

RESOURCES

compiled by
Joe Friedman and Robin Shoheit

Books (A limited selection from those we have found valuable and are relatively easily available)

The Interpretation of Dreams, Sigmund Freud, Penguin. The starting point for every Western approach to dreaming since its publication in 1900. It contains a comprehensive review of dream theories (before Freud), analyses of dreams, an account of the unconscious and its dream-work, etc. Many people who condemn Freud so blithely have never read the master's work. Know your origins. Read this book.

Introductory Lectures and Psycho-Analysis, Freud, Penguin. A good third of these lectures concern Freud's work with dreams. The book is clear, easy to read, and shows the central place dreams and their interpretation occupied in Freud's theory and practice.

Dreams. C.G. Jung, Princetown University Press. All of Jung's shorter writings on dreams, arranged in chronological order, showing his initial defense of Freud's position, his gradual growth from it, and the ideas of subjective interpretation, compensation, etc. It also contains the long essay "*Individual Dream Symbolism in Relation to Alchemy*", a case for the notions of individuation, symbols of the self (i.e. Mandalas and the collective unconscious).

Memories, Dreams, Reflections - C.G. Jung, Fount Paperbacks.
Jung's fascinating autobiography full of his own dreams and how they influenced his life.

Man and His Symbols - Edited by C.G. Jung. Aldus Books. Intended as a non-specialist reader's introduction to Jung and completed just before his death. The various chapters - approaching the unconscious, ancient myths and modern man, the process of individuation symbolism in the visual arts and symbols in an individual analysis give some idea of the wide range of this richly illustrated book.

Experiment in Depth - P.W. Martin, Routledge Kegan and Paul. Subtitled *A study of the work of Jung*. Eliot and Toynbee Martin's main focus is depth psychology and Jung in particular. The book (first published in 1955) pioneered the approach of explaining the unconscious and man's creative potential through meeting in small groups; it has given rise to many groups who have tried his experiment.

The Analysis of Dreams - Medard Boss, New York, Philosophical Library.
I Dreamt Last Night ; Medard Boss, New York (Wiley and Sons) Do we really need the ideas of the 'unconscious', the 'psyche', unconscious wishes', 'archetypes' and 'complexes' to understand dreams? By sticking to the phenomena of dreaming (the dream as it presents itself to the dreamer while dreaming), Boss reconsiders all the assumptions basic to the depth psychological approaches. I find these books convincing and important. Why **do** we find so difficult to simply stay with a dream as dreamt? **IDLN** - the later work - is easier to read and contains more examples of Boss's phenomenological approach in action.

Creative Dreaming - Patricia Garfield, Futura. Under the respective chapter headings of learn from ancient dreamers, creative dreamers American Indian dreamers, Yogi dreamers, lucid dreamers, Senoi dreamers, Patricia Garfield advocates a 'you-too-can-be-like-them-approach'. Her emphasis on controlling dreams often seems to plunder and trivialize. Nevertheless there are some useful tips on such subjects as combating nightmares, dream recall, dream diaries, dream incubation and lucid dreaming.

Dream Power - Ann Faraday, Pan.

The Dream Game - Ann Faraday, Temple Smith. Ann Faraday's two very popular books are, I think, an excellent place to start if you are interested in working with dreams. One of her aims is their demystification and both books are easy to read and full of dream examples (her own and others). As with Patricia Garfield there are practical hints on recall, diaries, etc. but her emphasis on working with and understanding dreams rather than controlling them seems more balanced. She draws heavily though by no means exclusively on Gestalt methods.

Gestalt Therapy Verbatim- F. Perls, Bartam. Fritz, amongst other things, Gestalting dreams in his incomparable way.

The Dream Poet - R. Jones, Schenkman 1980. The dream is brought into an American University as a means of teaching literary appreciation. Through the metaphor of the dream poet, Jones sees dreams as analogies to artistic visions which are to be appreciated rather than analyzed. The dream is used as a spring board for writing about the weeks reading assignment, but for me a potentially exciting idea is marred by a narcissistic overlay to his and his students' writing.

Waking Dreams - Mary Watkins, Gordon and Breach. In this book about active imagination and its use by European and American practitioners, Mary Watkins criticizes those approaches which structure one's imagings, directing them towards a preconceived notion of health. Instead, like Hillman, she urges that we let our images and imaginings (of our dreams and of our days) alone, allowing them to carry us deeper. A readable and important criticism of humanistic approaches which aim to take you some specific place.

Bookshops - Compendium, 234 Camden High Street, NW1. Dillons, 1 Malet Street, WC1. **Group/Contacts** - Besides the writers of articles in this edition. **Women's Dream Groups** - contact Lucy Gordon c/o Women's Therapy Centre, 6 Manor Gardens, N7 (263 6200)

Conference - Many Ways of Dreaming at Polytechnic of Central London, 24/25/26 July. Contact Netta Swallow, 580 2220 ext 220. Run by the centre for Staff Team Development (Peter Hawkins, Judy Ryde, Robin Shoheit, Joan Wilmot); the conference will explore ways of integrating our dreams into everyday life through such techniques as Gestalt, Psychodrama, Guided Fantasy and Art.



About our contributors

Gaie Houston - Playwright, Consultant on groups and organisations, Trainer in Gestalt.

Diana Whitmore studied Psychosynthesis under Roberto Assagioli and is currently Director of the Psychosynthesis and Education Trust, 50 Guildford Road, London SW8 2BU.

Robin Shoheit has a private therapy practice and works as a freelance groupwork consultant through the Centre for Staff Team Development. For further information on dream groups write to him at 302 Westbourne Park Road, London W11 or telephone 01-221 2128 (Messages)