

# Dreams & Dream Interpretation in Counselling & Psychotherapy



Image courtesy of Bob Craig, Vancouver

## Description

**A One Day Professional Development Workshop** (Eligible for 6 Continuing Education Units through the Canadian Counselling and Psychotherapy Association)

This workshop combines experiential and practical discussion for implementing dream work into counselling and psychotherapy practice. Together we will explore the following topics: The science and psychology of dreams; Nightmares, 'bad dreams', and night terrors; Dream interpretation; Adlerian approaches to dream work; and clinical uses of dreams.

## Date

**Sunday November 18<sup>th</sup> 2018**  
**9:00 AM - 4:00 PM**

## Venue: SFU Harbour Centre

515 West Hastings Street, Vancouver,  
BC V6B 5K3  
Room 2280

## Facilitator

**Chris Shelley, PhD, CAC, CCC-S**

Dr. Shelley is clinical director of The Adler Centre, a not-for-profit counselling and teaching clinic in Vancouver operated by the *Adlerian Psychology Association of BC*. He has been an Adlerian educator and therapist in both England and Canada having taught for the Adlerian Society UK (London) and at The University of British Columbia - lecturing in the Faculty of Arts and also the graduate program in Counselling Psychology. Additionally, he is a clinical supervisor for City University of Seattle (Vancouver campus) and the author of various scholarly works in the fields of counselling, psychotherapy, theoretical psychology, and gender – social justice studies.

**Cost: \$175**

APABC members & all students \$150.00

**Contact The Adler Centre: e:[apabc@adler.bc.ca](mailto:apabc@adler.bc.ca) t:604-742-1818 f:604-742-1811 w:[www.adlercentre.ca](http://www.adlercentre.ca)**

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