

**3rd International Conference
of the Nordic and European Network
for the Study of Dreams**

**DREAMS IN
A CHANGING
SOCIETY**

ABSTRACTS

PAPERS

Kerstin Andersson

The Mysterious Power of the Ullman method

I have experienced other methods of working with dreams but I have found the Ullman method superior in helping the dreamer and in creating a warm and caring atmosphere in the group. I want to share my thoughts and feelings from 28 years of dream-work.

Ann Bengtsson

The relationship between the physical body, the chakra system and transformation symbols in dreams.

Our psyche and physical body relates directly to one another. The function of the chakras and the dreamsymbols also comments this relationship. By understanding the meaning of specific transformation symbols from our dreams we get help to investigate the obstacles and successes in our individuationprocess.

John Corbett

How the change produced by the events of 9 11 does harness the impact in the artistic society – the plastic artist Folley case as a possible interdependent event.

The artist Follett was very impressed while witnessing the 9 11 tragedy and recognizing recent dream fragments. This precognition was a changing point in her artistic life. Later doing an analysis of her works artistic content, conclusions links unexpectedly into the dream underlying subsystem of image receptions.

Ingalill Eriksson

Individuals, social groups, the changing society and God

Perhaps the most remarkable dimension of the changing society is the globalisation process. The individual dreaming every night may change alongside with this process. The controversial thing is the question of God and the mysterious dimension of dreams, still going strong, even if the societiy is changing.

Daniel Erlacher

Required Time for cognitive and motor activities in lucid dreams.

The relationship between time in dreams and real time has intrigued scientists for centuries. In the presented experiments a simple cognitive task was used to investigate the relationship between the time needed in a lucid dream and the time needed for the same activity performed in the waking state.

Jette Fabiola

Ass, Boobs and Comrades or:

Attraction, Rejection, Compassion.

The Half Ullman in a teenage class with hormones

Sex is the creative fuel when teenagers expose and examine self and other through dream work.

This paper examines how a strong – subtle or wild - current of sexual energies may be seen as an integral part of the heart-mind exchange transforming attraction-rejection to compassion.

Caroline Horton

Dreams can reflect episodic memories: A test of the continuity hypothesis using the Nintendo Wii

The continuity hypothesis claims overlap between dreaming and waking. 25 participants played the *Endless Ocean* game on the Nintendo wii and 25 played *Tennis*. All participants subsequently reported a dream, which reflected episodic memories from their respective games. This supports the continuity hypothesis and reflects memory processing during sleep.

Bih-Hui Huang

Ullman dream group and Buddhist self growth experience: A qualitative report

The author use Montague Ullman's dream group to help Buddhist practitioners in Taiwan to improve self understanding and growth. Cases of dream appreciation results and self-reported records will be presented as illustration.

Ming-Liang Lai

The trial of the Ullman group in medical education in Taiwan

The author introduced Montague Ullman's dream group into medical education first through inserting 2 blocks of 3-hour duration session in *Medical Humanity* course. Then a course with 20 students for 10 dream appreciation was accepted after the success of the previous one. The results were evaluated by questionnaire.

Anita Leutold

Illness as foretold in dreams

A Swiss surgeon, who had immigrated to the USA in 1971 with his family to train in transplantation surgery and who later earned a Ph.D. in immunology and absolved an American surgery residency, was diagnosed in 1984 with a tumor in the brainstem. He was operated immediately and again in the following year. He died in 1989. His meticulous dream journals reveal that his dreams presaged the tumor as much as 11 years before the medical diagnosis. Twelve dreams, extracted from the surgeon's journals, point to the growth of a lethal tumor in the brain: all of them were carefully chronicled and illustrated.

Hermine Mensink

*Precognitive Dreams
Ongoing analysis of internet research regarding precognitive dreams*

Results of questionnaires filled out via Internet regarding pre-cognitive dreams will be presented. Presentation will take positive and negative content and outcomes of pre-cognitive dreams into account. Influences and meaningfulness of the dreams will be discussed. Specific examples will be given and self-reported dreams will be presented as illustrations.

