

# Inner Work Using Dreams Active Imagination For Personal Growth Using Dreams And Active Imagination For Personal Growth

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4 Johnson RA (1986) Inner Work: Using Dreams & Active Imagination for Personal Growth Harper Collins San Francisco, USA, pp 31-32 5 Korn E, Johnson K (1983) Visualization: The uses of imagery in the health professions Homewood, IL: Dow Jones-Irwin, pp 64-65 6 Mindell A (1990) Working on Yourself Alone: Inner Dreambody Work

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## **Dream Interpretation: A Developmental Counseling and ...**

a variety of cultures and times, only 10 to 15% of mental health professionals work with dreams (Davis, 2002) In our work with diverse clients, we have found that integrating dream interpretation into counseling can promote client development, understanding, and self-efficacy Other mental health professionals have reported similar findings

## **Inner Active Cards in Therapy**

bulletin board or carry them in a purse or pocket Remember, the Inner Family keeps working after session, often unconsciously Have your clients keep track of dreams and changes in perspective and behavior, and take note when they observe parts being activated and how they handled it Be aware that Inner Active Cards can easily expose Exiles,

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The book, MOTIVATION identifying strengths, interests, abilities, hopes and dreams, is spiral bound to permit easy photocopying All of the reflections and quotations pages can be used in their original format, or facilitators can make one copy, white-out words/phrases, and make changes specific to their population

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Active Imagination 3 Jung is not alone in reading alchemy as more than a mere proto-pharmacy, Titus Burckhardt, in his work Alchemy, also believed that spiritual elevation was at the heart of 'The Work', though he probably would not agree with Jung's psychologising of alchemical procedures 4 Jung, CG Memories, Dreams, Reflections, p236

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