


Discover The Hidden Meaning In
Your Dreams
The Storytelling Method (TSM)




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What We Know About Dream Interpretation

- Can bridge dream content directly to the dreamer's life
 - Happens in many significant ways
 - Personality, waking day circumstances, emotions, relationships, desires and wishes....etc.
- 




Dream Interpretation

- Research has shown the efficacy of this work
 - But...the practice is still uncommon
 - Has little designated protocol
 - Little empirical evidence (Pessant & Zadra, 2004)
- 




Important Work

- To have a protocol
 - Test the method
 - Designed so dreamers will use it
 - Easy to use and to understand
 - Easy to teach for educators, therapists
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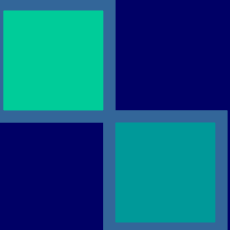



The Purpose Of This Workshop

- To present a dream interpretation technique
 - To discuss the Worksheet
 - Hands-on use of the method with the worksheet
- 




Storytelling and Safety

- 
- Provides a safe method for the dreamer
 - Personal, private and unconscious material being made conscious is kept to the dreamer
 - Disclosure is not necessary for insight to occur
- 




Storytelling and Discovery

- Occurs when the dreamer discovers something meaningful about his/her own life
 - Value of dream interpretation
 - Determines if a technique is valuable
- 




Guiding Principles

- Dream interpretation techniques are based on two guiding principles:
 - 1) Dream Description
 - 2) Associations made by the dreamer
 - Associations are based on dream content
- 



The Storytelling Method

- Adds an additional step
 - That is, taking the associations
 - Making a meaningful story from them
 - People make meaning from events
 - Meaning comes from their own schema, experiences, personality, perceptions
- 




The Storytelling Method: Protocol

- 5 Steps
 - Final Version: Worksheet provided
- 




Step 1

- Record the dream in full sentences
 - *I saw my mother in the garden*
 - *She was wearing a red dress*
 - *She was smiling to herself*
- 



Step 2

- Underline the most salient word/phrase in each sentence
 - *I saw my mother in the garden*
 - *She was wearing a red dress*
 - *She was smiling to herself*
- 



Step 3(a)

- Write a list of the words

Garden


Red dress

Smiling






Step 3(b)

- Word association for each word
 - ** Impt: The words be kept in order
 - *Garden.....flowers growing*
 - *Red Dress.....vibrant*
 - *Smiling.....sad*
- 




Step 4

- A short story is made with the associated words, that is meaningful to the dreamer
 - *The flowers growing in my garden are vibrant but I am very sad.*
- 




Step 5

- Questions to reflect on the story
 - Discovery: Occurs if the story reflects some aspect of the dreamer/waking life
- 




Results from Testing

- Storytelling predicts discovery, above word association alone
 - Worksheet: Easy to use for participants
 - Easy to teach: clinicians, workshop facilitators, researchers
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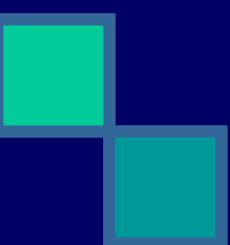



Testing With Control Groups

- 1) Compared the method to the Worksheet “without” the story
 - 2) Compared the method to a “neutral passage”
 - The method with the story predicts discovery better than either 1 or 2
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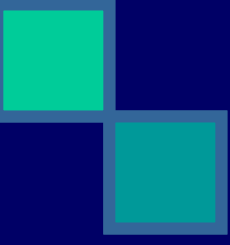



The Worksheet-Example

- 
- Instructions: Front Cover
 - **For long dreams***
 - Use a booklet for each *dream scene*
- 

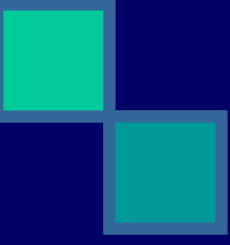



Example-Pig's Heads

- 
- 1. I was at Thanksgiving dinner with my family. My daughters were there with their families. I went to sit down at the table and realized that I was placed at the end of the table. I was a long way from the other people at the table. I tried to speak to them but I was too far away. They couldn't hear me. I was getting angrier and angrier. Finally I got up to leave. I went to the front closet and pulled out 2 pig's heads. I put one under each arm and left. No one noticed me leave.
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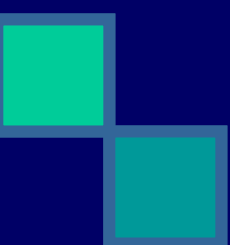



