

Exploring her dreams for 30 years

Some of the busiest times in Patricia Garfield's life fall when she's sleeping.

For it's then that she's dreaming.

And for the last 30 years Patricia Garfield has been recording and exploring her dreams.

Every night — sometimes six times a night — she wakes up to record her dreams in a notebook she keeps beside her bed.

Later she enters the details in her diary, which contains descriptions of over 13,000 dreams and notes on what subsequently happened during her waking life.

For Patricia Garfield, who holds a doctorate in clinical psychology, believes that dreams are our richest resource.

For the past 10 years she has been sharing her findings with others, and next month the American writer, teacher, artist and dreamer will take a weekend workshop at Keswick

College of Education on "Exploring the Dream World."

The workshop is the first major event to be organised by the recently founded Norwich Centre for Personal and Professional Development.

It is also the first time Dr. Garfield has taken such a workshop in Britain.

She comments: "Unused dreams fritter away tremendous internal power, whereas dreams that are listened to, worked with, understood and used become unending guides for life..."

"No person can understand his or her dreams better than the dreamer, given the proper tools... We empower the dreamer with the tools to understand the dream process, rather than turning over responsibility to outside authority."

The dream workshop has been organised by the Norwich Centre as part of its intention to offer programmes of human relations training. It is hoped that these will be of interest to members of the helping

professions, such as social workers and doctors, but also to members of the public.

But human relations training is only one part of the centre's work.

It also provides a professional counselling service for the public and a consultancy service to groups and organisations wishing to make the most effective use of human resources.

The centre has been set up by six people who, over the last few years, have become increasingly aware of the demand for this type of service from people living in Norwich and Norfolk. One of them is Brian Thorne, the director of the counselling service at the University of East Anglia.

Alerted

One of the pointers he came across was the success of a human relations training programme launched shortly after he began his job in 1974. It was aimed at people both inside and outside the university and intended to give people a chance to develop their own self-awareness and their

awareness of how they relate to other people.

"The message got around the place that this was something interesting and worth doing. We have now run this programme during evenings and at residential weekends since 1974, and over 200 people have been through," said Brian.

He went on: "That alerted us to the fact that there are large numbers of people both in the helping professions in and outside them in Norwich and the surrounding area who have a genuine interest in this kind of work and want more opportunities to explore things and develop their own skills."

"The other thing that has been very apparent to me is that there is a very considerable need for counselling itself."

"The object of the centre is to offer a counselling service to people in the area who are in need of help for emotional, personal or social problems."

"The counselling service we offer is not a crisis service. It's for people who feel they have conflicts and concerns for which they are probably going to need help over a period of

time. It may be only a month or two, or a year or two."

Another pointer to the need for counselling came to another of the partners, Prue Conradi. She is a trained nurse who later studied as a mature student at the UEA before starting independent counselling in Norwich from a doctor's surgery.

"My feeling is that there is a place and a need for counselling outside educational institutions," she remarked.

Brian added: "I think counselling as a profession in this country has grown up primarily in educational institutions."

Conviction

"Therefore those who are most adequately trained earn their living the way I do. I think it's Prue's growing conviction that there wasn't just the one arena in which this work could be done."

The centre is negotiating for permanent premises in Norwich.

Further information about the dream workshop can be obtained by writing to Prue Conradi at 37, Park Cottages, Wroxham Road, Rackheath, or telephone Norwich 405302 before 9.30 a.m. It will take place from July 11th to 13th.



Patricia Garfield — explorer of the dream world.

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