



# Philadelphia

## School of Psychoanalysis

*Have you ever wondered about what your dreams might mean?*

*Would you like to become familiar with some basic theory about dreaming, and acquire tools for capturing and working with dreams?*

**Please join us in exploring this fascinating aspect of our lives!**



## The Basics of Dreamwork

Groups would be led by Tom Bonner, a Philadelphia Consultation Center therapist, with expertise and interest in dreams and dream work. As a member of this interactive dreamwork group, you can explore your own experiences, and learn from the experiences of others in a safe group setting.

### Course Description

Through sharing of their own dreams, group members, guided by the group leaders, will learn and develop basic techniques for working with their own dreams. Areas for discussion include how to capture and record dreams, the mental health benefits for considering dreams as a valuable resource for living in the present, some brief history of the importance of working with dreams, and possible techniques one might employ to better relate to the content and message of dreams.

Group meetings would be structured to include some element of non-experiential education, as well as the group experience of working with dreams. Members would be encouraged to record their dreams, and each group member would be offered the opportunity to bring a dream for the group. Group leaders will establish a suitable framework to enhance learning while protecting group members' well-being.

### Learning Objectives

- To promote understanding of the history and context of dreams and dream interpretation
- To increase understanding of dreams and their relation to the unconscious
- To increase clinical awareness of the mental health benefits of dream work
- To create a safe learning environment to practice dream work

### When

Tuesday evenings for 6 weeks:

2/5 2/12 2/19 2/26

3/5 3/12

7:00 PM - 8:30 PM

### Where

Philadelphia Consultation Center  
313 S. 16th St  
Philadelphia, PA 19102

### Cost

\$60 per person for all 6 weeks, to be paid on the first meeting, 9/11

### CEU's

**9 Continuing Education Credits**  
for completion of 6 week session

**Space is limited! Register at [info@psptraining.com](mailto:info@psptraining.com) or call 215.732.8244**

PSP has been approved by NBCC as an Approved continuing Education Provider, ACEP No. 6637. Programs that do not qualify for NBCC credit are clearly identified. PSP is solely responsible for all aspects of the program. Participants are eligible to earn CE hours based on the number of groups attended and completion of a brief course evaluation.