



# Therapy with Dreams and Nightmares: Theory, Research & Practice (Therapy in Practice)

*Delia Joyce Cushway, Robyn Sewell*

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'Delia Cushway's wealth of experience makes this new edition an essential read for all aspiring counsellors, psychologists and psychotherapists as well as for more experienced practitioners seeking to enhance their practice' - Prof Sue Wheeler, Director of Doctoral Programme, Institute of Lifelong Learning

'I found the book fascinating, illuminating not only my client's material but also my own night-life. The book's strength lies in integrating perspectives from many different psychotherapeutic disciplines, from psychoanalytic to cognitive' - Diana Sanders, Counselling Psychologist and Cognitive Psychotherapist

This practical book shows how dreamwork can be a fruitful therapeutic tool for all therapists and practitioners in the helping professions. Emphasising that dreams are a powerful means of accessing an individual's emotions, creativity and wisdom, Delia Cushway has updated the first edition to include:

- Skills for working with trauma and survivors of sexual abuse
- Cross-cultural, spiritual and religious approaches to dreamwork
- Up-to-date research and theory on using Cognitive, Objectivist and Constructivist models and methods
- The importance of reflective practice
- Scientific functions and meanings of dreams and their role in information processing and memory


consolidation.

Steeped in practical hints and tips, vivid case examples and methods of interpreting dream language, this highly accessible guide is an invaluable resource for therapists.

Delia Cushway is Emeritus Professor of Clinical Psychology at Coventry University and a practising Registered Clinical Psychologist.

Robyn Sewell is a Chartered Psychologist and Group Psychotherapist, now fully retired.

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