

N O W F O R M I N G

Dream Group



Explore your inner life in an environment of safety and discovery.

Group dream work offers a unique way to connect with our inner self. The purpose of this group is to learn how to listen and ask questions of our dreams whereby we encourage new levels of self-understanding and transformation.

Each two-hour weekly meeting will be structured to maximize safety and the participation of all. Meetings will start with a short check-in. During this time members are invited to share a dream, their process from the previous meeting, or other life events. Then, one or two volunteer dreamers are selected.

The core of the meeting consists of the dreamwork—a series of steps group members (dream workers) follow aiming to give the dreamer new ways of viewing his/her inner and outerlife. The process nurtures the growth and insight of the entire group.



Group limited to six participants.

Date and Time: TBD based on availability of participants

Location: Groups forming in Santa Rosa and Sonoma

Cost: \$120 for six sessions

For information call Kate at (707) 527-9525



Facilitator **Kate Warwick-Smith, MA, MFT** is a licensed Marriage and Family Therapist (MFT#40025) in private practice in Santa Rosa and Sonoma. She works with individuals, couples, and children, and has a long standing interest in dreams and the variety of the dream group experience. For more info log on to: <http://www.katew-s.com>.