



Appreciating Dreams: A Group Approach

Montague Ullman

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An eloquently written book by an eminent dream specialist, **Appreciating Dreams** develops a comprehensive technique for exploring dreams in small group settings. Readers can learn the latest in therapeutic dream work from the originator of this particular technique, which is now known and respected worldwide.

In addition to describing the structure of a dream group session, this volume offers practical guidelines to dream group leaders and those who want to study dreams, on their own or with others. Ullman also considers how the dream group can be used within the larger framework of individual therapy. A stage-by-stage approach to understanding dreams, this book shows how natural and effective dream work with groups ca

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