



Dream Tending in Healthcare

A Weekend Retreat for Professionals

with Erika Steffe, MD

This workshop series is designed to introduce healthcare professionals to dreamwork. The first weekend will review approaches to working with the dream including the concepts of “the container of care” in working with patients, Jung’s model of the psyche, and the relevance of archetypes and images in healing. Material will be presented through lectures, discussions, and experiential learning by watching dreams being tended and practicing in small groups. Participants will be encouraged and supported to feel comfortable throughout the process. Those seeking an introduction to the world of dreamtending, a review or who wish to participate in the three weekend series are encouraged to participate in this first weekend.

If desired, the participant may sign up for two more weekends that deepen the work. The second weekend will devote time to working with nightmares or shadow figures. We will also broaden our understanding of dreams to include Jung’s theory of the collective unconscious. In the third weekend, Dr. Steffe will reinforce what has already been experienced and expand the work to include psyche and soma, illness and disease, mind and body. The world of Asklepiian medicine will be discussed, using dream incubation and ritual.

At the end of the workshop, participants will become less hesitant to listen to patients’ dreams and realize the importance of listening as a valuable and potent healing tool. Dreamtenders will become more comfortable navigating the language of dreams. Indications and cautions will also be identified. Dreamtending is particularly helpful in hospice work, pain management and patients coping with chronic diseases. Special emphasis will be given to these areas.

The first weekend begins Friday evening, March 7th, and will end early Sunday afternoon on March 9, 2008. The second weekend will be held April 4-6, and the third April 18-20. The cost is \$285 for the first weekend and \$800 for the three weekend series. All workshops will be held at a private retreat in Healdsburg, CA. CMEs for nurses, physicians and other healthcare professionals are available. The number of participants will be limited to 15.

To apply for registration, please contact Dr. Erika Steffe at her office at 823-3877, or email her at themindbodymd@sbcglobal.net.

A dream can change a life.

But messages and meaning in dreams are often veiled in a language foreign to us. Dr. Steffe has become familiar with tending the world of images through study and personal exploration. It is clear that dreams have a healing quality. With the goal of bringing this concept to her work in medicine, Dr. Steffe has been using the healing power of dreams and imagery in her private practice as well as leading workshops for healthcare professionals for over ten years. Dr. Steffe melds her training in physical medicine with the information offered in psychology and neurobiology. She has become skilled in helping individuals explore the meaning of their dreams and of those they care for. She is a board certified internist, has trained at Pacifica Graduate Institute in dreamwork, completed certification in Guided Imagery, and has studied at the SF CG Jung Institute.

Please visit: www.themindbodymd.com for more info or call 707 823-3877.