

# NIGHTMARES, TRAUMA, ADDICTION

## Part 3 of 3

MTAADAC 9-8-15

RANDAL LEA



# RECENT/CURRENT VOICES IN DREAMWORK

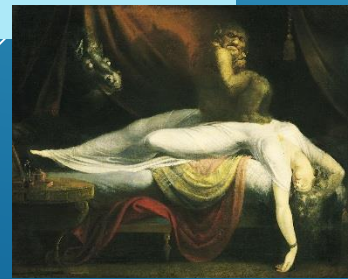
Some of the best dream theorists and practitioners are writing and conducting workshops here in the early 21<sup>st</sup> Century

## ▶ “Senior Circuit”

- ▶ Montague Ullman
- ▶ James Hillman
- ▶ Stanley Krippner
- ▶ J. Allan Hobson
- ▶ Robert Johnson
- ▶ Robert Van de Castle

## ▶ “Junior Circuit”

- ▶ Stephen Aizenstat
- ▶ Robbie Bosnak
- ▶ Clara Hill
- ▶ Kelly Bulkeley
- ▶ Gayle Delaney
- ▶ Robert Moss



## MONTAGUE ULLMAN (1916-2008)

Foremost advocate and practitioner of dream groups with huge interest in reserving power in the dreamer rather than conserving power in the therapist. Spent 60 years in psychiatry and dreamwork.



Ullman, Montague & Zimmerman, Nan. (1979)  
*Working with Dreams*, Los Angeles: Tarcher Putnam

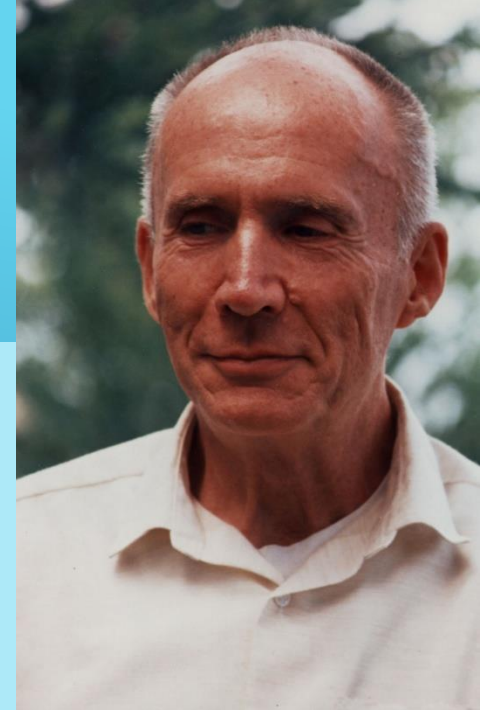
Ullman, Montague & Limmer, Claire (editors). (1999).  
*The Varieties of Dream Experience*, Second edition.  
New York: SUNY Press,

Ullman, Montague. *Appreciating Dreams - A Group Approach*, Sage Publications, Thousand Oaks, California, 1996.



## ROBERT JOHNSON (B. 1921)

Jungian trained therapist who uses mythology, depth psychology, dream-work, and his deeply personal spiritual history in working with persons in their own spiritual development. Author of *Inner Work*, which is highly readable and which has a very simple 4 step process for dream amplification.



*Inner Work; The Handless Maiden; She; and He.*

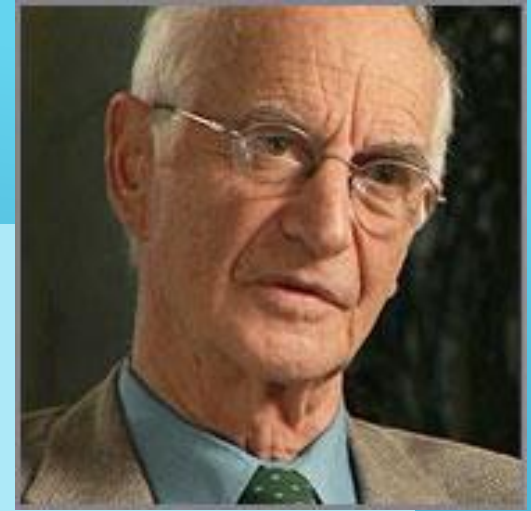


## JAMES HILLMAN (B. 1926-2011)

Hillman, founder of Archetypal Psychology, is a Jungian trained psychoanalyst who advocates a phenomenological approach to dreams. One does not analyze the image into something it is not. Instead of symbolism or latent content, Hillman “sticks with the image.”

