

10 Steps of a Dream Interview

Get client to bring 2 typewritten copies of the dream, written in present tense.

Step 1. Create an atmosphere conducive to good dream work.

- Confidentiality and a non judgmental attitude
- Curiosity
- Humility and tact
- Empathy, & enthusiasm
- Humor

Step 2. Invite the dreamer to read the dream.

Step 3. Highlight the feelings of the dream.

Step 4. Elicit a good description

Step 5. Tell the description back to the dreamer to be sure you got it right.

Step 6. Bridge the description to waking life.

Step 7 Summarize

Step. 8 Consider action steps to incorporate the insights from the dream into waking patterns. For example if your dream is about being unassertive with your boss. Try to do an assertive action in her presence.