to read Alice in Wonderland prior to the event, but it's not essential.

The theories of *Freud* in his seminal work 'The Interpretation of Dreams' (1899) and *Jung's* 'The Practical Use of Dream Analysis' (1934), will form the main basis of a theoretical exploration of dreams. There will also be experiential small group work to discuss your own experiences with dreams. (Participants need to agree on confidentiality for this part of the workshop.)

**Suitable for:**

Psychotherapists and counsellors, both qualified and in training, integrative/psychodynamic/cognitive behavioural/psychoanalytic/Jungian, for all backgrounds and approaches. All levels of experience.

**What you can expect to gain:**

A broad view of the cultural significance of dreams in art and science, an understanding of the use of dreams in psychotherapy, further theoretical Freudian and Jungian knowledge of dream theory, perspectives on dreams as unconscious processes in images, introduction to the skills of working clinically with dreams.

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Anna Bravessmith is a highly experienced Jungian analyst from the Society of Analytical Psychology in London where she has also held the post of Training Clinical Coordinator. She also has a private practice. For many years she worked in the NHS in Primary Care, and as the Programme Manager of the Diploma in Supervision/MA at WPF Therapy. She works as a trainer and speaker in several organisations. Her publications include papers on Silence in analytic work, Supervision and Imagination and Brief Dynamic Therapy.

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**Workshop Fee:**

£70.00 HCC members or £90.00 non-HCC members

To secure your place, please fill in the form overleaf. Please direct any queries to:

Kevin Hamilton, Highgate Counselling Centre

Telephone: 020 8883 5427

Email: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)

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Please reserve me a place on the above workshop

Name:

Address:

Telephone:

Email:

### Workshop Fee:

HCC members £70, Non-members £90

Payment by BACS bank transfer:

Highgate Counselling Centre

Barclays Bank

Account Number: 53577538

Sort code: 20-76-90

Reference: Your surname Dreams Workshop

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Please return this booking form by Friday, 21st May 2021 to:

Kevin Hamilton, Training Manager

Highgate Counselling Centre

Telephone: 020 8883 5427

Email: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)

A CPD CERTIFICATE WILL BE EMAILED TO YOU FOLLOWING THE WORKSHOP

**Note: If you wish to book/pay via card, please call Ruth Fitzgerald at HCC on 0208 883 5427 to make this booking/payment.**

Any information provided is held securely in line with GDPR requirements. We will automatically add your name/email address to our CPD Contacts and may contact you about future CPD events. If you do not wish to be informed about future events, please let us know.

Your address is required for us to be able to post you a CPD certificate following the event.



*The Sleeping Gypsy, Henri Rousseau, 1897.*