

ANZSJA



Australian and New Zealand Society of Jungian Analysts

Invitation to Mental Health Professionals

Entering the Dream World *Approaches to working with dreams*

Saturday 15 June 2024,

10.00am - 5.00pm

Augustine Centre, 2 Minona Street, Hawthorn, VIC



"The dream is a little hidden door in the innermost and most secret recesses of the soul, opening into that cosmic night which was psyche long before there was any ego-consciousness, and which will remain psyche no matter how far our ego-consciousness extends."

C.G.Jung CW10: 304

In this one-day workshop Jungian analysts **Juliana Kaya Prpic** and **Carole Viney**, together with Transpersonal psychotherapist **Michelle Morris**, invite you to explore to approaches to working with dreams:

- I. The Classical Jungian approach
- II. The Embodied Imagination® approach developed by Jungian analyst Robert Bosnak.

The Classical Jungian approach: The drama of the dream

Juliana will facilitate an exploration of how to work with dreams using a classical Jungian approach. According to Jung, “a dream is a theatre in which the dreamer is himself the scene, the player, the prompter, the producer, the author, the public, and the critic (Jung, CW 16, para. 509). Most dreams have a classic dramatic structure, comprised of four stages:

1. Exposition: The opening scene orients the dreamer by introducing time, place, characters, and the situation of the dreamer expressed through metaphor.
2. Development: The emergence of a plot or action.
3. Culmination or climax: a decisive moment; something significant occurs, and the main character responds.
4. Lysis: The solution or outcome of the dream’s action. This stage often points to where the dreamer’s psychic energy wants to flow.

Within this theatre of the psyche, we can find portrayals of the Shadow, Anima and Animus, Complexes and the Self. Interpretation of a dream involves the use of a subjective and/or objective lens, circumambulation of dream images, symbols and metaphors through association and amplification, and active imagination.

The Embodied Imagination approach: Re-entering the landscape of the dream

Carole and Michelle invite you to enter into an exploration of the Embodied Imagination® (EI) method of approaching the dream world, pioneered by Jungian analyst Robert Bosnak. This is a therapeutic and creative way of working with dreams, memories, symptoms and creative projects. E.I. has its roots firmly grounded in the foundational thinking of Carl Jung, especially alchemy, and in his early phenomenological work. It also draws on the work of James Hillman who focused on the multiplicity of autonomous states, and on the thinking of Henry Corbin and his notion of the “Imaginal”. Currently Embodied Imagination® is practiced with individuals, couples, psychotherapeutic groups, in medicine, theatre, art, creative research, and in a form of ‘Brief and In-Depth’ therapeutic work. The first principle of EI views a dream image as an environment we inhabit, re-entering and deeply experiencing the images and containing them in an expanded body awareness, which allows for something new and surprising to unfold.

This seminar will introduce the theoretical underpinnings of Embodied Imagination®, describing the method and inviting group members to engage in the embodied exploration of one of their own images. There will also be demonstrations of this method with the dreams of participants and opportunities for the group to reflect on their own creative responses.

Presenters

Michelle Morris holds an MA in Transpersonal Psychology and Diploma of Family Therapy. She has worked clinically with adults and children for 30 years and has a private practice in Melbourne. Her deep interest in imagery and healing led to training as an Embodiment Therapist. Using Embodied Imagination, she has run dream groups and collaborated with individuals. Michelle co-authored the chapter on Embodied Imagination® in *Psychotherapy and Counselling: Reflections on Practice*. She is currently part of the training team with the Australian Branch of the International Society for Embodied Imagination®.

Carole Viney (Melbourne) is a Jungian analyst (ANZSJA) and an Embodied Imagination practitioner. She has been working in private practice in Melbourne for over thirty years. Carole has a particular interest in the world of the imagination and dreams, and this has led her to complete the Embodied Imagination training in 2019. She now co-facilitates a dream group as part of the ANZSJA Professional Development Programme. Carole also has an extensive background in teaching many different forms of body awareness and movement. She takes her lifelong interest in the relationship between mind and body (psyche/soma) as an invitation to participate in the mystery and creativity of a fully embodied immersion in the moment-by-moment unfolding of the dream and its images.

Associate Professor **Juliana Kaya Prpic** is a Jungian analyst trained at the C.G Jung Institute in Küsnacht, Switzerland. She has a deep interest in archetypal images, symbols and metaphors as they appear in dreams, the embodied experience and the intercultural collective. She is also an academic working in a major Australian University, where her work is exclusively focused on engaging with Aboriginal communities around Australia to recover Indigenous knowledges and culture, and to integrate Indigenous perspectives and ways of knowing into the science and engineering curriculum.

Date:	Saturday 15 June 2024
Times:	10.00am -5.00pm
Venue:	Augustine Centre, 2 Minona Street, Hawthorn, VIC
Full Fee:	\$280 AUD (incl. GST)
Early Bird/ ANZSJA members	\$260 AUD (incl. GST) until 25 May 2024
Student	\$250.00 AUD (incl. GST)
Cancellation:	No refund for cancellation after 8 June 2024
PD certificate:	5 hours (certificate issued after the event)
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LIMITED to 20 Participants	
Morning and afternoon tea will be provided. Please bring your own lunch	

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