Deepen Your Practice with Dreamwork

Syllabus

Renee Sanguinetti, MFT

Dreamwork Group Facilitator/ Instructor

By the end of this training, you will understand dreamwork history, theory, benefits, and research, as well as have the steps you need to process your dreams and the dreams of your clients, and have the structure to run dream-processing groups. In addition, you will learn how to effectively process your clients' nightmares from evidence-based approaches.

The six-month course will meet for two hours each month via Zoom.

Outline of the Live Sessions

Each of the sessions will include a check-in, a grounding experiential dream-related exercise, a space for questions, a didactic portion, and dream exploration/questions.

*Please bring your dreams for us to process. Note that we will get to know each other through this process **and** that dreamwork is a dive into your unconscious. Just be aware that we are all helpers and healers consider each shared dream as sacred.*

Session 1:

Set the structure of the series and expectations for certificate of completion. Introduce key concepts of dreamwork, theory, benefits of dreamwork, and dream research from key theorists and researchers.

Session 2:

Strengthen *your* personal relationship with dreams. Outline the structure and flow of helping your clients to process their dreams. Walk through step by step process of dreamwork.

Session 3:

Deepen the dreamwork process experientially. *Why* we want to deepen the process and invite in-vivo experiential processes, and *how* to do it in session. Weave and invite dreamwork into your sessions.

Session 4:

Make sense of nightmares. Examine the research and protocols to successfully treat idiopathic and PTSD nightmares and reduce suicidality in the process. Understand the challenge of clients who experience sleep paralysis and how to support them in their experience. Also, take a peek at other parasomnias.

Session 5:

Understand various aspects and types of dreams. Look at repetitive dreams, compensatory and complimentary dreams, precognitive dreams, visitation dreams, past-life dreams, and lucid dreams. Introduce hypnopompic and hypnogogic hallucinations.

Session 6:

How to expand dreamwork beyond the session using imagery, symbols, and metaphors. Invite creative expression into the mix.

What is Needed for Each Session

Bring a current dream to share, a personal dream journal, questions, and curiosity.

Confidentiality

At the beginning of the series, I will ask for confidentiality from all participants. Each member is able to change the name on their computer screen to a first name or nickname to protect their confidentiality. Otherwise, we ask that nothing is shared outside the group from the course or the dream work. I am required to keep my paperwork for five years, which will include participant names, email addresses, and other contact information, as well as attendance logs, payment records, and the like.

Make-Up or Extra Supervision Sessions

You are welcomed to schedule a session with me at the discounted fee of $160 per session at any time. Just email Renee at renee@reneemft.com for scheduling. These sessions are to make up missed material, for one on one dreamwork to strengthen your learning, and/or for direct supervision of your dreamwork practice for feedback.

Pricing

The fee for licensed therapists to attend this six-month series is $600USD in full or $100USD per month for six months. The fee for pre-licensed participants is $480USD or $80USD per session. I require a deposit of the first session fee ($100/$80) due upon registration to confirm your spot.

It is expected that each participant will fulfill the financial commitment for each of the six sessions. If circumstances change and you are not able to fulfill the entirety of the series, I require 50 percent of the fee for the remainder of unattended sessions.

Continuing Education Credits

Deepen Your Practice with Dreamwork has been approved by NBCC for NBCC credit. Renee Sanguinetti, MFT, is solely responsible for all aspects of the program. NBCC Approval No. SP-5479. If you attend all live tele-health recordings, you are able to receive up to 12 continuing education credits. Unfortunately, if you miss a live session, CEs are *not* able to be awarded for watching the recorded session thereafter. If you would like CEs for participating in this course, the fee is an additional $25 for processing the certification. You need to mark this request clearly on the registration form. If you later decide you want CE credits, you must inform me **no later than the night before the final session date**. We will be sending the certificates no later than one week after receipt of the final course evaluation..

Payment Processing Service

I use IvyPay as my credit card processing service, which is HIPAA compliant. I do not retain any credit card information myself. After I receive your registration form, I will text you a link to IvyPay. Once you receive the text, you will be asked to plug in your credit card information. The registration deposit ($100/$80) will then be charged and you will receive a receipt. Once the series has begun, your credit card will be charged after each monthly session and a receipt will be sent to you.

Complaints/Disputes

If any participant has a complaint about the workshop series, content, process, or form, please submit such complaint in writing and email it to renee@reneemft.com. All complaints will be reviewed, evaluated and responded to within one week of submission. The response will be made in writing to the attendee who sent such complaint.

Recommended Reading

- Bluestone (2002), **The World Dream Book: Use the Wisdom of World Cultures to Uncover Your Dream Power**.
- Bulkeley, K (2017), **An Introduction to the Psychology of Dreaming**. Routledge
- Bulkeley, Kelly (2023), **The Spirituality of Dreaming: Unlocking The Wisdom of Our Sleeping Selves**.
- Ellis, Leslie (2019), **A Clinician's Guide to Dream Therapy: Implementing Simple and Effective Dreamwork**. New York & London: Routledge
- Gendlin, Eugene (1978), **Focusing**.
- Gendlin, Eugene (1986), **Let Your Body Intepret Your Dreams**.
- Jung, Carl (1974), **Dreams, from the Collected Works of C. G. Jung**.
- Jung, Carl (1961), **Memories, Dreams, Reflections**.
- LaBerge, Rheingold (1990), **Exploring the World of Lucid Dreaming**.
- Lewis, Krippner (2016), **Working with Dreams and PTSD Nightmares**.
- Taylor, Jeremy (1998), **The Living Labyrinth: Exploring Universal Themes in Myths, Dreams and the Symbolism of Waking Life**.
- Taylor, Jeremy (1992), **Where People Fly and Water Runs Uphill: Using Dreams to Tap the Wisdom of the Unconscious**.
- Turner, Toko-pa (2017), **The Dreaming Way: Courting the Wisdom of Dreams**.
- Vaughn, Frances (1979), **Awakening Intuition**.

Instructor:

Renee Sanguinetti, MFT

Renee has been involved in dreamwork for more than 20 years. She has a master's degree from the Institute of Transpersonal Psychology, where she was taught by dream expert and author Jeremy Taylor. Renee has facilitated many different dream groups of varied sizes and durations over the years. She has participated in dream courses by Toko-pa Turner, has participated in international dream workshops facilitated by the leaders in the field and is an active member of the International Association for the Study of Dreams (IASD).

She is a licensed marriage and family therapist, is an Usui Reiki Master, and is an earth-based healer having completed the Luminous Path program. Renee has a love of both dreamwork and shamanic journeys, and facilitates in-person journey work, as well as runs an ongoing online dream processing group.

For additional questions, e-mail Renee at renee@reneemft.com or visit reneemft.com/trainings.