



# Working with Dreams in Psychotherapy (Practicing Professional)

*Clara E. Hill PhD*

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This accessible guide to dream interpretation is designed to help clinicians incorporate work with dreams more effectively into therapy. The author integrates psychodynamic, experiential, and humanistic theories into a comprehensive model based on the premises that dreams are personal and reflect waking life; that the meaning of dreams is best understood in a collaborative effort between client and therapist; and that both cognitions and emotions are important in this process. Based on the latest theory and research on sleep, dreaming, and cognition, and backed up by clinical work with both individuals and groups, the book contains numerous case examples.

### Special Feature

An appendix features a reproducible self-guided manual on dream interpretation, suitable for distribution to clients, which features step-by-step instructions and worksheets.



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