

## **An Introduction to Working with Dreams with Thomas J. Kapacinkas, JD, NCPsyA**

**This is a day-long seminar/workshop devoted to exploring approaches to work with dreams that may be useful for therapists, and other clinicians as well as spiritual directors and interested laypersons.**

**Everyone knows that contemporary culture is manic-- speed is king. One of the casualties of the pace at which we live is an understanding of the role of the dream as valuable in daily life let alone in the ecology and psychology of the self. Most of us have no knowledge of how to make use of a dream for living and certainly not for psychological or spiritual purposes. C.G. Jung was preoccupied with dreams throughout his long life. Speaking of the importance of dreams, he says: "If you are not interested in your own fate, the unconscious is." (C.G. Jung Speaking, P. 359) In other words, that portion of consciousness that is considered "unconscious" is in constant partnership with waking conscious awareness as we know it. The so-called unconscious in the form of dream imagery or vision "compensates" or assists waking consciousness with additional information about the dreamer and his or her life situation.**

**In terms of neuroscience, through linkage to the brain, the dream will do some of its compensatory work whether or not one consciously pays attention to the dream but, as the Talmud indicates, "An uninterpreted dream is like an unopened letter." Generally, it's a good idea to open letters.**

**In this seminar/workshop we would like to reflect upon what happens when one opens the letters and puts some energy into understanding the text.**

**With the assistance of T.J. Kapacinkas as presenter/conductor, this day will afford participants the opportunity to review some of the basics of what is known about dreams from both the traditional and scientific perspectives and to also learn what is available from more than a century of the depth psychologies, i.e. psychoanalysis and analytical psychology, in the analytic practice setting.**

Participants will learn about the *object* and *subject* levels of dreams, the technique of gathering *associations*, reflection and meditation on the *archetypal/mythic* dimension of dreams, and become acquainted with *dream re-entry* and *enactment*, and *active imagination* reverie.

A good portion of the seminar will be devoted to practicing with participants' dreams so please come prepared to share dream material that you would like to reflect upon.

**Presenter/Conductor:** Thomas J. Kapacinskas JD, NCPsyA, is a past-professor of C.G. Jung's psychology of religion in the U. of Notre Dame Department of Theology. A Zuerich-trained Jungian Analyst, he has been in the private practice of psychotherapy and Jungian Analysis since 1972. Of note, he was chairperson of the legendary Notre Dame conferences that explored Jung's work in the 1970's and he helped establish the C.G. Jung Institute of Chicago and the training programs of both the Chicago Institute and that of the Inter Regional Society of Jungian Analysts. He is a specialist in working with dreams and conducts a private practice in South Bend and by phone and Skype.

**Location:** Sacred Waters, 16990 Douglas Road, Mishawaka, IN 46545.  
**Phone:** 574-277-0034

**Date:** Saturday, June 8, 2019.

**Time:** 9AM - 12 noon & 1 - 4PM EDT.

**Cost:** \$100 per person.

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