

# Dreamgroup starting October 14, 2015!

Facilitator	Reserve place by Email	Location /Payment Address
Randal Lea, MA, LADAC	Randal_Lea@Yahoo.com	4003 Murphy Rd Nashville TN, 37209

## Time and Location

Tuesday nights, gathering between 5:00 and 5:30 for tea or coffee, group starting promptly at 5:30. Duration usually 75-90 minutes. 4003 Murphy Road, Park in back or on Westlawn at Adjacent driveway. (Group meets October 13, 20, 27; November 3, 10, 17; December 1, 8, and 15. There is no meeting during Thanksgiving week.

## Description

A nine week course designed as an intermediate or beginning introduction to working with one's own dreams in a group setting. Each week there will be a brief didactic on one aspect of dreaming, a famous dream or one from practice that emphasizes that aspect, a song or a poem that speaks in the language of dream, and work with at least one participant dream. The initial session will employ some exercises with dream journaling and hints on dream recall, as well as possible models to explain the dream function. Participation is limited to 8 members.

## Participation and Cost

Part of openness to the dream world can be found in listening with care and participation with another person sharing dreams and dream images. This course is designed to cultivate a reverence for the wisdom of the dream as the dreaming psyche expresses herself in ourselves and others. Weekly participation, barring normal wear and tear of life, is an expectation of the group. The \$ 175.00 fee is payable in advance in full upon registration, is 50% refundable with cancellation more than 10 days from the start of the first class (By close of business October 3, 2014) and is not refundable thereafter. (Repeat participants can participate at the per-session cost of their first dreamgroup for this and future offerings.)

## Reading Materials

No readings are required but handouts may be given in advance if helpful toward a theme. Suggested reading includes Stephen Aizenstat, *Dreamtending: Awakening to the Healing Power of Dreams*, ISBN 978-1-935528-11-1 A complete dream bibliography will be supplied over the span of the course with targeted texts suggested in support of the dream topics covered. Therapists participating may also benefit from Natterson, [\*Dream in Clinical Practice\*](#), Bonime's [\*Clinical Use of Dreams\*](#) or Hall, [\*Clinical Uses of Dreams\*](#).

- As a form of etiquette, and in accordance with the emerging ethics of dreams, it is important that participant do not impose their own beliefs onto someone else's dream. The dreamer retains authority over the use and meaning of all images in the group. It is suggested that no one in the group work as protagonist in a dream twice until everyone has had the chance to work through at least one dream.