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Section A

- 
- My family
 - Daughters
 - End of the table
 - People
 - Speak
 - Hear me
 - Angrier
 - Leave
 - 2 pig's heads
 - Left
 - noticed
- 




Section A

- My family
- Daughters
- End of the table
- People
- Speak
- Hear me
- Angrier
- Leave
- 2 pig's heads
- Left
- Noticed

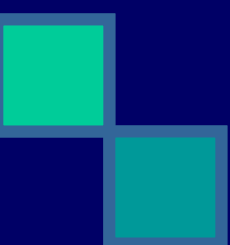

Section B

Me
Frustration
End of the line
My family
Yell
Listen
Rage
Storm out
Too pig headed
Right
Noticed



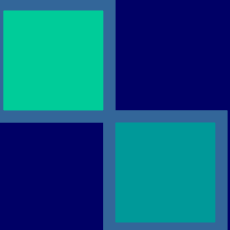



Her Story....

- 
- Me and my frustration are at the end of the line with my family. I yell but I don't listen then rage and storm out. Maybe I'm too pig headed. I need to to be right and I don't notice.
- 

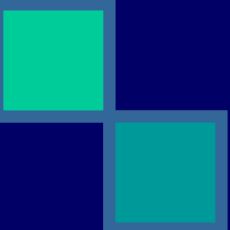



Step 5

- 
- A) Does the story have meaning for you?
 - Yes. I have been so stubborn all my life and I think it's hurt me.
- 




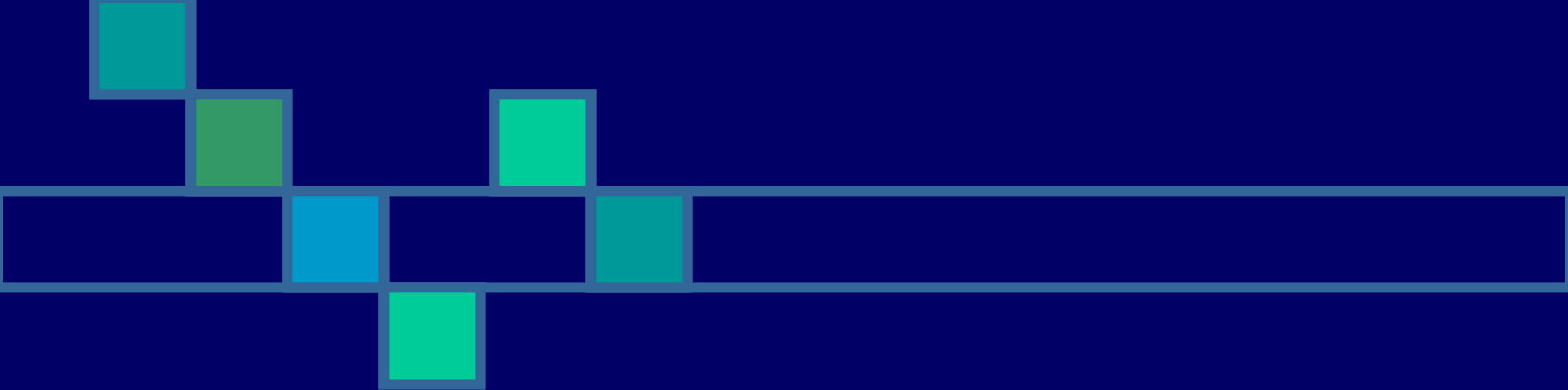
Step 5

- 
- B) Does the story relate to your waking life in some way?
 - Yes. I divorced from my husband-he had an affair with his secretary. He always said it was because I was so difficult and stubborn.
- 



Step 5

- C) Does this story relate to any specific events in your life? Yes. Many.
 - D) Did this give you clear insight?
 - Yes. I need to look at my pig-headed attitude. It's so hard to look at that and change it in some way.
- 



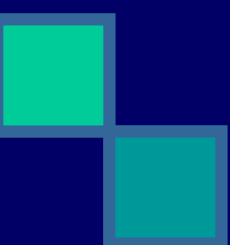

Storytelling Worksheet



With Your own Dream




Discussion

- 
- Gets people 'hooked' on dream interpretation
 - Result of early success
 - Move to more complicated/abstract techniques
- 




Discussion

- As with similar therapeutic techniques (e.g. CBT) limited to: high level of reading/written ability
 - Not all dreams bridge to waking life: Multilevels
 - Need other techniques as well
 - Can be added to a toolbox of dream interpretation techniques
- 



Most Importantly...

- Predicts that discovery will occur
 - Participants will have success with the technique
 - More likely to continue dreamwork with success
- 



Sweet Dreams!



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