



# Therapy with Dreams and Nightmares: Theory, Research & Practice (Therapy in Practice)

*Delia Joyce Cushway, Robyn Sewell*

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In this new edition of **Therapy with Dreams and Nightmares**, Delia Cushway continues in her pursuit to show how dreamwork is not the prerogative of expert psychoanalysts, but a fruitful therapeutic tool that can be explored by all counselors and other practitioners in the helping professions. Emphasizing the idea that dreams are the creation and belonging of the dreamer, this book is steeped in practical hints and tips, vivid case examples and methods of interpreting dream language.

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