



Dream Therapy Diploma Program

This immersive diploma explores the unconscious mind through dream analysis, symbolism, and therapeutic integration. Students will learn to interpret dreams through Jungian, Freudian, Gestalt, and modern integrative approaches, blending clinical theory with client simulations and creative techniques.

Dates: September 23 – November 1, 2025

Time: 7:00 PM – 8:00 PM IST

Days: Monday to Friday

Mode: Live Online (Includes Recordings, PDFs, & Worksheets)



Program Purpose & Structure

Comprehensive Approach

Prepare therapists for dream-informed psychotherapy through a blend of theoretical foundations and practical applications.

50-Hour Curriculum

Six-week intensive program covering dream theory, interpretation techniques, symbolism, and practical application in therapy.

Hands-On Learning

Engage in activities including dream journals, role-plays, peer counseling, and real client sessions to build practical skills.

The program is designed for mental health professionals seeking to integrate dream work into their therapeutic practice, with a focus on both theoretical understanding and practical application.

Week 1: Foundations of Dream Therapy

Dates: September 23-27, 2025 | Hours: 5

Daily Topics

- Introduction to Dream Therapy
History, Scope, Uses
- Freud's Psychoanalytic Dream Theory & Wish Fulfillment
- Jung's Analytical Dream Theory:
Archetypes, Shadow, Individuation
- Types of Dreams: Nightmares, Lucid Dreams, Recurring Dreams, Symbolic Dreams
- How to Record & Recall Dreams
(Client Techniques)

Activities & Homework

Students will engage in practical exercises including:

- Dream recall journal
- Archetype quiz
- Dream symbol decoding

Homework: Maintain a 5-day dream journal to develop personal experience with dream recording techniques.



Week 2: Techniques & Theories in Dream Work

Dates: September 30 – October 4, 2025 | Hours: 5



Gestalt Dream Work

"Becoming the Elements of the Dream" - Learn how to help clients embody different aspects of their dreams.



Adlerian & Cognitive Views

Explore mastery, control, and self-talk in dreams through cognitive and Adlerian perspectives.



Cultural & Existential Approaches

Study existential, transpersonal, and cultural interpretations of common dream themes like death, falling, flying, and being chased.

Activities: Role-play Gestalt chair work with dream figures and practice dream script rewriting.

Homework: Present a dream from your life and interpret using any 2 theories covered in class.



Week 3: Clinical Applications

Dates: October 7-11, 2025 | Hours: 5



Daily Topics

- Integrating Dream Work into Therapy
- Ethical Considerations & Boundaries in Dream Interpretation
- Using Dreams to Explore Trauma & Unconscious Fears
- Grief, Loss & Ancestral Dreams
- Working with Clients Who Don't Remember Dreams

Activities: Shadow dream exploration and inner child dream work using drawing techniques.

Homework: Write a mock intake for a dream therapy session.

Week 4: Symbolism, Myth, and Creative Exploration

Dates: October 14-18, 2025 | Hours: 5



Myth & Symbol

Distinguish between personal and collective symbols in dreams and their therapeutic significance.



Expressive Arts

Learn techniques for integrating journaling, sketching, and other expressive arts with dream therapy.



Imagery Tools

Explore the use of tarot, mandalas, and imagery in dream exploration and interpretation.

Activities: Dream drawing collage, symbol scavenger hunt, and archetype storytelling exercises.

Homework: Create a dream symbolism chart for client use that can be incorporated into your therapeutic practice.





Week 5: Dream Therapy Practicum

Dates: October 21-25, 2025 | Hours: 5

Practical Skills Development

- Structuring a Dream Therapy Session
- Conducting a Dream Interview Technique Practice
- Mock Dream Session with Peer (Roleplay)
- Reviewing Case Studies with Dream Elements
- Writing Dream-Based Treatment Goals

