



# **Waking Dreams: An Image-Centric Approach to Psychotherapy**

**Saturday 10<sup>th</sup> September 2022**

**10am – 4pm**

**United Reform Church, Jewry Street, Winchester**

**Olive Branch: early bird rate £30 if booked before 20<sup>th</sup> August, £35  
thereafter**

**External: early bird rate £40 if booked before 20<sup>th</sup> August, £45  
thereafter**

**To book contact us at:**

**[traininggroup@theolivebranch.org.uk](mailto:traininggroup@theolivebranch.org.uk)**

## ABOUT THE TRAINER



Allan Frater is a UKCP psychotherapist and supervisor in private practice, teaching at The Psychosynthesis Trust in London, UK and Turning Point Institute in Dublin, Ireland. You can read the introduction and first chapter of 'Waking Dreams: Imagination in Psychotherapy and Everyday Life' at: <https://wildimagination.uk/book/>

## ABOUT THE WORKSHOP

- ❖ A day seminar with author of recently published 'Waking Dreams' exploring an approach to therapy that takes images and imagining as a primary focus. Instead of treating images as symbols pointing to meaning elsewhere, the day will emphasise the healing and transformative effects of imaginative experience itself.
- ❖ Key principles and the basis of a practical method will be presented for image work within focussed applications such as active-imagination, art-based and ecotherapy methods as well as general therapeutic work with memories and future fantasies, present moment perceptions and the transference.
- ❖ The day will include demonstrations, experiential exercises and role plays, with plenty of time for questions and discussion. It will be of interest to any practitioner interested in working more creatively and freely with images and imagining.
- ❖ CPD certificate of 6 hours provided on completion

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