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Working With Dreams: A Handbook of Dream Analysis Techniques for Individuals, Therapists and Dream Groups.

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Working With Dreams: A Handbook of Dream Analysis Techniques for Individuals, Therapists and Dream Groups. Joan Harthan
This book describes thirty dream analysis techniques to help you work productively with your own dreams and the dreams of others. Each technique has step by step instructions that can be used by individuals in their own home, one-on-one in professional counseling or therapy, or by groups; whether dream groups, schools and colleges or corporate businesses. The book also contains valuable information about the ethical sharing of dreams, and suggestions as to how, and why, dream studies can be introduced into the school curricula. There are also detailed Lesson Plans designed for use with younger children.

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