

# DREAM WORK

## A Gestalt therapy approach

A professional development workshop for psychotherapists, psychologists, counsellors, social workers, counselling students and interested others.



### 1-Day workshop in Alice Springs

**When:**

9am-4pm, Monday 11 September

**Where:**

Alice in the Territory  
Arunda Conference Room  
46 Stephens Road, Alice Springs

**Cost:**

**\$160** (early bird - ends 28 July) **\$185** (full fee)

For registration and payment see attached registration form.

Morning tea provided.

### The art of dreamwork is facing an exciting renaissance!

In today's society, great value is placed on the rational mind rather than on our intuitive, creative and metaphorical capacities. Therapists have again begun to turn to working with dreams as a doorway into the untapped richness of our intuitive realm, giving us information about our lives that is not usually available to us.

How can we work in a creative way with the dreams that our clients bring to therapy? What are the benefits of dreamwork? How can we support our clients to find their own meaning of their dreams rather than using standard dream interpretation methods?

### Don't miss this opportunity to learn about:

- The Gestalt Psychotherapy method of working with dreams
- How exploring dreams can reveal unfamiliar parts of ourselves and lead to better self-knowledge
- How to make use of clients' dreams in the therapeutic process
- The creative uses of metaphors and symbols

You will also observe and practice dreamwork and gain the confidence to integrate working with dreams into your practice.



**Rosemary Bower (MGestTherapy)** has been counselling and working in the mental health field for over 20 years. Rosemary is a Gestalt Therapist with extensive experience in psychotherapy and group facilitation. She taught for ten years in the counselling program of Quest College and runs successful private practices in both Maleny and Toowoomba.



**Christine Mueller (BAEd, BASocW, MGestTherapy GradDip Couns.)** has worked in the mental health field in Germany and Australia for 15 years. She has extensive experience with drug and alcohol counselling, sexual assault and trauma counselling and working with women in prison. Christine is a faculty member of Gestalt Therapy Brisbane and runs a private practice in Brisbane.