

DREAMWORK PRINCIPLES AND APPROACHES FOR PALLIATIVE CARE

Craig Webb

The DREAMS Foundation, Montreal, Quebec, Canada
csw@craigwebb.ca

Remembering and working with dreams can be of great benefit in life and especially in connection with death and palliative care not only for the dying, but also for friends and relatives, and even for the caregiver(s).

Inevitably, dreams around the time of death of both the dying and their loved ones will be offering incredible opportunities for vital emotional release, insight into deep unresolved interpersonal patterns, and a source of communication between personality and spirit for acceptance of death itself.

Dreams of the dying, friends, relatives, and caregivers alike also often act as a daily inner compass and source of wisdom for health and treatment. Caregivers may use dreamwork and related approaches as powerful tools even with patients who are unable to communicate, not very lucid, or even in a coma.

Research shows that anyone can learn to recall dreams and tap their wisdom for daily guidance, and social/emotional, mental, and even physical healing, including the dying, visitors, and caregivers alike. In this way, dreams can become the source of insight and transformation they are meant to be.

The presentation will cover the science, philosophy, and real-world examples of practical applications of dreams, such as for healing and caregiving, and will touch upon concepts and methods for inducing, remembering and working with dreams that can provide opportunities for healing, greater fulfillment, enhanced treatment, and a personal soul connection around the time of death. ■