



# **Working with Dreams and PTSD Nightmares: 14 Approaches for Psychotherapists and Counselors: 14 Approaches for Psychotherapists and Counselors**

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## Working with Dreams and PTSD Nightmares: 14 Approaches for Psychotherapists and Counselors: 14 Approaches for Psychotherapists and Counselors

Both a manual on the various methods for working with dreams and an easily understandable description about dreamwork methods and PTSD nightmares for general readers, this book will benefit psychotherapists, counselors, academics, and students.

- Summarizes dreamwork theories and describes techniques that counselors and psychotherapists can use whether their clients presents one dream, a recurring dream, or a nightmare
- Presents clear and concise explanations from top professionals on how their methods can be applied to uncover the deeper meaning of dreams, accompanied by illustrative examples for the reader
- Explains how various practical dreamwork methods are informed by clinical theories

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