Prolific Author whose books include

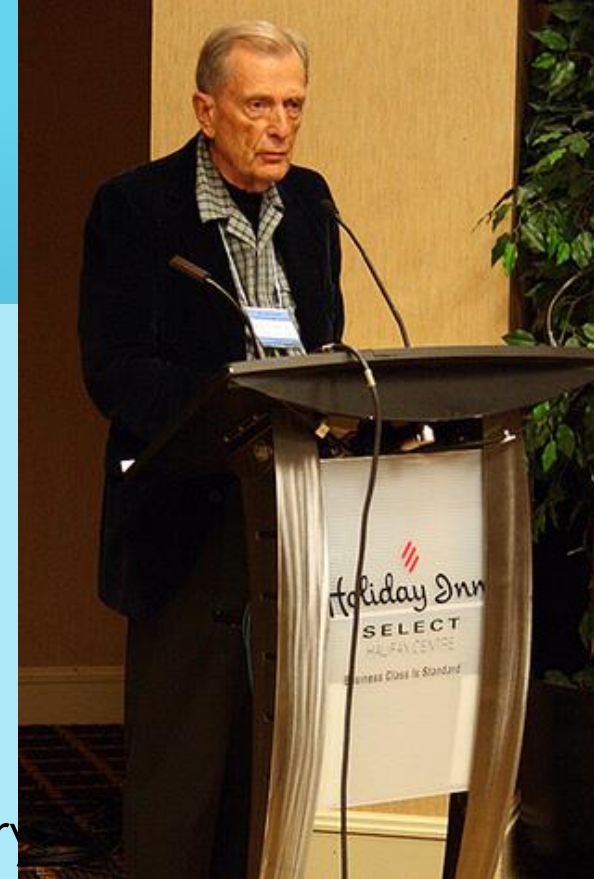
*Revisioning Psychology; Suicide and the Soul; The Dream and the Underworld; and 100 years of Psychotherapy and the World is Getting Worse.*



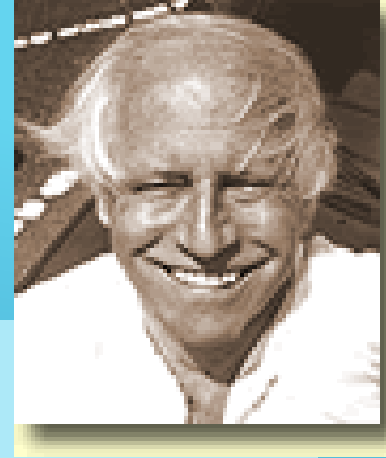
## STANLEY KRIPPNER (B.1932)

Stanley Krippner, Ph.D., professor of psychology at Saybrook Univ, is a past-president of 2 APA divisions. Former director of the Kent State Child Study Center and the Maimonides Medical Center Dream Research Laboratory in Brooklyn NY. Author of many dream books incl.

*Extraordinary Dreams* (SUNY, 2002) &  
*Dreamtime and Dreamwork* (Tarcher, 1991).



## J. ALLAN HOBSON (B. 1933)



Psychiatrist and foremost modern researcher on REM sleep, neurochemical reactions during dreaming states, and cutting edge scientific applications in dream research.

- ▶ 1989, *The Dreaming Brain*
- ▶ 1992, *Sleep and Dreams*
- ▶ 2002, *Dream Drugstore: Chemically Altered States of Consciousness*
- ▶ 2002, *Dreaming: An Introduction to the Science of Sleep* 2005, *13 Dreams Freud Never Had*



## STEPHEN AIZENSTAT



- ▶ Founding President of Pacifica Graduate Institute, a graduate school devoted exclusively to depth psychology
- ▶ Conducts “Dreamtending” training seminars, where participants work with others, tending the living images of dreams

Stephen Aizenstat, (2011). *Dreamtending: Awakening to the Healing Power of Dreams*. New Orleans: Spring Journal:





# FRONTIERS OF DREAMWORK: ROBBIE BOSNAK

## ▶ Robbie Bosnak



- ▶ Founder: Santa Barbara Healing Sanctuary
- ▶ Author, Lecturer, Therapist
- ▶ Exploring Creative Imagination and Medicine

*Little Course on Dreams*



## GAYLE DELANEY

"Delaney liberates dreamers from the hegemony of the dream expert, so they can appreciate on their own the rich meanings expressed in their dream lives. All About Dreams is a significant contribution to human self-understanding."  
Gordon Globus, M.D.

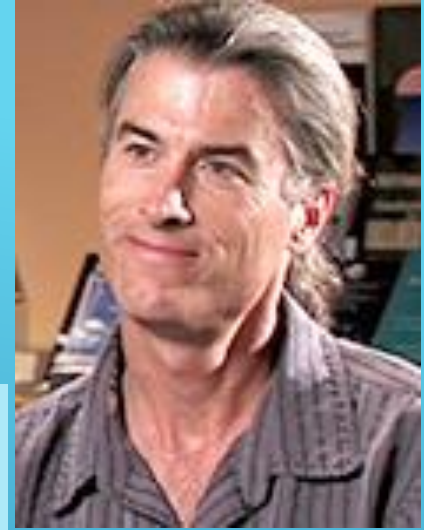


See also: *New Directions in Dream Interp.*



## KELLY BULKELEY

- ▶ Former President of the ASD and prolific author of dream anthologies and relation of dreams to religious cultures and spirituality.



Author of *The Wilderness of Dreams* (1994), *Spiritual Dreaming* (1995), *An Intro. to the Psychology of Dreaming* (1997) & editor of *Among All These Dreamers* (1996) & *Dreams: A Reader on the Religious, Cultural, and Psychological Dimensions of Dreaming* (2001).



## CLARA HILL



Has applied a cognitive-behavioral approach to dream interpretation for teaching entry level techniques to counselors; has spawned much mainstream dream counseling research.

(2004) *Dream work in therapy: Facilitating exploration, insight, and action.*

(1996) *Working with dreams in psychotherapy*



# SWEET DREAMS!

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