

SOUTHERN ARIZONA FRIENDS OF JUNG PRESENTS:

Embodied Imagination®

A Lecture & Workshop with Jill Fischer, PsyA, APRN, IAAP

Sat, May 19, 2018

Lecture 10:00-12:00 • Members: \$15, Non-Members: \$20
Workshop 1:00-4:00 • Members: \$50, Non-Members: \$65

Grace St Paul's Episcopal Church (Bloom Room)
2331 E Adams St, Tucson, AZ

Pre-register at <http://www.safj.org>



Embodied Imagination® comes from the phenomenology of dreaming; phenomenology as the science of experience, as the science that focuses on sense data. Embodied Imagination® is a method of working with dreams and memories that was pioneered by Jungian Analyst Robert Bosnak, PsyA in the 1970s and is a synthesis of principles first developed by C.G. Jung, especially his work on alchemy and active imagination. It also draws on the work of James Hillman who focused on the multiplicity of autonomous states and on the work of Henry Corbin and his notion of the “Imaginal.” Currently Embodied Imagination® is practiced with individuals, couples, and groups in psychotherapy and long-term analysis, in medicine, theater, art, creative research, and in a form of ‘Brief and In-Depth’ analytic work.

Starting with the basic assumption that all psychological states are embodied, this technique takes dreaming as pure imagination and as a paradigm for all work with images. From this perspective, a dream (or memory) is a quasi-physical environment in which we find ourselves. By using a variety of body centered techniques, Embodied Imagination® employs artificial flashback memory to help an individual enter a hypnagogic state (a state of consciousness between dreaming and sleep), and to re-experience the dream environment from a variety of different perspectives. By slowly and carefully exploring the images, the dreamer experiences bodily responses, in the form of sensations and affective states, which are viewed as a form of intelligent communication. While new insights emerge, a complex network of embodied states comes into being; uncovering archetypal, emotional, and physical elements which may allow for profound psychophysical change.



LECTURE: The morning lecture will involve a discussion of Embodied Imagination® and a case example will be presented. Time will be provided for questions.

WORKSHOP: In the afternoon we will explore the dream from within the dream environment. In this experiential workshop participants will be invited to share their own dreams and experience what it is like to work in an embodied way. A demonstration and group experience will be provided. There will also be sufficient time for discussion and questions.

NOTE: The night before the lecture and workshop, participants will be asked to try and incubate a dream that can be brought to the workshop. Instructions for the incubation process are below.



Jill Fischer, PsyA, APRN, BC, IAAP, is a Jungian Analyst and a board certified advanced nurse practitioner with over 45 years of experience working with individuals and groups both in-person and on the Internet using an Embodied Imagination® approach to working with dreams and memories. She has presented papers and taught dreamwork worldwide. In addition, in 1997 she became a founding member of www.cyberdreamwork.com and as the site's webmaster, she coordinates all group programs, plans activities, and trains Embodied Imagination Practitioners. Jill is presently the Director of Clinical Services at the Santa Barbara and Malinalco Healing Sanctuaries www.santabarbarahealingsanctuary.com, is President of the New England Society of Jungian Analysts (NESJA), and co-wrote the section on **Embodied Imagination®** in Barrett, Diedre and McNamara, Patrick, editors. Encyclopedia of Sleep and Dreams [2 volumes]: The Evolution, Function, Nature, and Mysteries of Slumber, Greenwood, 2012.

[Image Credit: Peter-Cameron, Lake Mungo, oil-on-linen, 61x61cm]

Jill Fischer PsyA, APRN, IAAP

Incubation Preparation:

The practice of dream incubation techniques will be part of our workshop together. This practice is based on the classical Greek system of **Dream Incubation** that was present for over 2000 years and is still practiced in its contemporary form. Dream incubation is about fine-tuning the body; preparing the body to receive a healing dream and setting a healing process in motion. The belief is that by working with dreams in an embodied way, the dreamer is affecting the total system; the dreamer is accessing the “physician inside” and perhaps influencing the immune system as well as the clinical picture of a difficulty. For example, dream incubation around breast cancer might create a more receptive body to absorb essential medical therapies or dream incubation around a relationship problem may help more clearly articulate the actual issues at hand.

It is important to choose an issue to incubate that requires your immediate attention (an issue that feels necessary to solve). It might be an illness, a work problem, or a relationship issue. The intent to solve this issue needs to be paramount.

Before you go to sleep, relax your body and choose a place, an actual location where you feel sleep will enhance your dreaming. Think about the **one** difficulty that is extremely important to you, the problem you hope to solve. Spend time sensing into that difficulty and note the feelings and emotions it elicits within your body. **Try and remember the last time, in the recent past, when this problem was specifically present in your life.** Sense deeply into what you are experiencing and feel with your whole body the urgency or necessity to have this particular aspect of your experience clarified. Concentrate on and work the sensations into the part or parts of your body that are most stimulated. Stay with this embodied state for about 10 seconds before you go to sleep. In the morning record your dream. Record whatever response unfolds however small the image or images may be. A brief, short dream or image can be most powerful. Long, rambling dreams can often be confusing.