

INTRODUCTION TO DREAMTENDING

29.06.2012- 01.07.2012

Sala conferenze Eranos, Via Moscia 127, Ascona Moscia

Dream Tending offers skills that move us toward better psychological and physical health. It is also a practice, a path leading to a homecoming of the soul. We recover who and what muses our genuine longing. We touch into our authentic calling. We learn more of our relationships to ourselves and others, and to the creatures and places of the world.

Over 100 years ago, Freud and Jung developed methods of association and amplification as tools for working with dream images. More recently, James Hillman's concepts of animation and Marion Woodman's work with psyche and soma have encouraged us to experience dream images in their living, embodied reality. Stephen Aizenstat's Dream Tending methods invite us to bring animation into practice - helping us host and tend to relationships with the living images of dreams and discover new ways of experiencing life.

In this introductory workshop, participants will:

- Experience “The Living Image” and how it impacts and informs moods, behaviors, and perception
- Learn the Archetypal Approach to Dream Work; strengthen and practice the ability to “animate” dream images as pioneered by the work of James Hillman
- Explore Dream Council and the World’s Dream
 - o The life practice of “Dream Council” is a systematic way to bring the power of the Dream Tending teachings into the center of daily life. As Participants become more familiar with Dream Council methods, they will extend their work to the World’s Dream... the anima mundi, the soul in and of the world.
- Engage with the Healing Powers of Dreams - Gain insight and knowledge about how dreams support physical and psychological health
 - o Participants gain skills of discovering and administering the medicinal properties of living images. These “medicines of the soul” are often effective in preventing and treating illness and useful as an adjunct to traditional medical treatment. Through description and demonstration, attendees explore particular practices of working with disease syndromes, including addiction. Through indigenous, classical as well as modern dream tending methods, participants learn practical approaches of dealing with afflictions.
- Learn the Six-Step Dream Tending System for Working with Nightmares and horrific images

Fondazione Eranos - Eranos Foundation

Segreteria Generale: Via Baraggie 3 - CP 779 - 6612 Ascona – Svizzera

Tel + 41 (0) 91 792 3662 - Fax + 41 (0) 91 792 3661

www.erasosfoundation.org - info@erasosfoundation.org

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o Dream Tending proposes a six-step system for attending to the frightening, often terrifying, experiences of the night. Participants will learn how to confront, and then encounter menacing or threatening images. They will discover ways to befriend the “intruder”, the “monster”, the “fiend”, and others. After establishing safe ground using Dream Tending skills, participants discern “who” these figures actually are and what they are asking of us. The skill set presented effectively deals with nightmares – not through eradication, but through a process of constructive engagement. In Dream Tending, what at first appears intolerable becomes, in time, both approachable and beneficial; opening resources of untapped energies and deepening access to the creative life.

- Explore the multiple dimensions of psyche – the personal, collective, and world unconscious (dreams within dreams)
- Discover the differences between Dream Tending and dream interpretation or dream analysis
- Acquire basic skill sets to form relationships with embodied dream figures

Ongoing Dream Kivas: Participants will meet daily in ongoing Dream Kivas of four persons to apply material learned in the workshop. Each member will have the opportunity to work with his or her own dreams.

The workshop will take place at the Eranos Foundation, in the Eranos conference Hall, Via Moscia 127, Ascona. It is made up of three days from the 29th of June, starting at 10:00 am, till Sunday 1st July, ending at 12:30 pm.

SPACE IS LIMITED TO 25 PARTECIPANTS. Price 700 CHF and includes coffee breaks, lunches for the three days and transportation from Ascona to Moscia and return.

For further information and applications please contact:

Eranos Foundation

gisela.binda@eranosfoundation.org

+41 (0)91 792 20 92

Stephen Aizenstat, Ph.D. Stephen Aizenstat, Ph.D., is a Clinical Psychologist and the Chancellor and Founding President of Pacifica Graduate Institute. Dr. Aizenstat has taught extensively at the K-12, undergraduate and graduate levels. Dr. Aizenstat’s book, Dream Tending, describes applications of dreamwork in relation to health and healing, nightmares, the World's Dream, relationships, and the creative process. Dr. Aizenstat’s methodologies extend traditional dream work to the vision of an animated world where living images in dream are experienced as

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embodied and originating in the psyche of Nature as well as that of persons. His other recent publications include: *Imagination & Medicine: The Future of Healing in an Age of Neuroscience* (co-editor with Robert Bosnak), "Dream Tending and Tending the World," in *Ecotherapy: Healing with Nature in Mind*; and "Soul-Centered Education: An Interview with Stephen Aizenstat" (with Nancy Treadway Galindo) in *Reimagining Education: Essays on Reviving the Soul of Learning*.

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