




A Guide to the World of Dreams: An Integrative Approach to Dreamwork

Ole Vedfelt

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A Guide to the World of Dreams: An Integrative Approach to Dreamwork Ole Vedfelt

In *A Guide to the World of Dreams*, Ole Vedfelt presents an in-depth look at dreams in psychotherapy, counselling and self-help, and offers an overview of current clinical knowledge and scientific research, including contemporary neuroscience. This book describes essential aspects of Jungian, psychoanalytic, existential, experiential and cognitive approaches to dreams and dreaming, and explores dreams in sleep laboratories, neuroscience and contemporary theories of dream cognition.

Vedfelt clearly and effectively describes ten core qualities of dreams, and delineates a resource-oriented step-by-step manual for dreamwork at varying levels of expertise. For each core quality, key learning outcomes are clarified and resource-oriented, creative and motivating exercises for practical dreamwork are spelled out, providing clear and manageable methods. *A Guide to the World of Dreams* also introduces a new cybernetic theory of dreams as intelligent, unconscious information processing, and integrates contemporary clinical research into this theory. The book even includes a wealth of engaging examples from the author's lifelong practical experience with all levels and facets of dreamwork.

Vedfelt's seminal work is essential reading for psychotherapists, psychologists, counsellors, and even psychiatrists, and could well be a fundamental textbook for courses at high schools, colleges, universities and even in adult-education classes. The book's transparent method and real-life examples will inspire individuals all over the world who seek self-help or self-development - any reader will be captivated to discover how knowledge of dreams stimulates creativity in everyday life and even in professional life.

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