



# The Dream in Clinical Practice

*Joseph Natterson*

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## **The Dream in Clinical Practice** Joseph Natterson

This sourcebook presents theories on dreams, from the speculative and general to the more concrete and well-demonstrated. The essays place dreams and theories about dreams in full clinical context. Each author uses the dream in a creative way to facilitate communication between his patient and himself. As Greenberg and Pearlman point out in their chapter, *The Private Language of the Dream*, the dream is used to help the patient make emotional sense out of his experience. Overall, the book aims to show how different clinicians have used the dream with different patients in a variety of therapeutic settings. The dream is presented as a flexible tool to be used in therapy, geared to the individual patient's stage of development, meaning structure and memories.

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