

Welcome to my Dream Work practice.

There follows some essential information about the nature of Dream Work in my practice.

I use a Multidimensional approach to Dream Work as I have studied different approaches to it and honor the fact that there are many layers to a dream and the intention is to help the dreamer benefit from the work as fully as possible and desired. Any one interested in exploring the meaning of his or her dreams can participate in dreamwork; the work we will do will be kept confidential.

As a member of the International Association for The Study of Dreams - IASD, I do abide by its Dreamwork Ethics Statement:

“IASD celebrates the many benefits of dreamwork, yet recognizes that there are potential risks. IASD supports an approach to dreamwork and dream sharing that respects the dreamer’s dignity and integrity, and which recognizes the dreamer as the decision-maker regarding the significance of the dream. Systems of dreamwork that assign authority or knowledge of the dream’s meanings to someone other than the dreamer can be misleading, incorrect, and harmful. Ethical dreamwork helps the dreamer work with his/her own dream images, feelings, and associations, and guides the dreamer to more fully experience, appreciate, and understand the dream. Every dream may have multiple meanings, and different techniques may be reasonably employed to touch these multiple layers of significance.

A dreamer’s decision to share or discontinue sharing a dream should always be respected and honored. The dreamer should be forewarned that unexpected issues or emotions may arise in the course of the dreamwork. Information and mutual agreement about the degree of privacy and confidentiality are essential ingredients in creating a safe atmosphere for dream sharing.

Dreamwork outside a clinical setting is not a substitute for psychotherapy, or other professional treatment, and should not be used as such.

IASD recognizes and respects that there are many valid and time-honored dreamwork traditions. We invite and welcome the participation of dreamers from all cultures. There are social, cultural, and transpersonal aspects to dream experience. In this statement we do not mean to imply that the only valid approach to dreamwork focuses on the dreamer’s personal life.

Our purpose is to honor and respect the person of the dreamer as well as the dream itself, regardless of how the relationship between the two may be understood.”

Prepared by the IASD Ethics Committee
Carol Warner, Chair
Association for the Study of Dreams
Spring, 1997

Given that I am a Board Certified Psychiatrist and honor the principle “First Do Not Harm”; I may need at times to recommend that you schedule a psychiatric consultation either with me or with another provider if at some point I see you could benefit from such approach. I would explain to you my rationale for it if the need arises.

Sign and Date: _____