

Ullman Dream Group by Jimbo Clark

Not therapy, Not counseling
– the group process
functions solely for the
purpose of connecting the
dreamer with her dream.

Two Skills:

Listening

Do:

- Take careful notes
- Collect insights

Don't:

- Cut off dreamer.
- Offer suggestions
- Disregard dreamer

Asking Questions

The Dreamer is in control of the
information and direction of the process.

Avoid:

- Information Demanding Questions
- Leading Questions
- Topics not initiated by the dreamer

Obtaining a Dream

- Leader asks who wishes to offer a dream.
- If more than one dream, dreamers determine who has the more pressing need.

Stage I - The Dream

Dreamer tells dream slowly
Group writes dream down, word for word
Group asks clarifying questions

Stage II - The Game

The Dreamer takes notes while the group plays with the dream by pretending it is their own.
The group shares their experience of the dream using "I" statements.

A. Feelings - Any individual speaks up and expresses the feeling that she has during a certain scene in the dream or because of a particular image.

B. Metaphors - After the feelings in the dream have been fleshed out, the leader asks the group to begin looking at the images of the dream as metaphors.

Stage III - Response and Dialog

A. Dreamer's Response – Dreamer responds for as long as she wants and in whatever way she wishes. She tells the group when she has finished

B. Dialog

1. Search for Context – Group asks open-ended questions about the real life events leading up to the dream.

2. The Playback – Dream is read back to the dreamer in second person. Dreamer views dream anew
- interrupts with new insights
- invited to look deeper at imagery and events.

3. Orchestration – Members of the group offer the dreamer their view of what the dream is saying
Orchestrating Projections bring together the discordant bits of information in a harmonious way.
Dreamer takes notes

4. The Final Word – The Dreamer has the final word on the dream and the process.

Stage IV - The Real Dream Work – After the group is over, dreamer continues to have insights and has the option of sharing these at the next session.