



Presents

Dreamwork for Clinicians: Practical Tools for Integrating Dreams into Therapy

Interactive Distance Learning – Hosted on Zoom

**Dates: May 20, 2026
12:00 – 1:30 PM EDT/9:00 – 10:30 AM PDT
(Registration Deadline May 18, 2026)**

1.50 CE Credits (General)

Course Cost: \$25 – special introductory price (Regularly \$49)

Description

This training introduces clinicians to evidence-informed dreamwork and practical, low-barrier ways to work with client dreams in session. Content covers basic sleep/dream science, why we dream (preparedness, integration, adaptation), and the modern clinical “comeback” of dreamwork. Clinicians learn simple interventions that do not require “expert interpretation,” including emotion-first exploration, associations, recurring patterns, parts-based perspectives, and ending/integration work. Training includes an experiential exercise using Clara Hill’s Cognitive-Experiential Dream Model (imagery → insight → action).

Target Audience/Level

This program is designed for licensed social workers, professional counselors, marriage and family therapists, psychologists, and other licensed behavioral health professionals. This course is at a beginning level and is open to new and experienced clinicians.

CE Credit

Prism Wellness, provider #2509, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/13/2025 – 11/13/2026. Social workers completing this course receive a total of 1.5 (general) continuing education credits.



Learning Objectives

At the end of this course, participants should be able to:

1. Identify key sleep phases and core conditions that support dreaming.
2. Describe how dream recall relates to clinical work.
3. Explain major theories of why we dream (e.g., threat simulation/preparedness, emotional integration, cultural/adaptive functions) and how they inform case conceptualization.
4. Apply at least 3 brief dreamwork interventions in session (emotion-first inquiry, associations/recurring patterns, parts/character exploration, perspective/ending, and integration-to-action).
5. Demonstrate a short structured dreamwork activity (Clara Hill model) and translate insights into a small, clinically appropriate action step.

Total course time: 90 minutes/ 1.5 hours

12:00 - 12:05	Welcome and Framing
12:05 - 12:12	Engagement Warm-Up: Dream Pop-Quiz
12:12 - 12:25	Dream Science Essentials for Clinicians
12:25 - 12:37	Why We Dream: Core Theories
12:37 - 12:47	Dreamwork in Clinical History & Modern Comeback
12:47 - 12:50	Transition to Clinical Application
12:50 - 1:00	Therapist Stance and Core Clinical Skills
1:00 - 1:05	BREAK
1:05 - 1:15	Practical Dreamwork Interventions
1:15 - 1:30	Experiential Practice: Clara Hill's 3-Stage Model

Instructor Bio:

Andrew Moss, LMSW, is a licensed social worker in Maryland with more than a decade of experience in the mental health field. He practices at Prism Wellness, where he works with individuals navigating depression, trauma, anxiety, and life transitions. His clinical approach integrates evidence-based therapies, including Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT) with perspectives from depth psychology.

Andrew has spent over 15 years studying dreams and their role in psychological growth. His training includes Active Imagination, group dreamwork methods, and lucid dreaming induction techniques. In his clinical work, he uses dream exploration to help clients develop deeper self-awareness, understand emotional patterns, and connect their inner experiences with meaningful change in daily life.

He is also the founder of Frederick Dream Lab, a community initiative that offers dream-sharing groups and workshops exploring dreams as a tool for creativity and psychological insight.

Through both clinical work and teaching, Andrew focuses on helping clinicians engage dream material in ways that are integrated with contemporary psychotherapy.

Course Policies and Requirements

ADA Accessibility Statement

Prism Wellness is committed to providing an inclusive and accessible learning environment for all participants. In accordance with the Americans with Disabilities Act (ADA), reasonable accommodations will be made to ensure equal access to our continuing education courses. Participants with specific accessibility needs are encouraged to contact the CE Director at training@prism-wellness.com at least 5 days prior to the course start date so that appropriate arrangements can be made.

Grievance Policy

Participants may submit grievances regarding course content, instructor conduct, facilities, or administrative matters to training@prism-wellness.com. All grievances will receive a written response within 10 business days. If a participant is not satisfied with the resolution, an additional review may be requested with the Prism Wellness Social Work Consultant.

Refund and Cancellation Policy

If you wish to cancel your registration, you may do so by contacting us at training@prism-wellness.com at least seven (7) calendar days prior to the start of the class for a full refund. When cancellations are made after 7 days of the start date, there are no refunds.

Privacy & Data Retention Policy

Prism Wellness securely stores attendance records, evaluation forms, post-test results, and certificate documentation for 7 years, in accordance with ACE provider requirements. Participant information is never shared with third parties except as required by law.

Course Requirements for CE Credit

- Attend all the entire 1.50 hour live zoom session.
- Actively participate in discussions, case work, and integration exercises.
- Submit a completed course evaluation form at the end of the course.
- Certificates will be emailed to participants within 10 days of course completion.
- NOT approved for Social Work CE in New York.

Course Interaction and System Requirements

This training is hosted online using **Zoom**. This is an interactive course. Participants may ask and/or respond to questions during instructor-led group discussions. Break-out groups may be utilized to foster participation and reflection.

System Requirements:

- An internet connection – broadband wired or wireless (3G or 4G/LTE)
- Speakers and a microphone – built-in, USB plug-in, or wireless Bluetooth
- A webcam or HD webcam - built-in, USB plug-in, or:
- An HD cam or HD camcorder with a video-capture card
- Virtual camera software for use with broadcasting software like OBS or IP cameras

For more information, visit [Zoom.com](https://zoom.us). It is highly recommended that you test your video and audio at least 15 minutes prior to the start of the training session.

Bibliography

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