

## Lab 14: Integrating the Exploration, Insight, and Action Stages using Dream Work

*\*Go around the circle and do a brief check-in to assess how students are feeling. One way to do this is to go around the room and have each person share a “high” and a “low” from the past week (since the last lab session). Be sure to limit each student to about 30 seconds so that you have time for the rest of the lab exercises.*

*\*\*Please note that it might be helpful to be familiar with Hill’s Dream Work Model (which is based upon the Helping Skills Model). For more information, please see Hill, C. E. (2004). *Dream work in therapy: Facilitating exploration, insight, and action*. Washington, DC: American Psychological Association.*

Goals: To practice how to integrate all of the skills from the three stages (exploration, insight, and action) by using the dream work model.

### **Exercise 1:**

In the large group, ask one student to serve as the volunteer client. The client should share a dream that they have had. This can be a recent dream, a past dream, or a recurring dream. For the sake of this exercise, it is helpful if the client remembers the dream in vivid detail. Everyone else is a helper. Follow the steps of the Hill Cognitive-Experiential Dream Work Model on the next page. It is helpful to print this out for students in advance of the lab and hand the document out before you get started. Have each helper walk the client through each part of each stage.

*Throughout the process, the lab instructor should be providing gentle feedback. When students get stuck, the lab leader should open it up to the rest of the helpers and intervene when appropriate.*

Process the group helping session. Discussion questions might include:

Questions for the client:

- How was the session for you (feelings, thoughts, feedback, etc.)?
- What was particularly helpful (which stages and skills)?
- What was not as helpful (which stages and skills)?

Questions for the helpers:

- How did it feel to be using a dream in the helping process?
- What are your strengths and weaknesses as a helper at this point in the semester?

Question for everyone:

- What are the advantages and disadvantages of dream work in therapy?

# Steps of the Hill Cognitive-Experiential Dream Model

## Exploration Stage

- A. Getting started
  - a. Explain 3-stage model briefly
  - b. Have client retell dream in first person present tense
- B. Explore 3 to 5 major images sequentially using DRAW acronym
  - a. **D**escribe
  - b. **R**e-experience Feelings
  - c. **A**ssociate
  - c. **W**aking life triggers
- C. Summarize exploration process (optional)

## Insight Stage

- A. Ask client for initial understanding of the meaning of the dream
- B. Collaborate with client to construct a meaning of the dream
  - 1. Experience
  - 2. Waking life
  - 3. Inner personality dynamics
    - a. Parts of self
    - b. Conflicts originating in childhood
    - c. Spiritual/Existential
- C. Ask client to summarize insights about meaning of dream

## Action Stage

- A. Ask client to change the dream or create a sequel
  - 1. In fantasy
  - 2. During sleep
- B. Coach client about making changes in waking life
  - 1. Specific behavioral change
  - 2. Ritual to honor the dream
  - 3. Continued working with dream
- C. Ask client to give a title for the dream
- D. Ask client to summarize action plan