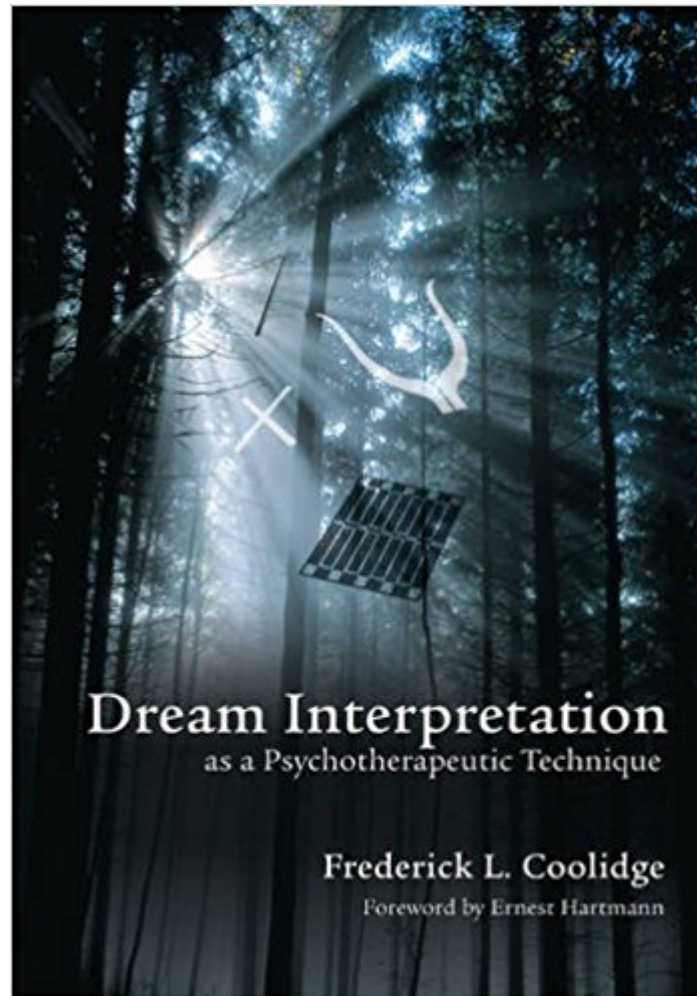




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Dream Interpretation As A Psychotherapeutic Technique



Synopsis

This inspiring new book covers the practical side of dream interpretation during the therapeutic consultation. It aids the understanding of sleep and dreams in a scientific context and provides an introduction to the biological and evolutionary foundations of sleep, dreams and dream interpretation, supporting its use in professional counselling. "Dream Interpretation as a Psychotherapeutic Technique" covers cultural, historical and religious foundations of dreams and dream interpretation, and gives an overview of the various dream interpretation theories. Psychotherapists and psychiatrists with an interest in dream interpretation will find this guide invaluable. It will also be of great interest to psychologists, counsellors, therapists and general readers. 'Excellent and very accessible, helpful, useful and flexible. I would recommend this book to any student or beginning therapist interested in working with dreams.' - Ernest Hartmann, in the Foreword. 'This is an essential book on sleep, dreams, and dream interpretation. It will reawaken dream interpretation in clinical practice as a pragmatic tool for client self-awareness.' - T Gayle Yamazaki. 'A life-long student of dreams brings decades of research and practice to bear in this scholarly and fascinating work. Coolidge reveals ancient writings, the influence of human evolution on our dream life, and the latest scientific insights. In the tradition of Freud, Jung, and Perls, he uses disarming personal examples, as well as those of his subjects to teach principles of dream interpretation. The practical steps he has developed quickly enrich the therapy process.' - Michael Galvin.

Book Information

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Customer Reviews

Professor, Psychology Department, University of Colorado, Colorado Springs, USA

This book was not the ordinary dream interpretation book that tells you if you dreamed of a certain symbol than your dream interprets into this. This book makes you dig deeper into the root of the meaning behind your dreams. I absolutely loved this book.

What I hate about dream interpretation books is that so very many of them are fluffy and full of silly dictionaries or completely off the wall theories. Well, this one is the exception to that rule. This book is based on the integration of three dream interpretation theories from real psychologists: Jung, Freud, and Perls. It covers all aspects of dreaming, including the physical parts of sleep and the sleep cycle, the history of dream interpretation, the major theories and theorists of dream interpretation, and so much more. It's well-written, full of excellent supporting evidence and quotations, and based in real-life experience. This is an amazing book.

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