

The Basics of Dreamwork

Presenter: Tom Bonner, MBA, MA, NCC

Location: Live Video Conference

Thursdays: 7:00-8:30 pm

2022 Meeting Dates: February 3, 10, 17, 24 March 3, 10

CE's: 9

Cost: \$135

Description:

Through sharing of their own dreams, group members, guided by the group leader 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 of 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 leader 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.

About the facilitator:

Tom Bonner, MBA, MA, NCC | Therapist

Tom is a therapist and has been at PCC since August of 2017. He is also a training candidate at the C.G. Jung Institute in Boston. Tom works with adults encountering problems with depression, anxiety, trauma-related stress, and various adjustment difficulties. Tom is a U. S. Navy veteran.