



Use of Dreams in Couple Counseling: A Jungian Perspective (Studies in Jungian Psychology by Jungian Analysts)

Renee Nell

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One of the main tasks in the psychological individuation process is the reconciliation of opposites, especially the opposition between consciousness and the unconscious. Dreams create a bridge between these two worlds. Jung sees the dream as the steady endeavor of the unconscious to create the best possible equilibrium in the psyche. Dreams are a means to establish a homeostatic balance, or at least to show the dreamer what would be necessary to achieve this balance. Psychotherapists of many different schools use dreams in individual therapy, but very few use them in counseling couples. Indeed, marriage and family therapists often have no experience in this area because dream interpretation is seldom included in their training. In this book, with the help of numerous examples, dr. Nell explains the efficacy of dream interpretation when working with couples, individually and in groups, in the diagnosis and treatment of emotional disturbances.

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