



# Crossroads Counseling of Chicago

Personal Leadership Development &  
Partner Abuse Intervention

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## Dream Work: Connection with Source

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We all dream. Why we dream remains a mystery, although each and every one of us dreams when we sleep whether we are aware of it or not. Even those who claim to seldom or never dream have been shown under controlled conditions to dream as much as the rest of us, but for some reason just don't remember their dreams.

So what are dreams? What do they mean and are they important? What can we do to better understand and learn what our dreams are telling us?

An on-going group is facilitated by Rob Johnson and focuses on assessment and development of each dreamer's optimal archetypal potential. The work is accomplished through the use of journaling, discussion, observation, mythology, stories, active imagination and a variety of techniques Rob has learned over the past twenty years.

Bring a note book and your dream journal to each session. If you don't have one, here is a place for you to learn [How to Keep a Dream Journal](#).

Rob has had a successful career in business, working and living in many cities around the world. He has studied neo-Jungian psychology with Dr. Robert L. Moore since 1995 and holds a Master's degree in Professional Counseling, performing his practicum in Jungian Psychology. He has retired from business and is called to pass on the gifts he has received through counseling, coaching and mentoring. He is available for private coaching as well.

### Bibliography

[The Elements of Dreamwork](#) by [Strephon Kaplan-Williams](#)

[Inner Work: Using Dreams and Active Imagination for Personal Growth](#) by [Robert A. Johnson](#)

[Let Your Body Interpret Your Dreams](#) by [Eugene T. Gendlin](#)

[Dreams: \(From Volumes 4, 8, 12, and 16 of the Collected Works of C. G. Jung\)](#) by C. G. Jung, R. F.C. Hull and Sonu Shamdasani

[The Undiscovered Self: With Symbols and the Interpretation of Dreams](#) by C. G. Jung, R. F.C. Hull and Sonu Shamdasani

[Jungian Dream Interpretation: A Handbook of Theory and Practice](#) by [James A. Hall](#)



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