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New Book on Dreams Shows That We Dream Not Only About Ourselves But Also About Each Other and For Each Other

Jungian Analyst Tess Castleman Questions Traditional Psychotherapy's Approach to Dreams

DALLAS – March 1, 2004 – Jungian Analyst, Author and Lecturer Tess Castleman presents a controversial view on dreams in her new book *Threads, Knots, Tapestries: How a Tribal Connection is Revealed Through Dreams and Synchronicities* launched today.

Based on 17 years experience forming and leading dream groups and her personal practice, Castleman tells stories that show how our dreams connect us and can give us information about others – not just ourselves.

Threads, Knots, Tapestries can be purchased for \$19.00 online at Amazon.com, at www.threadsknotstapestries.com, or by ordering from a local bookstore. It is published by Syren Book Company; ISBN: 0929636171 and is 280 pages long.

COMMENTS

“...Castleman gives a fine set of insights into group dream therapy as well as into the way symbolic language can help and inform an individual's life.” -- **Clarissa Pinkola Estés**, Ph.D. Jungian Analyst and author of *Women Who Run with the Wolves*.

“...Castleman weaves a rich tapestry of dream threads which shows us how we are dreaming with and for each other. Her method is that of a storyteller telling the stories of people, their dreams, the stories of shamans, the stories of individuals suffering from cancer, love entanglements, and most delightfully, stories which show how dreams are woven together with communal life in other cultures, as well as in our own.” – **C. Michael Smith**, Ph.D, Author of *Jung and Shamanism in Dialogue And Psychotherapy and the Sacred*

“...Do we have a tribal unconscious? The examples of the author's group dreamwork cited in this book make a good case for it, and are revealing and creative all the way. The author's candid reflections, pokings and ponderings will provide stimulation for us all.” -- **Robert Hinshaw**, Ph.D. Training analyst and faculty member of the C.G. Jung Institute of Zurich

“...Castleman is a gifted and courageous pioneer in the field of Jungian Psychology, intertwining the wisdom of dream and group work into a powerful healing experience. I loved the book.” -- **Alice Tawwater Frazier**, LPC, LMFT, BCIAC, CGP President Dallas Group Psychotherapy

SUMMARY

In an important new work in the field of Jungian analysis, Castleman contends that dreams are not always about the dreamer alone and that describing dream elements as parts of the self is a traditional approach to dream work that fails to explain the complexities of dreams over time.

While directed towards a broad professional community of therapists, psychologists, chaplains, even teachers; Castleman's book is easily accessible to the layman and is filled with stories and examples focusing on the less common, communal, type of dreaming. In this kind of dream, the dreamer receives real, objective information about important relationships, rather than experiencing all aspects of the dream as parts of the dreamer.

Synchronistic dreaming arises through what Castleman calls the "Tribal" Field. It is where dreams inform the psyche about our waking world -- the space *between* the personal and the collective unconscious. She likens these places where two psyches, or groups of psyches as in dream groups, intersect to a "tapestry." She divides her book into "Threads," "Knots" and "Tapestries" to demonstrate how relationships affect dreams and dreamers and the resulting synchronicities and shared experiences.

THE AUTHOR

Tess Castleman, M.A., L.P.C., I.A.A.P., is a Zurich-trained Diplomate Jungian Analyst (1989) and training analyst. Her practice specializes in groups and individuals with emphasis on dream analysis, art interpretation, sand tray projection, in-depth analysis, spiritual and religious issues.

She is President and past Director of Training of the C.G. Jung Institute of Dallas and past President and Advisor Board Member of the C.G. Jung Society of North Texas. She serves on the Board of the Dallas Group Psychotherapy Association and is a member of the International Association of Analytical Psychology.

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