



Dream Drama

Dreams are a powerful altered state of consciousness with images and symbols that shed light on our psyche. Dream drama integrates the subconscious with the mind, body and spirit of the conscious. No matter how separate we might feel in the darkness of the night, our dreams reinforce our connectedness to the greater universe without ego interference. Dreams, stories, ceremonies and nature are among the ways to stay personally connected with our original instructions. If lost, dreams provide a road to recovery.

Dream Drama aids in the recovery of our unique spiritual self. When we remember a dream it is the merging of the subconscious with the conscious. In essence, in the remembering of a dream, our psyche is saying ‘yes’ you are ready to get this- this being the spiritual insight and psychological lesson. In listening to your dreams, you will remember that you are a spiritual being with a specific purpose and mission, all you have to do is listen!

The stages of dream drama are as follows:

1. A dream is presented for the group to read.
2. The group reads the dream and begins to ask non-interpretive questions of the dreamer as a way of information gathering.
3. The group personalizes the dream using the stem sentence, “If this were my dream” or “If this were my dream I would feel” to provide a new perspective to the dreamer.
4. The dream is re-enacted utilizing psychodrama techniques by a skilled facilitator.
5. Sharing of feelings and experiences by participants and protagonist after the ‘drama’ has completed.
6. The dream is re-read to the dreamer.
7. The dreamer gives final statements potentially including insights, new decisions, or intuitive wisdom feelings.

Montague Ullman’s group approach to interpreting dreams is the model that dream drama follows based on its humanistic and person centered perspective. Ullman states, “asleep and dreaming, we are in pursuit of freedom in those areas that have eluded us while awake. The relationship between freedom and truth is the driving force of our dreams.” Dream drama awakens each of us to the fullest and freest potential of our authentic selves.