



the International Association for the Study of Dreams

Dream Studies Continuing Education Program Course Description

Dream Work in Therapy: Facilitating Exploration, Insight and Action

Clara Hill PhD

Washington DC: American Psychological Association Press, 2004.

A 10 credit CE course developed by the International Association for the Study of Dreams Dream Studies Continuing Education Program

This CE course has been issued to NAME.

Your Payment Confirmation ID is NUMBER. This number must appear on your exam and participant satisfaction form in order for you to receive CE credit.

The set of materials for this course includes this introduction, the CE examination, and the participant satisfaction form, each as a separate pdf file. The examination and participant satisfaction files include links to online copies of these same forms. You have the option to complete the CE examination and the satisfaction forms *either* online using the links provided, *or* by printing and filling out paper copies of these forms and mailing them to the IASD office.

To complete this course and receive CE credit, you must:

(1) Read the book, **Dream Work in Therapy**. The full reference for the book appears above. IASD does not supply the book as part of this course. Copies should be available through your library or bookstore. If you choose to purchase the book through Amazon.com, the link below will connect you through the IASD bookstore.

<http://tinyurl.com/6nourt>

(2) Complete and submit the CE examination. A pdf file of the CE examination has been provided. That file includes a link to an online version of the exam. You can *either* print out a copy of the exam, complete it, and send it to the IASD office, *or* complete the exam online. Please make sure your ID number appears on your exam. Send paper copies of exams to: The International Association for the Study of Dreams, 1672 University Avenue, Berkeley, CA 94703.

(3) Complete and submit the participant satisfaction form, which is included at the end of the examination in both the pdf file and online. *Please note that this form must be completed and submitted before CE credit can be awarded.* You can either print out a copy of the form, complete it, and send it to the IASD office, or complete the form online. Please make sure your ID number appears on the form. Send paper copies of participant satisfaction form to: International Association for the Study of Dreams, 1672 University Avenue, Berkeley, CA 94703.

(4) Attain a score of 75% or better on the examination. You will be notified via email of your score. Please allow one week for scoring an online examination. Please allow three weeks for scoring an examination mailed to the IASD office. You may take the examination three times, and no more than three times, to attain a passing score. Should you fail to pass the examination after three attempts, CE credit will not be awarded and no refund of course costs will be made.

Your CE certificate will be available for download or can be sent to you via email once all course requirements are completed.

Successful completion of this course will result in 8 hours of Continuing Education Credit. The IASD Dream Studies Continuing Education Program is the provider of CE Credits for this course. IASD is approved by the American Psychological Association to sponsor continuing education for psychologists. IASD maintains responsibility for this program and its contents. IASD is also a CE Provider for the (BBSE) California Board of Behavioral Science Examiners (PCE 2043) which licenses MFT and LCSW psychotherapists in California.

Dream Work in Therapy: Facilitating Exploration, Insight and Action

This course consists of Dr. Clara Hill's book, **Dream Work in Therapy: Facilitating Exploration, Insight and Action**. Dr. Hill is the editor of this work, as well as author or co-author of four of the twelve chapters. **Dream Work in Therapy** explains Clara Hill's cognitive-experiential model for working with dreams in detail, showing how the model has been adapted for different populations and situations including psychotherapy, dream groups, spiritually based therapy, and in working with men and with the bereaved. There are also chapters on nightmares, self-guided dreamwork, training therapists in dreamwork, and research on Hill's model.

The Hill model integrates a variety of dream theories including Freudian, Jungian, Gestalt, phenomenological, client-centered and behavioral aspects. The model is a three-stage approach in which the therapist collaborates with the client/dreamer to explore dreams, gain insight into their meaning, and to take action to resolve issues in their waking life. Hill's model is one of the only dreamwork models developed and tested using research methods, rather than adhering to a particular theory. The Hill approach offers therapists and their clients a structured but flexible method for maximizing the therapeutic benefits of working with dreams.

Learning Objectives

After studying **Dream Work in Therapy Facilitating Exploration, Insight and Action**, you will be able to:

- describe the three stages of the Hill Cognitive-Experiential Dream Model including the Exploration, Insight, and Action Stages.
- understand how the Hill Cognitive-Experiential Dream Model can be applied to individual and group psychotherapy.
- learn how the Hill Cognitive-Experiential Dream Model can be applied to special populations in therapy such as bereaved clients and male clients.
- understand how the Hill Cognitive-Experiential Dream Model can be applied to self-directed dream exploration and study.
- summarize research findings that have been conducted on the Hill Cognitive-Experiential Dream Model.
- apply the Hill Cognitive-Experiential Dream Model to develop and conduct training for psychotherapist on how to work with dreams.

Please Note: If you are missing any materials for this course, contact Operations Director Richard Wilkerson at the IASD Office via email at office@asdreams.org with “CE Question” in the subject header.

If you have general questions or suggestions about the IASD CE program, contact IASD Education Chairperson and Continuing Education Administrator: Alan Siegel, Ph.D. via email at dreamsdr@aol.com



MAIL-IN FORM
IASD Dream Studies Program

<input type="checkbox"/>	8X001 <i>Dreams and Nightmares: The Origin and Meaning of Dreams</i> by Ernest Hartmann, M.D. (2nd Edition) 2001, Perseus Press (Basic Books) 8 Credits	IASD Member \$72	
		Non-Member \$80	
<input type="checkbox"/>	9X002 <i>Trauma and Dreams</i> by Deirdre Barrett, PhD 9 Credits	IASD Member \$81	
		Non-Member \$91	
<input type="checkbox"/>	9X003 <i>Dreaming in the World's Religions</i> by Kelly Bulkeley, PhD 9 Credits	IASD Member \$81	
		Non-Member \$90	
<input type="checkbox"/>	10X004 <i>Dream Work in Therapy: Facilitating Exploration, Insight and Action</i> by Clara Hill, PhD 10 Credits	IASD Member \$90	
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