

The C. G. Jung Center Presents:



## Working with Dreams in the Healing Arts

6 Wednesdays: May 1, 8, 15, 22, 29, June 5, 11am – 1pm CST

Held via Zoom

Keren Vishny, MD, MA

\$180, CEUs: 12

*\*Limited to 16 participants.*

Working with dreams both enlivens the therapy experience and facilitates deep healing. This program is geared to Healing Arts Practitioners of diverse backgrounds who wish to incorporate more dreamwork into an existing therapy practice. Through dream examples, discussion and experiential exercises, participants will develop a deeper appreciation of dreams, and develop greater confidence and skill working with dream material. This class will integrate Keren's experiences of Natural Dreamwork and BodySoul Rhythms®. Class participants are strongly encouraged to keep a dream journal prior to and during the program and must also be prepared to use their own dream material for class exercises.

### **About the Instructor**

Keren practices psychotherapy in Northern Illinois. With over 20 years of experience, her work integrates a Jungian understanding of psyche with a relational approach, emphasizing felt experience and embodied imagination. Her approach to dreams is phenomenological, drawing on Natural Dreamwork, BodySoul Rhythms and BodyDreaming traditions. Keren is a physician and practiced medicine for 10 years before retraining in psychotherapy. To learn more, visit her website, [www.kerenvishny.com](http://www.kerenvishny.com).

### **Recommended Readings**

*A Clinician's Guide to Dream Therapy* by Leslie Ellis

*The Art of Dreaming* by Jill Mellick

*Held via Zoom on behalf of the Jung Center of Evanston. Meeting details sent via email after registration has been confirmed. For questions, email [kvishny@gmail.com](mailto:kvishny@gmail.com).*