

**Lesson Plan – Session Two**  
**Dream Workshop**

- Organize groups at round tables of 5 people, having the same people at each session.
- Prayer: Book of Common Prayer, page 216, for Epiphany 5 – concerns, etc. freely, then “Lord hear our prayer,” response “And let our cry come to you”. Then “Lord’s Prayer”.

**A. Plenary Catch-up**

(6 min.) “How was your experience of keeping a dream journal?”

1. Questions? Answers from handout Chapter and supplementary sources.
2. Why dream-work? Dreams: are healing, enhance creativity, moments of parabolic revelation, increase self-awareness, often sources of practical reflection with insights from sharing w/others.
3. Leader briefly shares a “practical” dream. (E.g. Father: How a dream helped discern which of two calling churches to accept.)

**B. The Power of Listening (7 min.)** - Greater part of session will be listening to each other.

1. Handout article “Tell Me More” by Barbara Deland. Take a minute to read, then leader quotes last page, the \* section. (Something else to teach active listening may be used, or for the sake of time, omit this.)
2. Therapeutic tool to encourage deeper exploration:
  - a. Ask questions to hear & expand
  - b. Reflective Listening Technique in order of depth
    1. Content: In a few words, *what you hear them saying*
    2. Feelings: Often need to ask, “Is this how you felt?”
    3. Meaning: Always from the speaker’s perspective, not listener’s interpretation

**C. (10 min.) Review & Model TTAQ Method** from the handout “Dreams & the Spiritual Archetypes.” 1. Use newsprint or board: Title, Theme, Affect, Question (What question does the dream ask me?) Don’t spend much time on this; a fuller explanation was in the reading – 2 min.

2. Leader provides a brief recent sample dream. (If necessary, use a dream from supplementary material.)

3. Asks plenary group: “What do you hear in this dream? Help me work with it.”

D. **Dream Sharing**, at tables. Need a timekeeper: ten minutes per person. Leader points out:

- This sharing is considered confidential.
- Use something from your journal or an older dream remembered if thought to be significant.
- TTAQ is a good tool to increase awareness; good for the listeners’ questions.
- Share, but also listen carefully.
- “Now listen, hospitably, to the dreams and to each other.”

E. **Leader concludes** (5 min.) Next week, read 2<sup>nd</sup> half of chapter “Archetypal Dreams”. Continue *dream journal*. Look for deeper content: Dreams – level 1= daily cleansing; level 2 =“Personal Unconscious” soul and shadow dreams; level 3=archetypal , from the collective unconscious (sometimes a “Grand Dream” of profound and unique significance).