Jennifer Parker

The sense of presence during sleep paralysis

This paper will qualitatively describe the 'sense of presence' (SoP) that often occurs during sleep paralysis. This presence, often reported as malign, has appeared in the literature as Incubus attacks or the Old Hag phenomena. 64 men and 52 women provided sleep paralysis reports and those with a SoP used in a thematic analysis. The frequency of SoP, and other outstanding aspects of the data set will be discussed.

Jennifer Parker

The differences, and similarities, in men and women nightmares

This paper will include the frequency, and a content analysis description of men and women's nightmares (19 vs 34).

Specifically, the differences but also the similarities in nightmare experience will be described. The end of the presentation will include an open forum regarding the possible function of nightmares.

Michael Schredl

Nightmare frequency and nightmare topics in a representative German sample

Nightmare frequency and nightmare topics were studied in a sample of 2019 German citizens. Nightmare frequency was related to gender but not to other socio-demographic variables. Falling, being chased, sensing something scary, death of close persons, being late are the most common nightmare topics. Nightmares about work-related topics are more prevalent in persons with steady jobs, supporting the continuity hypothesis of dreaming.

Michael Schredl

The continuity between waking mood and dream emotions

Confirming earlier findings, the present study demonstrated direct effects of waking life on dreams and of dream emotions on waking-life. Positive and negative effects of daytime events on dreams were reported equally often. An interesting finding was a second-order effect, i.e., the intensity of the negative effects of daytime events on dream content predicts - in addition to emotional intensity of the dream - the effect of that dream on daytime mood.

Markku Siivola

Ullman and Universe – about Montague Ullman's life and reflections

This presentation portrays the early history of Ullman's experiential dream groups, proceeds to his teenage experiences whose transformative impact rippled out over his subsequent life determining the main direction of his interests. In conclusion the contemporaries influencing his thinking, and his philosophical view of dreams as mediators of universal dimensions, are presented.

Markku Siivola

Applying experiential dream group process to group supervision of psychiatric professionals

Instrumental supervision is aimed for solving practical problems (approaching consultation). Emotional supervision is focused to employee's personality interferences with his/her employee-identity caused by surrounding organizational/cultural values. The Experiential Dream Group supervision is the deepest form among emotional type supervisions.

It maximizes the safety and insight potential of the dreamer/employee.

Bill Stimson

Towards an education that's real – the Ullman dream group in the College Curriculum in Taiwan

An example from Taiwan is presented which illustrates how coming to an understanding of a dream through the Ullman method is hardly the end product of the work.

Far more significant is the deepened appreciation of the dream – for this amounts to the discovery of one's deeper self.

Misa Tsuruta

Do dreams reflect cultural differences in perception?

In recent years, cultural differences have been discussed extensively in psychology. On the other hand, we may tend to think that dreaming is a universal phenomenon. Do dreams reflect any cultural differences? The result of a recent pilot study will be discussed.

Katja Valli,

Children's dreams: A home dream diary study of 3 to 9 year olds' dreams

Children's dreaming is a debated topic. Different data collection and analysis methods have rendered contradictory results. The main questions that remain are: When do children start to dream / acquire the capacity to report their dreams? How should data from children be collected for it to be reliable?

Shuyan Wang

The role of the Ullman Dream Group in the Education of Social Workers in Taiwan

The author has introduced Montague Ullman's experiential dream group into social work education in Taiwan. In this study she uses questionnaires and focus group methods to analyze and evaluate the benefits of the dream group in the curriculum as reported by graduates from the class over a three-year period.

Ferrie Veen

Dreaming, mentality and (active) citizenship.

Uncertainty is fundamental of modern society, dreaming and mentality – in combination – gives an (internet) coaching-tool for fresh understandings and new actions. I translate action towards new role-models and the concept of active citizenship.

**Göteborgs Psykoterapi Institut, Vasagatan
16 411 24 Gothenburg, Sweden
6-8 March 2009**

SEMINARS

Ingrid Blidberg

Catch the dream with Monte Ullman. A short introduction to the history of dreams

A workshop for the beginner who wants to try the method of working with dreams in a group setting.

A film with Montague Ullman presenting his method, will first be showed.

Karin Flodhammar

Film and Dreams – an Art Project

What are the connections between film and dreams?
How can we express the images of our dreams in film?
As an artist and film maker I have found that film is an

interesting media when it comes to reconstruct the reality of dreams. The way you play with time and space in film is similar to the grammar of dreams. I will talk about my films and present an art project, Dream Diary, which took place in Gothenburg 2004.

