

Download Dream Work In Psychotherapy And Self Change

An introduction to the interpretation of dreams in clinical psychology. ... The Dream Text. To use dream material clinically—that is, in psychotherapy—it is important to realize that you never use the dream itself. Self-pity often disguises unconscious anger and a sense of entitlement. The term ‘psychotherapy’ covers a range of approaches and methods. These range from one-to-one talking sessions to therapies that use techniques such as role-play or dance to help explore people’s emotions. Trauma Psychotherapy Scotland is a group of trauma specialists working in central Glasgow. We work with people of all ages and couples, and aim to clear current clinical symptoms arising from earlier traumatic experiences.