Stage IIA Presentation of Dream

Stage IIB Clarifying Questions

Stage IIIA Dreamer's Response

Stage IIIB Dialogue
- 1. Search for Context
- 2. Playback of Dream
- 3. Orchestrating Projections

Stage IIA Feelings

Stage IIB Images as Metaphors

Stage IV Presentation of any additional comments by the dreamer at the next meeting of the group
DREAM GROUP LEADER’S GUIDE

Leader’s Responsibilities:

I. To maintain the safety of the dreamer (The Safety Factor)
   • Dreamer controls the process
   • Dreamer’s privacy not to be invaded
   • Leading questions are to be avoided
   • Dreamer determines the level of sharing he or she feels comfortable
     with
   • The dreamer can terminate the process at any point

II. To lead the group through the various strategies designed to help the
    dreamer make discoveries difficult to make on his or her own (The
    Discovery Factor)

III. To so regulate the time as to leave sufficient time for the dreamer to
     respond and for the dialogue to ensue
     • 45 mins. if 1 1/2 hour session
     • 60 mins. if 2 hour session

STAGE I

In an initial session: “Who has a dream he or she would like to share with the group,
preferably a recent, short dream?”

In subsequent sessions: Any dream is acceptable.

Addressed to:

IA. Dreamer
   “Please tell your dream slowly, so we may have time to write
   it down.”
   “Limit your telling to the manifest content of the dream and
   include any feelings experienced during the dream.”

IB. Group
   (after dream) “Does the group have any questions regarding
   the clarification of the dream?”
   1. “Are the characters real people?”
   2. “If so what is their relationship to dreamer (no details)”
   3. “Were there any (further) feelings in the dream?”
   4. “Any colors in the dream?”
   5. “Dreamer’s age in the dream?”
STAGE II

_Addressed to:_

IIA. **Dreamer**

“You might like to sit back and take note of any responses that have meaning for you as we make the dream our own.”

**Group**

“We will talk about the dream as our own, sharing with each other our feelings and moods the imagery evokes in us. These are our projections and in making them avoid eye contact with the dreamer.”

IIB. **Group**

“We will now consider each dream element in its potential metaphorical significance to some actual situation in our lives or to any imagined life situation. We can continue to express further feelings should they arise. Remember that everything we say is our own projection!”

STAGE III

_Addressed to:_

IIIA. **Dreamer**

“We will now give the dream back to you and invite you to respond in any way that you wish. You will not be interrupted. Take all the time you need and let us know when you are finished.”

IIIB. **Dreamer**

“Consider any questions as instruments for you to use in exploring your own psyche. They are not questions demanding an answer. You are free to respond or not as you see fit.”

IIIB1. **Group**

“Our initial questions are to help the dreamer explore the recent emotional context that shaped the dream. For example, any feeling residues to recent experiences that stayed with the dreamer the night of the dream.”

IIIB2. **Dreamer**

“Would you like us now to play back your dream scene by scene to see if you can make any further associations?”
Addressed to: Group

"Who would like to play back the first scene? The scene is initially read back in toto giving the dreamer a chance to respond. If there are still elements in a scene the dreamer has not yet addressed the dreamer is helped to focus on those specific elements and the question of their appearance in the dream at this time in the dreamer’s life. This procedure will be continued until the entire dream has been read back."

IIIB3. Dreamer

"Would you like to see if the group has any orchestrating projections to offer you in an effort to help you make further connections between the content of the dream and all that you shared?"

The dreamer is invited to offer any final thoughts.

STAGE IV

Addressed to: Dreamer (at the next meeting of the group)

"If you have any further ideas or insights concerning the dream or the work the group did with it, you are free to share them with us at this time."