Ingela Romare

Dreams and the Development of Personality in Tarkovskij's film MIRROR

In this seminar we look closer into different sequences of Andrej Tarkovskij's film *Mirror*. We try to see and understand how the dreams in the film are related to the individuation process of the main character.

WORKSHOPS

Dream groups and leadership training groups will be offered in Swedish and English by dream group leaders and teachers from the Swedish Dream Group Forum.

Dream groups for 'first timers' will be offered (outside the rest of the conference) in connection with Ingrid Blidberg's film seminar.

Camille Archer

An exploration in Social Dreaming

This participatory session will involve sharing personal dream recall in a group environment. The session will

use the *Social Dreaming Matrix* developed by W Gordon Lawrence. The session will allow participants to explore the collective unconscious through dream recall and free association.

Ann Bengtsson

Mandala drawing techniques as a method of understanding dream symbols.

For thousands of years the Mandala has been used in different cultures to focus awareness. Jung used the Mandala drawing technique to come closer to the Self showing itself. This workshop gives you an amazing method of revealing the meaning of your most energy-laden dream symbols in a creative way.

Heidi Frier**Mette Loegstrup**

Transforming Stress through Dreamwork

Stress on the personal system during changing times – appearance in dreams: “Through visualizing, drawing and dialogue we will examine how the stress on the personal system during our changing times appears in our dreams. By methods inspired by transformative mindfulness (www.lamponthepath.org/healing_power_mind) we will look for the code for transforming stress-related “black holes” in the personality into light and flexibility. And thereby help the personality in coping with the ever growing demands for flexibility in a changing society.

Silja Heikkilä

From a dream to a performance

Workshop explores the connections between dreams, dream work and creativity. We appreciate dreams through creative dream work eg. writing, through movement and a process of making a performance. The process honours the Ullman dream work group method. The group prepares a short demonstration for presentation.

Irma Heiskanen

What are the dreams made of? A view of finnougric dreamtime tradition and modern scientific explanations.

Guidance to traditional finnougric view of dreamtime. The guidance is based on ecopsychological understanding of finnougric womens traditional ornaments in handicrafts. Finnougric dreaming connects different levels: physical world, social world and sacred world. Also the the new scientific explanations of vacuum-energy as source of information is discussed in this context.

Pia Keiding

Tibetan Dream Work – Inner Transformation for outer Change

Workshop on Tibetan Dream Yoga Work: a way to re-enter, transform and heal strong emotional imprints ap-

pearing in dreams and nightmares, enhancing our ability to change life issues. The Tibetan U.D. psychology views the dream-state as being an ‘energy-state’, implying less of a gap between body/mind, energy/matter and subject/object.

Hermine Mensink

Family constellation/Dream constellation work

The workshop will be related to the family constellation work of Bert Hellinger.

The dream parts will be represented by participants from the group in this workshop.

The dream will unfold itself in the morphogenetic field within the system of family/dream and the group participants who are representing the persons of family system or dream parts of the Dream. There will always be a development to a solution of family problems or dream conflicts.

Heather Peace

Dreams and Creating Metaphors

A practical workshop which will examine the similarities between dreaming and creative work, how we make metaphors consciously and unconsciously, and how we can improve the quality of our metaphors, whether to understand ourselves better or to create better art, writing, music and so on.

Bill Stimson

The three-hour Montague Ullman experiential Dream Workshop from Taiwan

A dream is like a flower bud poking its bright button into our consciousness. To open, it needs time. This 3-hour workshop will demonstrate the advantage to the Ullman group method of giving a dream sufficient time to unfold – and the deeper, more satisfying, kind of dream work that results.

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BIOGRAPHIES OF PRESENTERS

Kerstin Andersson,

Sweden, Socionom, fil.kand. leg psychotherapist, supervisor. Participated in Ullman's group for dream-work and leadership training regularly during the years 1980 - 2005. I have worked with dream-groups for about 25 years and leadership training for about 20 years.

Camille Archer,

UK. Born in Trinidad and Tobago, lived in Canada and the UK. She is currently an Arts Development Officer in Scotland. She has worked previously to combine art sessions and the social dreaming matrix within the Dreamers Network UK.

