



“One would do well to treat every dream as though it were a totally unknown object. Look at it from all sides, take it in your hand, carry it about with you, let your imagination play around with it”

- from C.G. Jung, CW, 10, para. 320

FOUNDERS DAY SYMPOSIUM

Dreaming and the Embodied Imagination*

Saturday, March 13th, 2010 9:00 am to 4:30 pm

This interdisciplinary symposium will explore the dreaming state of mind based as an embodied event in time and space. Robert Bosnak will demonstrate how he works with dreams – constantly weaving affect, image and body awareness to increase the experience of the dream as embodied imagination. Scholars from varying psychoanalytic perspectives will discuss their methods of working with dreams based on their research and practice.

LOCATION: Mundelein Auditorium, Loyola University Lake Shore Campus, 1020 W. Sheridan Ave., Chicago IL

SYMPOSIUM FEE: \$130 - 6 CE | \$70 - Student Rate (Fee Includes Lunch)

**Co-sponsored by the Loyola University School of Continuing and Professional Studies and the Jung Institute of Chicago.*



Symposium Schedule

8:30 – 9:00	Registration	Mundelein Aud.
9:00 – 9:15	Welcoming Remarks Mary Dougherty & Maria Lettiere	
9:15 – 11:00	<i>Dreaming as Embodied Imagination</i> Featured Speaker: Robert Bosnak	
11:15 – 12:00	<i>Spinning in the Fields of Jung and Kohut</i> Marcia Dobson	
12:00 – 12:30	Small Group Discussion I	
12:30 – 1:30	Lunch	
1:30 – 2:15	<i>Vectors of the Dream: Body, Feeling, Character, and Interpersonal Patterns</i> Mark Blechner, Ph.D.	
2:15 – 3:00	<i>Associative Dreaming: Reverie and Active Imagination in Analysis</i> August J. Cwik, Psy.D.	
3:15 – 3:45	Small Group Discussion II	
3:45 – 4:30	Closing Respondent Panel & Q&A	
4:30 – 6:00	Benefit Cocktail Reception	Mundelein Aud.

Benefit Cocktail Reception* | 4:30 pm to 6:00 pm

We invite you to attend the Benefit Reception to honor founding members of the Institute immediately following this symposium. This event will help sustain the ongoing work of the Institute to provide advanced training in Analytical Psychology as well as to provide programs (like today's symposium) that bring Jung's insights to an expanding audience.

***A raffle for Jung's Red Book will be held during this Benefit Reception.**

LOCATION

**Mundelein Auditorium , Loyola University
Lake Shore Campus
1020 W. Sheridan Ave., Chicago IL**

Event Details

Dreaming as Embodied Imagination

Keynote Speaker: Robert Bosnak

"The most absolute und unmediated form of embodied imagination is a dream. It instantaneously presents a total world, so real that you are convinced you are awake. . . . I take dreaming, not waking, as my paradigm for creative imagination." ~ Robert Bosnak

Robert Bosnak takes dreaming reality, not our waking interpretation of it, as the model for imagination. His methods for working with dreams can be applied in a wide variety of cultural settings for clinicians, artists and all individuals who wish to explore the creative imagination.

Spinning in the Fields of Jung and Kohut

Speaker: Marcia Dobson, Ph.D.

Marcia Dobson explores Bosnak's researches into the dream as crucial psychic truths. Yet, as a self-psychologist, she will demonstrate how she integrates both Kohutian as well as Jungian perspectives in interpreting dreams – exploring both points within the larger discussion.

Vectors of the Dream: Body, Feeling, Character and Interpersonal Patterns

Speaker: Mark Blechner, Ph.D.

Mark Blechner explores "vectors of interpretation" of the dream as choices that the dreamer makes which guide the insight and learning of the dreamer. Dr. Blechner draws upon various psychoanalytic approaches for developing and integrating multiple dimensions of dream analysis.

Associative Dreaming: Reverie and Active Imagination in Analysis

Speaker: Gus Cwik, Psy.D.

Gus Cwik examines how the "analytic third thing" that is co-created in the analysis is experienced and utilized as the object of analysis. He explains how associative dreaming provides a means of using reverie to access this "third," and how active imagination provides a model for interacting with the contents of the analytic encounter.

Featured Speaker: Robert Bosnak

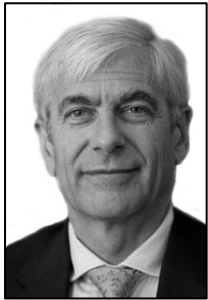


Robert Bosnak is a Dutch Jungian psychoanalyst, and diplomate of the C.G.Jung Institute, who trained in Zurich, Switzerland from 1971 to 1977. In the late 1970's he pioneered a radically new method of dreamwork, based loosely on the work of C.G.Jung, especially on Jung's technique of active imagination and his studies of Alchemy.

From the point of view of the dreaming state of mind, dreams are real events in real environments. Based on this notion, Robert Bosnak developed methods to re-enter dreams by inducing a hypnagogic state--a state of consciousness between waking and sleeping--through a process of careful questioning. His techniques are now applied worldwide, by therapists, artists, actors, and others interested in the creative imagination. His first book, *A Little Course in Dreams*, was translated into 12 languages. Since then he has written *Christopher's Dreams: Dreaming and Living with AIDS*, and *Tracks in the Wilderness of Dreaming* in which he describes his techniques in detail. His most recent book is *Embodiment: Creative imagination in Medicine, Art and Travel* (2007).

