

Steps to the Dream Interpretation Model

Adapted from *Dream Work in Therapy* by Clara Hill

Exploration

- 1) Retell the dream in the *first-person present tense* (“I am walking...”)
- 2) Identify 3-5 major *images* in the dream
- 3) Explore your images sequentially using the DRAW acronym:
 - a. Describe the image in *as much detail as possible*
 - b. Re-experience *emotions* that were experienced
 - c. Associations that you have to that image
 - d. Waking life triggers that occurred at the time of the dream
- 4) Summarize this process by retelling the dream a second time

Insight

- 1) What is your *initial understanding* of the dream?
- 2) Possible levels of insight might include:
 - a. Experience Itself: imagine that the dream was an experience that you *actually had*
 - b. Waking life: does the dream reflect an aspect of your life that is troubling you?
 - c. Inner Personality dynamics
 - Parts of self: each image in your dream represents a *part of you*
 - Conflicts originating in childhood: the dream represents early childhood conflict or attachment difficulties
 - Spiritual/existential: reflects a *search for meaning*
- 3) Summarize this process by asking yourself what you have now learned

Action

- 1) Change the dream or make a sequel – be creative!
- 2) Bridge changes to *your waking life*:
 - a. Specific behaviors
 - b. Ritual to honor the dream
 - c. Continue to work on the dream
- 3) Summarize this process for yourself and set the intention for change