



Dream groups FAQ



What is a dream group?

A dream group is a regular gathering with a dreamwork facilitator, where you can tell your dreams, receive helpful and sensitive feedback and gain insight into the meaning of your dreams. In an atmosphere of trust and safety, you have the chance to share your dream experiences and benefit from the group's questions and reflections. You in turn will be enriched by hearing and working with dreams other than your own. Everyone in the group learns about dreamwork by doing it together. My dream groups are normally 4 to 8 people.

Do I need to be experienced in dreamwork to join?

The only requirement is that you love dreams and want to learn more about your own dream process.

Why join a dream group?

- › Sharing your dreams with caring and supportive fellow dreamers can help you to discover their meaning and bring their energy to heal and empower your everyday life
- › Group work on dreams often brings different insights and faster progress than working alone
- › You will learn new methods and practices to enrich your dreamwork
- › In short ... connecting with a like-minded dreaming community brings you a unique depth of support, learning and healing

What happens in a dream group?

The sessions are 1½ hours long. We start with a short meditation to bring ourselves into a quiet, welcoming space for our dreamwork. Depending on the needs and interests of the group, the session may then include introduction of dreamwork methods, demonstrations, work in pairs, group sharing of dreams and inner work exercises that you can continue at home.

What about confidentiality?

A basic ethical principle of dream group work is that you, the dreamer are the only expert on your dream: no-one can 'interpret' it for you. You reveal as much about yourself as feels right for you, and everything said in the group is confidential. This makes it completely safe.

What if I don't remember my dreams?

Don't worry! If you are interested in your dreaming process, your dream recall will improve as a result of participating in the group.

Go on, inspire me!

Well, here is some beautiful advice about dreamwork that I find inspiring. I hope it will do the same for you ...

*'Dreams give your soul wings. And images from dreams are the exquisite patterns on the wings.
Hold your dream as you would hold a butterfly - in your open, quiet palms ...
Hold your dream images gently enough so that they still can fly.'*

~Jill Mellick, Artist and Psychotherapist

More questions? Please feel free to contact me!