

TABLE OF CONTENTS:

Pb: 978-1-138-94808-2 | £27.99

eBook: 978-1-315-66971-7

Preface Part 1: Knowledge of Dreams

- 1. The Dream Schools
- 2. Dreams and Natural Science
- 3. We Dream Because We are Complex Creatures: A Cybernetic Network Theory of Dreaming

Part 2: The Ten Core Qualities

- 4. Core Quality 1: Dreams Deal with Matters Important to Us
- 5. Core Quality 2: Dreams Symbolize
- 6. Core Quality 3: Dreams Personify
- 7. Core Quality 4: Dreams are Trial Runs in a Safe Place
- 8. Core Quality 5: Dreams are Online to Unconscious Intelligence
- 9. Core Quality 6: Dreams are Pattern Recognition
- 10. Core Quality 7: Dreams are High-Level Communication
- 11. Core Quality 8: Dreams are Condensed Information
- 12. Core Quality 9: Dreams are Experiences of Wholeness
- 13. Core Quality 10: Dreams are Psychological Energy Landscapes
- 14. Dreams and Trauma

Part 3: Principles and Exercises for Practical Dreamwork

- 15. Working with Core Qualities 1-5
- 16. Working with Core Qualities 6 10

Epilogue

Good Dreamwork and the Future of Humankind

20% discount off with this flyer!

A Guide to the World of Dreams

An Integrative Approach to Dreamwork

Ole Vedfelt, Jungian psychotherapist, Denmark

In A Guide to the World of Dreams, Ole Vedfelt presents an in-depth look at dreams in psychotherapy, counselling and self-help and offers an overview of current clinical knowledge and scientific research. This book describes essential aspects of Jungian, psychoanalytic, existential, experiential and cognitive approaches to dreams and dreaming, and explores dreams through contemporary neuroscience, theories of dream cognition, and in sleep laboratories. Employing a cybernetic network perspective, Vedfelt integrates this vast field of knowledge into a new, cohesive theory and method of dreams and dreamwork. He carefully describes 10 Core Qualities of dreams, and delineates a resource-oriented, step-bystep manual for dreamwork at varying levels of expertise. Vedfelt's theory and method are enhanced by a wealth of engaging, real-life examples.

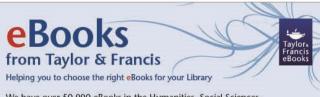
20% Discount Available - enter the code IRK71 at checkout*

Hb: 978-1-138-94807-5 | £88.00 Pb: 978-1-138-94808-2 | £22.39

For more details, or to request a copy for review, please contact: Jean Pierre Jacome, Marketina Assistant, Jean Pierre Jacome@taylorandfrancis.com



^{*} Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website.



We have over 50,000 eBooks in the Humanities, Social Sciences, Behavioural Sciences, Built Environment and Law, from leading imprints, including Routledge, Focal Press and Psychology Press.

Choose from a range of subject packages or create your own!

Key Features:

- Save searches and search criteria
- Create a shortlist of favourite titles
- Easily export citation info

For more information, pricing enquiries or to order a free trial, please contact your local sales team: www.tandfebooks.com/page/sales

www.tandfebooks.com





Routledge Revivals Discover Past Brilliance...

www.routledge.com/books/series/Routledge_Revivals

Routledge Paperbacks Direct

Responding to the changing needs of academics and students, we have now made a selection of our hardback publishing available in paperback format. Available directly from Routledge only and priced for individual purchase, titles are added to the selection on a regular basis.

Visit www.routledgepaperbacksdirect.com for a full list of available titles.

Recommend key titles to your librarian today!

Ensure that your library has access to all the latest publications.

Visit www.routledge.com/info/librarian.asp today and complete our online Library Recommendation Form.

Order your books today...

IF YOU ARE IN THE UK/REST OF WORLD:

 Telephone:
 +44 (0) 1235 400524

 Fax:
 +44 (0) 1235 400525

 E-mail:
 tandf@bookpoint.co.uk

 Online:
 www.routledge.com

Postage:

5% of total order (£1 min charge, £10 max charge) Next day delivery +£6.50*

*We only guarantee next day delivery for orders received before noon.

IF YOU ARE IN THE US/CANADA/LATIN AMERICA:

Telephone: Toll Free 1-800-634-7064

(M-F: 8am-5:30pm)
E-mail: orders@taylorandfrancis.com
Online: www.routledge.com

Sales Tax/GST:

Residents of AZ, CA, CO, CT, FL, GA, KY, MA, MD, NJ, NY, PA, TN, TX and VA please add local sales tax.

Canadian residents please add 5% GST.

Postage:

US: Ground: \$5.99 1st book;

\$1.99 for each additional book 2-Day: \$9.99 1st book; \$1.99 for each additional book Next Day: \$29.99 1st book; \$1.99 for each additional book

Canada: Ground: \$7.99 1st book;

\$1.99 for each additional book Expedited: \$15.99 1st book; \$1.99 for each additional book

Latin America: Airmail: \$44.00 1st book;

\$7.00 for each additional book Surface: \$17.00 1st book; \$2.99 for each additional book

Prices and publication dates are correct at time of going to press, but may be subject to change without notice.

Library Recommendation

Ensure that your library has access to all the latest publications.

Visit www.routledge.com/info/librarian.asp today and complete our online Library Recommendation Form.

Complimentary Exam Copy Request

To order a complimentary exam copy, please visit: www.routledge.com/info/compcopy

Our publishing program continues to expand so please visit our website to stay up-to-date

www.routledge.com