Ann Bengtsson,

Norway, Specialist in clinical psychology and dream therapist.

Ann Bengtsson is a specialist in clinical psychology having used dreams in clinical practice for 30 years. She teaches dream groups for professionals and has published a book on dreams. During 22 years of training with Bob Moore she learned how energy works in dreams. Jes Bertelsen, C. G. Jung and Wilhelm Reich are other references.

Ingrid Blidberg,

Sweden, Film and theatre producer. Now working at the College for Film at Gothenburg University on a project introducing a method on dream work for actors developed by Janet Sonenberg and Robert Bosnak.

John Corbett,

USA, has a Ph.D. in BA from University of Berkley, Ph.D. in CS from PWU, Military Science coursework from OSU and The Army Institute for Professional Development, and United Nations Peace Operations Training Institute. He has been with the Department of Treasury since 2000.

Ingalill Eriksson,

Sweden, Research & Development Associate Professor in sociology, has for a long time been employed at several universities as a teacher and researcher in sociology and social work. She is now driving her own company, Research & Development, www.ingalilleriksson.com. Ingalill Eriksson has been a member of the Swedish Drömgruppsforum for several years and has been active in leader training in Ljungskile and Stockholm.

Daniel Erlacher,

University of Heidelberg, Germany, is doing his post doctoral studies at the University of Heidelberg. He is a sport scientist and his research interest is the connection between physical activity and sleep.

Jette Fabiola Cabo,

Denmark. M.D. anthropologist, former chair of the Danish Association for the Study of Dreams and Ullman-aficionada. Recent research in a primary school in Copenhagen focuses on how teenagers may benefit from dream work curriculum vice and socially.

Karin Flodhammar,

Sweden. Film maker since 1980, participant in film festivals and out door art projects.

Studies: Chalmers University of Technology, Architecture (1978-1979) University of Gothenburg – Textile Arts and Crafts – 160 p Valand Academy of Fine Arts – Art and Media (2000-2002).

Heidi Frier,

Denmark, therapist and dreamworker. Born in 1963. Educated in different areas of bodytherapy and at Vedfelt Institute of cybernetic psychotherapy. Leader of a Center for holistic therapy and treatment in Copenhagen.

Silja Heikkilä,

Finland. Silja Heikkilä is a Drama Instructor (Degree in Performing Arts) and is also a member of The Dream Group in Finland and a Ullman dream group leader.

Irma Heiskanen,

Finland. Article about Finnougric dreaming in: Wo(men) and Bears The Gifts of Nature, Culture and Gender. Ed. Kaarina Kailo.

Presentations of Finnougric dreamtime at various seminars at Universities of Helsinki, Oulu and Joensuu. 2008. Career as clinical psychologist and ecopsychologist. Member of Finnish Eco-and environmental psychology board.

Caroline Horton,

UK. PhD, is a lecturer of Cognitive Psychology at Leeds Metropolitan University and a research fellow at the Leeds Memory Group, University of Leeds. She researches the relationships between memory and dreams, with particular focus on autobiographical memories, and their appearance in dreams as an indication of cognitive processing.

Bih-Hui Huang,

Taiwan, obtained her PH. D. Degree from University of Wisconsin – Madison, majoring in Education Psychology. She is also a long-term Buddhist practitioner. Having learned Ullman's dream group method and completed the leader training, she is devoted to lead a Ullman Dream Group in a Buddhist group at Taiwan.

Pia Keiding,

Belgium. Lic. Phil., Ph.d., S.T.M., founding director of CITHE, Brussels. Danish transpersonal psychotherapist

leading post-graduate training throughout Europe, offering a synthesis of complementary schools and teachings from Western and non-Western approaches, a.o. 'Unity in Duality' (Tibetan Science of Mind and Psychology). Presenter at innumerable international congresses, including IASD conferences.

Anita Leuthold,

Switzerland, studied clinical psychology at the University of Zurich (completed in 1986). Afterwards she worked as a counselor and has led dreamgroups (and raised 4 children). She has lectured widely on dreams as advisors and over the past few years has had a special interest in the connection between illness and dreaming.

Ming-Liang Lai,

Taiwan, is a neurologist graduated from National Taiwan University. He developed his interest in spiritual education after his being as Dean of Medical School at Tzu-Chi University in 2002 and being a seedling teacher for teaching of spiritual care from 2004 and found Ullman's method helpful in this aspect.