Robert Bosnak's in-depth work has been effective both individually and in groups and easily adapts to the Web because of its simple rules and group emphasis. When cyberdreamwork.com opened its site on the Web in 1997, Robert Bosnak introduced a new, global, real-time, method of doing group dream work over the Internet.

Mark Blechner, Ph.D.



Each dream has within it a huge amount of information about the dreamer. When we listen to a dream, we have choices about which information we will notice. I call these choices in our approach to the dream "Vectors of Interpretation." Exactly what you will learn from the dream will depend on the vector of your dream analysis. The kinds of information that you can extract are all valid, but the dream will reveal different things depending on how you approach it. By exploring a dream from several different vectors, we find ever-increasing insight into the dream.

Dr. Bosnak has developed a potent vector for looking at dreams – the bodily experience of the dream, the dream as embodied imagination. I would like to consider his dream example from other vectors as well. We can also explore what the dream can tell us about the dreamer's character and how the dream may relate to her stated focal concern, the chronic problems she feels in her current relationship. Can we find a way to integrate multiple dimensions of dream analysis, such as character structure, unconscious defenses, and bodily experience?

Mark J. Blechner, Ph.D., is a psychoanalyst and psychologist. He is a Training and Supervising Analyst at the William Alanson White Institute in New York, on the faculty of New York University, and a member of the Neuropsychanalysis Study Group at the New York Psychoanalytic Institute. His book, *The Dream Frontier*, was published in 2001 by the Analytic Press, and *Sex Changes: Transformations in Society and Psychoanalysis* was published in 2009 by Routledge Press. He is the Editor-in-Chief of the journal *Contemporary Psychoanalysis*. He is the author of book chapters and journal articles on topics that include dreams, panic attacks, confabulation in psychosis and brain injury, countertransference, prejudice, sex and gender. He is in private practice in New York City, where he also leads several ongoing dream groups.

August J. Cwik, Psy.D



Jung's fundamental insight in *Psychology of the Transference* was that a "third thing" is created in the analysis, but he failed to demonstrate how this third is experienced and utilized. This "analytic third", is co-created by analyst and analysand in depth work and becomes the object of analysis. Reverie provides a means of access to the unconscious nature of this third. Reverie will be placed on a continuum of contents of mind, ranging from indirect to direct associative forms described as associative dreaming. Active imagination provides the paradigm for a mode of interaction with these contents within the analytic encounter itself.

Bosnak's work on embodied imagination can be considered a particular form of Jung's active imagination. The body becomes the carrier of unconscious material and an altered-state of consciousness becomes the royal road to uncovering the messages held there. It can be understood as a form of Associative Dreaming in which the body and proprioception are held primary to understanding deep unconscious communications.

August J. Cwik, Psy.D. is a clinical psychologist, hypnotherapist, and Jungian analyst in private practice in Chicago and Park Ridge. He is a member of the Chicago Society of Jungian Analysts and the Interregional Society of Jungian Analysts, and is a faculty member at the Chicago Institute and the Florida and Minnesota Interregional Seminars. Dr. Cwik serves as an Assistant Editor for the Journal of Analytical Psychology and has published articles on the structure of analysis, alchemy, supervision, dreams, active imagination, and numerous reviews.

Marcia Dobson, Ph.D.



Of all psychoanalytic theories, those of Carl Jung and Heinz Kohut are perhaps the two most devoted to the exploration and understanding of that mysterious entity commonly referred to as the "self." Yet for all the similarities in the object of their search, and their convergence at many moments of definition, they are surprisingly different in their approach to achieving healing, especially through dreams. Much of this difference comes from a distinct aversion to "spirituality" and the archetypal world on Kohut's part, and a corresponding reluctance to believe that the dream is an emergent product of an alive, collective and objective psyche.

As a devoted Jungian and a deep believer in the psyche/soma connection and the power of dreams to heal the embodied self, I have found Robert Bosnak's Jungian researches into the dream world to have erupted for me into crucial psychic truths. Yet, as a self psychologist, I now strive to integrate both Jungian and Kohutian views in interpreting my own dreams and those of patients.

Marcia Dobson, Ph.D., is a Professor of Classics at Colorado College where she specializes in Ancient Greek Language, Drama and Religion. Her second PhD, in Clinical Psychology with an emphasis on Depth Psychology also allows her to run a psychoanalysis minor, and an independent major in theories of subjectivity at Colorado College. In the area of psychology, Marcia teaches Psyche and Symbol: The World of C.G. Jung, Myth and Meaning, and Discovering the Unconscious: Psychoanalysis and Psychotherapy (both at C.C. and at the Chicago Institute for Psychoanalysis), to undergraduates. Marcia's publications are in the field of classical drama and psychoanalysis. She is an Associate Editor of The International Journal of Psychoanalytic Self Psychology and, recently, as a Contributing Editor, was responsible for putting together the IJSP Memorial Issue on Marian Tolpin. In addition to teaching, Marcia maintains a private practice in self psychology in Colorado Springs. Marcia is a past president of the Jung Society in Colorado Springs.