



THE HADEN INSTITUTE DREAM WORK TRAINING

GUIDELINES FOR WORKING A DREAM ONE ON ONE

Trust and not know simultaneously – M.C. Richards

Prior to beginning dream work with an individual, review the following items with the dreamer to make sure you share a similar understanding of the dream work process:

- Every element and aspect of the dream is a direct reflection of the dreamer's inner self – more unconscious than conscious.
- Dreams come in the service of health and wholeness; only the dreamer knows the true meaning of the dream; and dream images often relate to what does not fit in the perception of the dreamer's waking life.
- Dream language is symbolic and seldom conveys a literal meaning, and dream images are a combination of image and emotion.
- Working a dream is soul work that is to be respected and referred to gently at all times.
- The dream is comprised of images that carry the dreamer's projected associations.
- The true nature of the work is in a continual spiral process of transformation and the cycle of life-death-life.
- This model is not therapy – it is a map that enables the dreamer a deeper understanding of the energies being generated within their psyche.
- The dream worker is a guide, who can assist the dreamer to unfold a range of associations and meanings within the dream.
- The dream worker will redirect the conversation or ask for silence if associations are outside the dream, strong emotions are triggered by the dream work, or the work is crossing into therapy.

Prior to the session ask that the dreamer to record the dream in the first person present and give it a title.

Open the session with a moment of silence – possibly offer a prayer if your client is focused on their spiritual journey – or a short poem – or silence. It is good to invite the client to bring a short reading if they so desire.

1. Check-in as to how he/she has been doing since your last contact just to get a quick sense of what has been important to the dreamer in waking life recently. Set the focus of the session on the dream that the dreamer wishes to explore.
2. Ask the dreamer to give you the title for the dream and tell the dream in the first person present, as if the dream is occurring now. Be sure the dreamer is aware that you do not want extraneous information related to the elements / individuals etc. in the dream (not at this time).

3. Ask the dreamer:
 - What was the primary energy for you in this dream?
 - What are the key elements?
 - Were you aware of any high or low points of energy in this dream?"
4. Ask open ended clarifying questions (What color was it? What was the time of day? Can you describe the clothing? etc.") Ask for 3-4 words that capture the energy/personality of an aspect of the dream. Be sure the dreamer stays within the dream experience – not expanding on the dream story with waking life events. If feelings in the dream are offered by the dreamer, they can be considered as part of the dream story.
5. Ask the dreamer to tell the dream for a second time if needed.
6. Ask questions to gather information about the structure of the dream story and make notes on the dreamer's responses:
 - ask for associations, actions, energies, images etc., in the dream.
 - ask what he/she is led to understand about the dream.
 - ask the dreamer if he/she notices any tension, conflict, or compensations within the dream.
 - be aware of any connections you hear, metaphors, paradoxes, possible 'play on words', symbols, archetypes, etc.
 - notice where possible tension lies in the dream.
 - allow periods of silence for the dreamer to respond. You may suggest, "Say more....." after the dreamer offers you a word or brief association.
7. Explore amplifications by offering symbolic and associated meanings to elements the dreamer is unfamiliar with and sharing connections (metaphors, symbols archetypes, etc.) helpful to deepening the understanding of the dream.
8. After the dreamer has been encouraged to project /associate etc. you can offer your projections with, "If this were my dream, ... "or 'In my dream, I ..." (projecting your association and/or question)
9. You may summarize the dream story as offering a basic framework, followed by a challenge, resistance, compensation, possibly an 'aha' awareness, a commitment, an invitation, or an affirmation. There may or may not appear to be a conclusion gained from the dream during the session.
10. Offer ways for the dreamer to carry the dream forward with creative embodiment, active imagination, journaling, etc.
11. Assure the dreamer that this is a process and that the end of the dream indicates the direction the dreamer's energy/consciousness is being called to be aware of.
12. Take a moment for silence to close asking the dreamer if they would like to offer a sentence as a short summary or prayer. If not, hold the silence for a moment.

