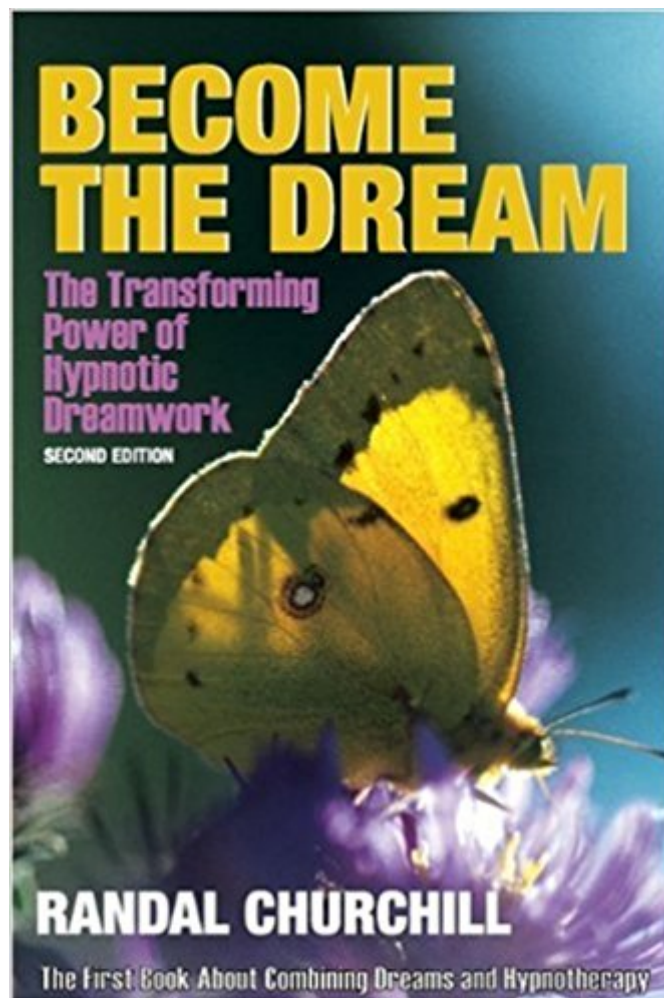




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Become The Dream: Transforming Power Of Hypnotic Dreamwork, Second Edition



Synopsis

In this revised and updated edition, the author introduces a revolutionary combination of therapies that brings Gestalt dreamwork together with hypnosis. Gestalt dreamwork brings the dreamer into a deeper experience of the dream itself and allows the individual to find the unique relationship of the dream to his or her own existential experience. The addition of a wealth of hypnotic techniques take the dreamer much further, with a variety of effective options such as hypnotic deepening, ideomotor methods, regression and positive suggestions for further integration. Actual transcripts include a wide range of fascinating dreamwork sessions. This is a powerful and practical teaching tool for hypnotherapists, psychotherapists, counselors, Gestalt therapists and dreamworkers.

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