



**THE HADEN INSTITUTE
DREAM WORK TRAINING**

One-with-One Dream Work Practice Reflection Guide

As a participant you are asked to practice 1 on 1 dream work with another group member during small group meeting times. These sessions are for your benefit and the benefit of the other group members as everyone develops their style and methods. The focus in these sessions is on the dream worker and your experience of the session. Below are some guidelines for your reflection session.

Make notes about the process used by the dream worker. You might ask yourself some of the questions below and see if there are things that you want to incorporate in your own practice.

- 1) How many times is the dream shared?
- 2) How does the dream worker ask for an overview from the dreamer?
- 3) How does the dream worker ask for the dreamer's associations for primary characters and objects?
- 4) What questions does the dream worker use to help the dreamer amplify the meaning of each dream element?
- 5) How does the dream worker help the dreamer connect the associations to waking life or inner work?
- 6) How does the dream worker offer their own projections on the dream elements?

Group Reflection Process - Questions for the Dream Worker

- 1) Where was your energy the highest?
- 2) What comment or question was most important for you?
- 3) What did you do that was most helpful to the dreamer?

Group Reflection Process – Questions for Members of the Group

- 1) What did you See? Hear? Feel?
- 2) If you were the dreamer, what else would you have wanted from the dream worker?

