

... community ... belonging ... networking ... social activities ... CEs ...

DREAMWORK: UNDERSTANDING THE LANGUAGE OF THE NIGHT

with Judy Sutherland and Renee Dushman

Thank you, **Judy and Renee, and the Great Books Foundation, which allowed us use of a great room to draw and act out our dreams!** Drawing on the work of Alfred Adler and Joseph Moreno, Judy and Renee showed us how to combine art and psychodrama to explore inner reality and personal truths. Their great, great handout, besides explaining what psychodrama and art therapy is, provided a step-by-step how-to guide to run a dreamwork group. Quoting from their handout gives an idea of their terrific presentation:

“The individual is the picture and the artist. He is the artist of his personality”

(Adler, A. 1930)

Often our own dreams do not make sense to us and leave us in a state of confusion. Rudolf Dreikurs (1967) called this the “self-deception” of the dream. It is the part of ourselves we keep secret or hidden so that we don’t have to take responsibility for it. We resist the wisdom of the dream because we often don’t want to recognize our self-created goals. It is only by bringing our goals to awareness that we can begin to make new choices about the meaning we give to life.

“Psychodrama is the science of discovering the ‘truth’ by dramatic action”

(Moreno, J. L., 1946)

Thank you, Judy and Renee for a truly great experience ... and for giving a few of us ideas for our Halloween costumes! (How many wore our drawings as our costumes?)

Join the Chicago Adlerian Society. Get involved! Dues cheap! \$20!