

Meditative Dream Re-Entry

Teresa L. DeCicco, PhD &
David B. King, MSc (C)

Meditative Dream Re-Entry (MDR)

- Dream Interpretation Tool
- Appropriate for Self-Guided Therapy, individual therapy or group therapy
- Best used with participants who have been doing dream interpretation
- Accustomed to the dream interpretation “process”
- Not novice to dream work

MDR

- The meditative process can bring up deep emotions, repressed material, private and confidential matters
- Not appropriate for novice dream work/therapy
- May bring discovery too quickly

Discovery

- The dream interpretation connects the imagery to the waking life of the dreamer
- Situations, emotions, awareness of events etc.

Purpose

- Purpose of the Method: The dreamer to find a deep emotional and meaningful connection to the dream imagery and to waking life

Safety

- Private, personal and confidential material is not shared with others
- Unless the dreamer chooses to do so
- Sharing is not *at all* necessary for discovery to occur, even in groups

Research Findings

- Significant shift in emotions/mood pre/post MDR (DeCicco, 2008)
- Significant difference between groups who used this method and meditation alone (control group) (DeCicco, 2008)
- Difference: Significantly more discovery is reported with the method than without the method (control group) (DeCicco, 2008)

Protocol

- Participants must practice relaxation training twice a day for 2 weeks, before using the method
- This ensures that the relaxation response is in effect prior to MDR
- Relaxation is approx 10 min/twice a day

Procedure

- Each participant is given a MDR portfolio
- If you do not practice relaxation/meditation regularly then you must do so before using the technique
- Using CD tracks 1 or 2 for relaxation
- After 2 weeks you can begin using the method

For Clinicians/Therapists

- Relaxation is started on the first day of therapy/sessions while other dream interpretation techniques can be used
- MDR can be used in Session 3, after 2 weeks of practicing relaxation
- Ullman method, The Storytelling Method, Hill Method, Delaney Method etc. can be used in the first 2 weeks

The MDR Portfolio

- Instructional CD
- Crayons
- Instruction sheet
- Blank paper

Choosing a Dream

- This technique is very useful for interpreting dreams with confusing or bizarre imagery
- Also useful with dreams high in emotions
- Research has found: particularly useful for shifting negative emotions to positive or less negative

Instruction Sheet

- 1. Write out the dream on the blank sheet
- 2. Draw an aspect of the dream on the back page
- 3. Listen to CD track 3 (guided imagery)
- 4. Finish the drawing from the meditation
- 5. Write out changes/insights/discovery you had

Important Points

- Keep the drawings and the discovery
- In the portfolio or dream journal
- Look at the drawings/discovery again in a few days
- Re-do MDR if more insight is wanted
- Can also be used to shift negative emotions in a dream to positive emotions