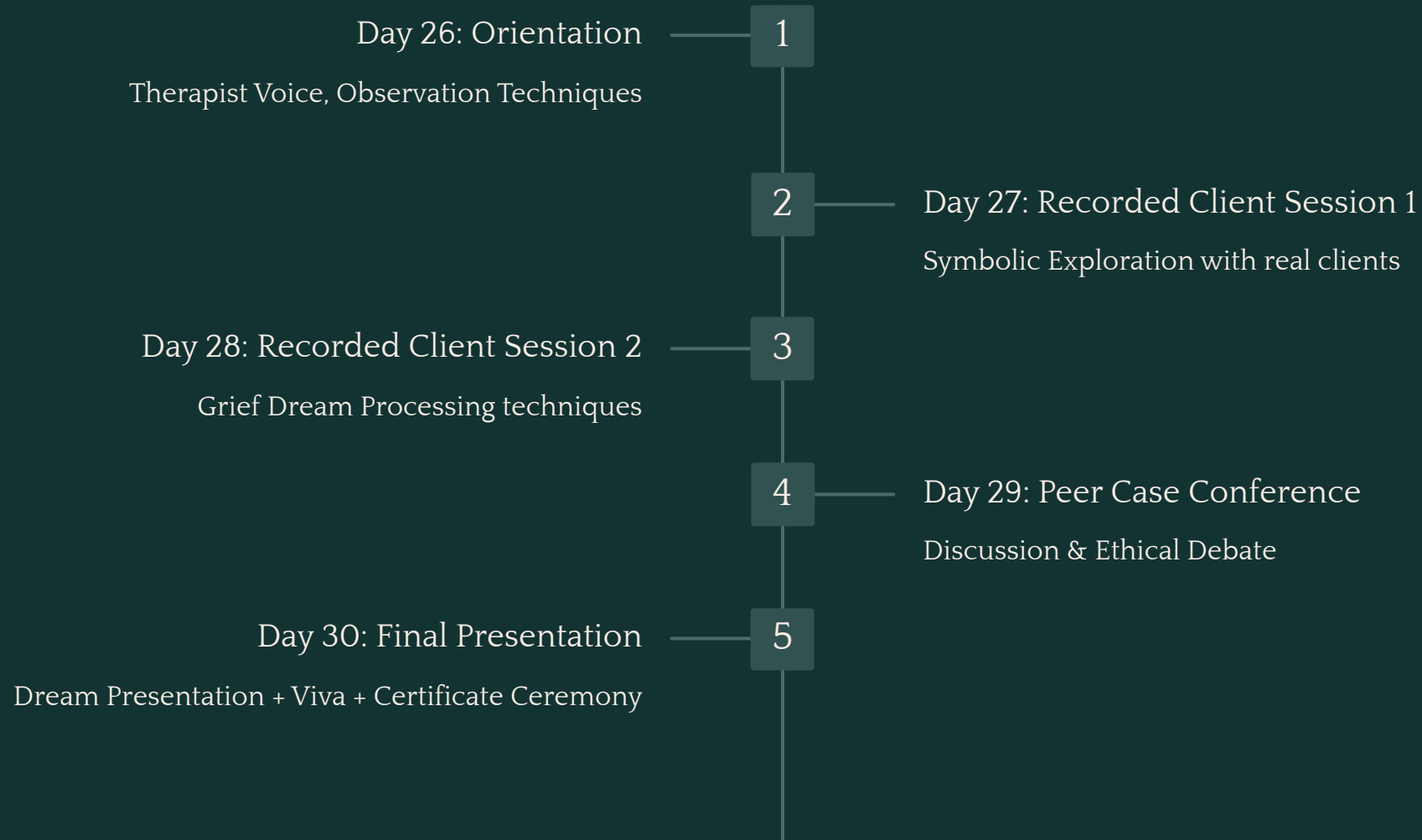
This week focuses on **practical application** of the theories and techniques learned throughout the program, preparing students for real-world therapeutic scenarios.

Activities: Client mapping sheets and peer counseling simulation.

Homework: Prepare and submit one dream therapy case study draft.

Week 6: Shadow Counseling & Certification

Dates: October 28 – November 1, 2025 | Hours: 10



The final week includes 2 real recorded dream therapy sessions, providing hands-on experience with actual clients under supervision.

Program Resources & Materials

Included in Your Diploma Program:

Comprehensive Materials

- Recordings of all sessions
- Detailed PDFs for each module
- Practical worksheets for client use

Professional Tools

- Final Case Portfolio Template
- Symbol Dictionary
- Script Templates for sessions

Expert Feedback

Personalized assessment from the Dream Therapy Panel on your case studies and practical work.



All materials are designed for immediate implementation in your therapeutic practice.



Join Our Dream Therapy Diploma Program

Transform Your Therapeutic Practice

Program Highlights

- 50 hours of comprehensive training
- Blend of theory and practical application
- Hands-on experience with real clients
- Professional certification
- Complete resource package

Next Steps

Ready to explore the unconscious mind through dream analysis and therapeutic integration? Join our **September 2025** cohort and add this powerful modality to your clinical toolkit.

Applications are now open for mental health professionals looking to enhance their practice with dream-informed psychotherapy techniques.