Mette Loegstrup,

Denmark, therapist and dreamworker. Born in 1959. Has a degree in social sciences. Educated on Vedfelt-institute of cybernetic psychotherapy. Writes articles about spiritual subjects.

Hermine Mensink,

Netherlands, is a Health Psychologist and licensed Psychotherapist, and has studied Dreamwork, Voice Dialogue,

Hypnosis, Family Constellation Work and Healing. Her Practice of Psychotherapy opened in Amersfoort, Holland in 1985 and has been in Amsterdam since 2003. Her dream research started in 2007. She is also a Board member of IASD.

Dr Jennifer Parker,

Department of Psychology, University of the West of England, UK.

I am the founder of the Dream Research Group at the University of The West of England and actively seek to promote positive dream psychology in the UK. My interests are comparing sleep states, beliefs about the function of dreams, and patterning the different subjective experiences of dreams using Q methodology.

Heather Peace,

UK. Heather is a London-based script editor and writer, and teaches the Advanced Creative Writing course for the Open University; she has a long-standing interest in dreams. She took part in the IASD Copenhagen conference in 2004, taught a course in Dreamwork at the Tower Hamlets Summer University in 2006, and led a workshop at the Lincoln Dreams Network UK conference in 2007, *Developing Creativity*. She also attended the Finnish SURF conference in September 2008.

Ingela Romare,

Sweden. Ingela Romare is a Jungian analyst (IAAP) with diplom from the C.G. Jung Institute in Zürich. She works as an analyst with private practice in Malmö since 1992.

Ingela Romare is also a film director, educated at the Filmschool of the Swedish Filminstitute 1965-68. She has made about 50 documentaries about political, social, and existential questions. Her film *On the Dignity of the Human Soul* describes how imagination can help a person to survive torture and imprisonment.

Her latest film is a trilogy about *Faith, Hope and Love*.

Michael Schredl,

Professor, Central Institute of Mental Health, Mannheim, Germany, is dream researcher since 1990 and has published 4 books and about 100 articles on various topics like factors influencing dream recall, the continuity hypothesis of dreaming, nightmares, and effects of dreams on waking life.

Markku Siivola,

Finland, Markku Siivola, Bachelor of Sciences 1970. M.D. 1975. Specialist in psychiatry 1981. Special Certification for General Hospital Psychiatry (Liaison Psychiatry) 2000. General hospital psychiatrist at Jorv Hospital, Uusimaa, Finland, since 1992. Dream group leader since 1981. Special interests: dreams & mental/spiritual subjective phenomena & computer technology.

William R. Stimson,

Taiwan. Ph.D. Department of Social Policy and Social Work, Taiwan's National Chi Nan University, Adjunct Associate Professor.

In Taiwan, William R. Stimson, leads free Ullman dream groups in the cities of Taichung and Taipei. At Taiwan's National Chi Nan University he teaches a course on dreams using the Ullman dream group. Everything the students learn about dreams, they learn from working with their own dreams.

Misa Tsuruta,

USA, is a doctoral student in clinical psychology at The New School for Social Research. She has presented on Japanese culture and dance/movement at past IASD conferences. She is also a dream journalist.

Katja Valli,

Finland, has a PhD in psychology, and she currently conducts dream research at the Centre for Cognitive Neuroscience, University of Turku, Finland. She is specialized in dream content studies, laboratory studies, and evolutionary psychological approach to dreaming.

Shuyuan Wang,

Taiwan. Ph.D. Assistant Professor, Department of Social Policy and Social Work, Taiwan's National Chi Nan University. While earning her psychology doctorate at New York University, Shuyuan Wang attended weekend Dream Group Leadership Trainings in Ardsley. Since returning to her native Taiwan she has devoted herself to introducing the Ullman group to helping profession institutions. In 2007 her translation of Monte's *Appreciating Dreams* into Chinese was published.

Ferrie Veen,

Netherlands, Drs, born in 1941, studied at the University of Amsterdam in adragology (adult education). My working career consisted of art education, cultural policy, planned change and organizational behavior and ethics. I'm a member of NBN (business ethics) and VSD (dreaming) in Holland. Like to write haiku's.

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