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# The Dreamworking Manual: A Guide to Using Dreams in Health Care

*Dr. Christopher Sowton N.D.*

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# The Dreamworking Manual: A Guide to Using Dreams in Health Care

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**The Dreamworking Manual: A Guide to Using Dreams in Health Care** Dr. Christopher Sowton N.D. This book is designed to help the reader become a dreamworker. A dreamworker is someone who can be consistently helpful to other people who want to understand their dreams. This book puts you, the reader, squarely in the position of the practicing dreamworker as it coaches you through the key aspects of dream facilitation. It lays out a five-step method that you can use and adapt as you set about helping your client, your friend, or yourself understand a dream. It is a practical hands-on manual for dreamworking—it gives you the technique, the phrases and questions you will need to use, and the theoretical guidelines to follow as you put the theory into practice. It is in essence a method for facilitating other people as they try to understand their dreams; I call it The Dreamreading Method. The Dreamworking Tips address common issues and problems that will arise in practice, and suggest practical solutions that can be tried. The book is laid out in such a way that it can be easily consulted in session if you are lost, stuck, or trying to find a better facilitative approach. Although it can be read and used by anyone the book is particularly addressed to health care workers of all kinds—to you people who have a practice in which you provide some kind of care or counsel to others. Most of you have probably already had some experience with your client's dreams, but you may want to upgrade your dreamworking skills. This might be the book for you. If you intend to use this method on yourself I suggest that you mentally divide yourself into two people—you the dreamer and you the dreamworker. This will help you keep some objectivity as you literally interview and facilitate yourself.

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