



The Counselor's Guide for Facilitating the Interpretation of Dreams: Family and Other Relationship Systems Perspectives

Evelyn M. Duesbury

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For both students and practicing counselors, this book fills the gaps that exist between many current academic programs and practitioner's needs for focused training on how to better assist clients with dream interpretations. Its main focus is on dreams concerning family members and other major figures in the dreamer's life with whom he or she interacts. Readers will first learn how to understand and use their own dreams, and then how to apply this in order to facilitate their clients' interpretations of dreams. They will be amazed and fascinated by the issues, emotions, and problem-solving suggestions that are often revealed as they guide their clients' use of a personalized dream interpretation method developed by the author. Through the use of a detailed case example of a client and her dreams, the author shows how each step of this method can be applied and carried out in practice and is easily integrated with contemporary psychotherapies, especially cognitive behavior therapies.

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