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## **SOCIAL DREAMING MATRIX**

Throughout human history, people met together to share their dreaming - and learn how to use dreams to guide and inform their lives. We dream about all the important initiatory experiences from birth to death, as well as in making sense of daily life. We are well used to the idea that dreams represent a 'Royal Road to the Unconscious' in individual therapy and analysis. In addition, social dreaming activity is potentially as much a part of contemporary life as it has always been. It has been used within the Jungian Analytic community for many years, and also and independently been developed by the work of Dr. Gordon Lawrence and his colleagues at the Tavistock Institute, London, and the Social Dreaming Group. It is a technique widely used in organizational development and management consultancy.

The purpose of Social Dreaming is to transform thinking through exploring dreams by using free association, amplification and systemic thinking to make links and find connections between the dreams so as to find new thoughts. Social Dreaming is a method for accessing the thinking, thought and knowledge embedded in dreams. Social Dreaming is not concerned with individual dreams but focuses on what is shared among the participants' dreams. This they do in a matrix which mirrors in conscious, waking life the unconscious world of dream-work while sleeping. The dream, not the dreamer, is the focus of the work of Social Dreaming.

In a matrix, the participants sit in an open arrangement of chairs, narrate their dreams, and offer associations and reflections. After each matrix, there is a brief dream reflection dialogue where insights from dreams are linked back to our everyday world. We are fortunate that the training director of the Social Dreaming Group, Angela Eden, will host these matrixes and lead the training experiences.

No previous experience is necessary to attend.

