

## Leadership



Justina Lasley, M.A. is founder and director of the Institute for Dream Studies. She is an author and leading dream specialist who shares with students and clients her enthusiasm, keen insight and talent for relating to others, facilitating rapid movement toward a more authentic,

fulfilling life. She is a lecturer, a trainer for dreamworkers, a leader of individual and group dreamwork and a facilitator of workshops.

Justina's studies and her experiences in creative arts add depth and imagination to the exploration of dream imagery and metaphor. Her years of experience as a teacher enhance her capabilities as an educator and enable her to assist individuals on their path to personal and spiritual growth. Justina earned her Master's degree in Transpersonal Psychology with an emphasis in dreams, and has a B.A. in both Applied Art and Education. She has written two books, *Honoring the Dream: A Handbook for Dream Group Leaders* and *In My Dream...*, a unique dream journal to capture and record dreams, thoughts, and sketches.

Justina's books can be ordered at  
[www.DreamSynergy.org](http://www.DreamSynergy.org)  
or by contacting IDS directly.

## Contact Information

Visit: [www.DreamSynergy.org](http://www.DreamSynergy.org)  
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Sharon Kavanaugh,  
Program & Development Manager

## From Our Clients...

"Justina's devotion to a personal practice of working with dreams is accompanied by a wealth of knowledge about group dreamwork! I am certain that anyone who is seriously committed to developing expertise in dreamwork for either personal or professional practice will be pleased with this certification program! Justina is one of the most gifted and informed dreamworkers of our time!" - *Dr. Deborah Armstrong Hickey, LMFT, RPT-S, Graduate of IDS Certification Program*

"Forget movies, record your own! See how creative you really are when your ego is at rest. I've kept a dream journal for years, the work of the Institute has given me so many options for decoding them. Lots of work, even more rewards!" - *Carol Morris, Archetypal consultant, Personal Coach, and Graduate of IDS Certification Program*

"Justina's wisdom-infused teachings enrich the alchemy of my work with patients and deepen my own personal dream insights. Her skilled and enthusiastic guidance take dreamwork to a new level for both practitioner and client." - *Deborah Milling, M.D. Still Point Counseling Center*

"Thank you for being so good with what you do. You have opened up another door to fully becoming all that I was originally created to be." - *Dreamwork Client*

"Your dream workshop was so amazing and beneficial to my understanding of dreams. You were extremely patient, compassionate, informative and fun! I feel so lucky to have had a whole day of intense, in-depth, personal dreamwork with someone as knowledgeable as you." - *Gilda, NY Open Center participant*

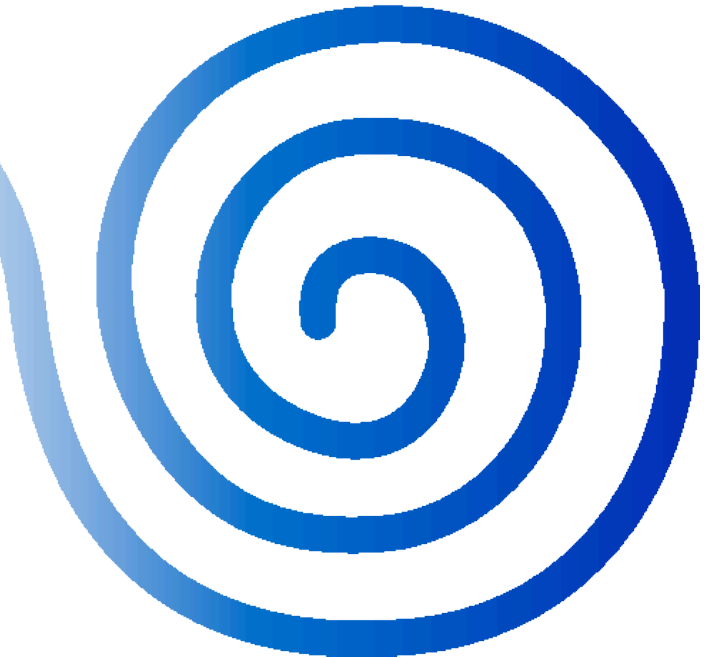
## Institute for Dream Studies

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## Institute for Dream Studies

# DreamSynergy™

**DreamSynergy:** 1. each aspect of a dream working together and contributing to the insight that is waiting to be discovered, producing a total effect greater than the sum of the individual elements.



Develop your full potential  
through dreamwork

*Within each of us there is another whom we do not know. He speaks to us in dreams.*  
Carl Jung

# Access Your *DreamSynergy*™

We work with dreams because they are an extraordinary path to uncover our innate gifts, talents, and abilities. By discovering this part of ourselves we become more fulfilled, productive, and happier human beings. Dreams provide us with the ability to venture outside of our normal way of thinking and feeling. We begin to view the world in a new light. When we begin to see things differently, we begin to act differently, to be different. That moves us toward being our authentic selves.

Dreams have been documented as being the inspiration and solution for many important inventions and discoveries. We are our most creative within the dream. Dreamwork is beneficial to people in every area of life – artists, people struggling with relationships or career choices, people with health issues, employees in corporations, teenagers—everyone wishing to live a self-actualized life. The knowledge we have through what Jung called the “Collective Unconscious” is remarkable.

The dreamwork approaches used and taught by Institute for Dream Studies (IDS) are an eclectic blend of various theoretical approaches, based primarily on Jungian theory. We believe that the dream has a sacred nature and carries the essence of our souls. Through dreams, we are led on paths of awareness, personal growth, individuation, and enlightenment.



## Individual Dreamwork

- **Private sessions**
- **Phone sessions available**

## Dream Groups

- **On-line Dream Groups**
- **In-person Dream Groups**

In a small group setting, learn to understand the meaning of your dreams by exploring various dreamwork methods.

## Events

- **Dream Lectures and Workshops**
- **Dream-Centered Personal Growth**
- **Continuing Education for Counselors**

## Customized Programs

Contact IDS to discuss options for lectures, workshops or dream groups for private groups and businesses, catered to your needs, such as:

- Women's and/or men's groups
- Artists and other creative workers
- Religious or spiritually-based groups
- Youth groups
- Corporate teams

**Contact IDS or visit  
[www. DreamSynergy.org](http://www.DreamSynergy.org)  
for more information about our  
programs and upcoming events.**

## *DreamSynergy*™ Certification

- Training in dreams, dreamwork & dream group leadership
- Multi-day, on-site sessions & distance learning
- Flexible scheduling options
- Practical leadership experience
- A variety of dreamwork methods
- Personal development and individuation
- Expertise for therapists, counselors, spiritual directors, clergy, health care workers, artists, actors, teachers, & those seeking personal insight.

## Lecture & Workshop Topics

- Using Your Dreams as Personal Guides
- Dreamwork for Counselors
- Aspects of Dream Group Leadership
- Developing Your Full Potential
- Dreamwork Methods
- Emotions and Energy of Dreams
- Enhancing Creativity Through Dreams
- Moving Toward a Healthier Being
- Enriching One's Spiritual Life Through Dreams
- Making Meaning of Life as One Ages

## Continuing Education

Institute for Dream Studies is approved by SCLLR (SC Dept. of Labor, Licensing and Regulation) to provide Continuing Education credits to counselors, marriage and family therapists and psycho-educational specialists. (Sponsor #455). CE contact hours are available for many of our events.

