

SWEET DREAMS.

What do your Dreams mean?



With Sherry Marshall (BSc. Sociology; Master's Social Work;
Masters Soc.Ecology; Dip. Process Oriented Psychology)

Sunday 8th November. 10.30am - 4.30pm. Sydney

In the quietness of the night, I dreamt of joy and peace and light. Dreaming of the Cherry Blossom, I fell into a state of deep revelry that brought beauty, spaciousness and meaning to my waking state.

Waking up from a beautiful or bad dream often makes us wonder what is happening to us while we sleep. Freud called dreams, 'the royal road to the unconscious.' The goals and learning outcomes of this day workshop, are to use Process Oriented Psychology theory and methods through inner dream work, dream journals, exercises, handouts and discussion to;

1. Learn how to understand, unfold and interpret your own night time dreams through an easy step by step process and how our life may have been patterned by your childhood dreams.
2. Discover how your dreams can help you create a new direction in your life, called 'big dreams' by Jung.
3. Explore the different methods that psychology uses to work with dreams and understanding symbols in dreams.
4. Use your creativity and imagination to 'dream' your night time dreams into your waking 'dreaming process' of everyday life.

This workshop is open to everyone. Please email to interested people and book early.

When : Sunday 8th November

Where : Potts Point, Sydney (nr Kings Cross)

Time : 10.30am – 4.30pm

Cost : \$170 Unwaged/Students \$130.

**For Further Information and Bookings please contact: sherrymarshall9@aol.com
or phone 04111 55091.**

Sherry Marshall is a qualified Mental Health Social Worker and Process Oriented Psychotherapist/Relationships Therapist and Group Facilitator with over 25 years experience in Australia and England. For 7 years she co-ordinated the Staff Counselling Dept. at R.N.S. Hospital and has helped and worked for HH. Dalai Lama since 1996. She maintains a private therapy practice in Sydney City and Manly. She is a writer and published author on Tibetan Buddhism.