

Dreamwork for Therapists Syllabus (2025–26)

Renee Sanguinetti, MFT

Dreamwork Group Facilitator/ Instructor

This eight-month series includes live monthly online sessions (16 hours total) as well as home study and partner dreamwork practice (8 hours). 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, the dreams of your clients as well as have the structure to run dream processing groups. In addition you will learn how to effectively process your client's nightmares, from evidence-based approaches.

The eight-month course meets for two hours each month. In addition, you will attend a monthly dreamwork practice session with a partner to process and explore each other's dreams. It is recommended that you meet 1–2 hours each month (as your schedule allows). I recommend you each process one dream at each meeting.

Outline of the live sessions:

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

Please bring your dreams for the group to process. Be aware that we will get to know each other through this process *and* that dreamwork is a dive into your unconscious, so it may be vulnerable at times. We are all helpers and healers — consider each shared dream as sacred.

Session 1: *October 25, 2025*

Structure of the series, expectations for certificate of completion. The first session introduces key concepts of dreamwork, theory, benefits of dreamwork and dream research from key theorists and researchers.

Session 2: *November 15, 2025*

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: *December 6, 2025*

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. Weaving and inviting dreamwork into your sessions.

Session 4: *January 17, 2026*

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

Session 5: *February 28, 2026*

Understanding various aspects and types of dreams. Looking at repetitive dreams, compensatory and complimentary dreams, precognitive dreams, visitation dreams, past-life dreams, and lucid dreams. Introduction to hypnopompic and hypnogogic hallucinations. Attendee presentations.

Session 6: March 28, 2026

How to expand dreamwork beyond the session – using imagery, symbols and metaphors. Inviting creative expression into the mix. Attendee presentations.

Session 7: April 25, 2026

How to facilitate dream groups. Review possible ground rules, structure and format. Walk through the pros and cons of in-person vs virtual. Attendee presentations.

Session 8: May 16, 2026

Participate and collaborate in a dream work group session. Experience it from the perspective as dreamer, participant and facilitator. Final questions, comments, reflections of the series and final presentations.

Presentations:

Attendees will offer a 10-minute final presentation of a dream, dreamwork or dream research in verbal form, or with collage, art, video or other means that feels right to the participant. The goal is to share a dream and reflections, insights and learning gained from the dreamwork process. If a presentation does not sound ideal to you, feel free to write a paper or record a video or podcast for my review privately. *Dependent upon the number of attendees, we may need to schedule presentations across the final three sessions.*

Recommended Reading:

I ask that you read at least one book from the following list to be completed before the end of the series. I can make recommendations for you based upon your particular interests.

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

What to Bring:

Bring current dreams to share, a personal dream journal, and curiosity, as well as notes and questions from your monthly practice sessions and readings.

Confidentiality:

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. I ask participants to share their email address only with the practice partner they will be working with in order to schedule monthly offline practice. 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.

Certificate of Completion:

This will be based upon attendance at the eight live sessions (or watching recorded sessions if unable to attend), completing practice sessions, completing the required reading (at least one of the books from the reading list), and completion of the final presentation.

Pricing:

The fee for this eight-month series is \$600 in full or \$75 per month for eight months for licensed therapists, and \$480 or \$60 per session for pre-licensed participants. I require a deposit of one session (\$75/\$60) at time of registration to confirm your spot. After the series has begun, it is expected that each participant will fulfill the commitment for each of the eight sessions. If circumstances change and you are not able to fulfill the entirety of the series, I require half the fee (\$300/\$240) to be paid in full.

Make-Up or Extra Supervision Sessions:

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

Complaints/Disputes:

If any participant has a complaint about the workshop series, content, process or form, please submit such complaint in writing and email to reneesanguinettimft@gmail.com. All complaints will be reviewed, evaluated and responded to within 1 week of submission. The response will be made in writing to the attendee who sent such complaint.

Instructor:

Renee Sanguinetti, MFT

Renee has been involved in dreamwork for the past 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 and has facilitated many different dream groups of different sizes and durations over the years. Renee 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 also a member of peer dream circle which has been meeting regularly for the past few years. She is a licensed Marriage and Family Therapist of over twenty years, is a earth based healer and an Usui Reiki Master from the shamanic program The Luminous Path of Moss Beach California. Renee has a love of both dreamwork and shamanic journey work, and facilitates in-person journey work as well as runs an ongoing online dream processing group.

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