

Lisa

Trauma Informed Community therapy

Caroline

Math Pole

Barry

x Steve Orange

Leader.

* Laurence

PhD

Psycho.

Dreams.

Angel Morgan - Dream Drama/Theatre

Works in
Groups.

Embodiment a dream.

Characters/Inanimate objects.

Gestalt - dream self is how you see yourself consciously.

The whole dream represents you.

Can act in or just direct the group.

Get a different perspective.

What if dream ended in a different way.

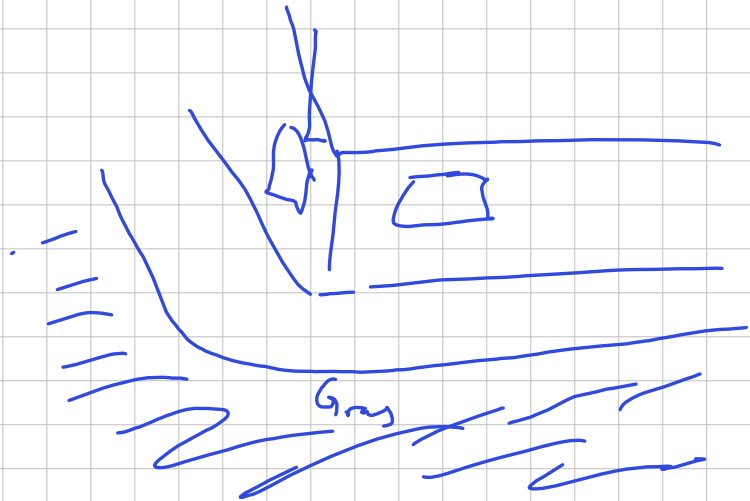
Write down dream.

Ideally recent dream as that has an current emotional context.

Write in present tense

Context was thurs.

About 12.



I was outside the school on the fields.

The wind was really strong.

I wondered if I would fly

I ran into the wind with my arms
outstretched.

As I ran faster, I could feel my feet
leave the ground and I soared into the
air. I felt exhilarated.

I would fly and swoop towards the
ground and saw other pupils on the

ground.

I felt light of spirit + laughing.
This was the best feeling.

So happy & free.

Eventually, happy & exhausted
landed into the wind.

Ran as I landed.

Back to normal.

Characters

Me
I am a
+ pupils on ground.

→ see John swooping
His so lucky.
role: scenery.

Setting

Playing field at
back of school.
during stormy weather.

I am a school field
with a strong,
warm, wind.
Currently dry.

Inanimate objects

St George's School, Sheerness.

Corner of building outside

Science & Computing block.

Free Writing.

Do not lift pen from paper

+ 2 characters.

They Talk

Not YOU

School & Field

If you run out, pick
another object.
Does not have to stay in
dream

~~Feel~~ Feeling stuck here as a building, I would
like to be free like the grass on the field.

Enjoying the wind rippling through me.

Stuck here with the gas bottles and the
pupils - crumbling and decaying while the
field & the grass is growing and renewing

But grass is trampled by the feet

of many students. Our lush greenness
turns to mud. Our springy leaves are
turned to mush. The field might
go on but individual grass is
washed & replaced,

Choose 1 from dialogue
Tell dream from that perspective
in correct tense. No You.

The wind is ruffling through my
blades of grass. The damp warm
air is nourishing.

A pupil runs over me, crushing many
of my blades, turning them to mud.
And then he leaves the ground. I
see him flying above. I, this the
only way we can safely co-exist.

He not touching the grass - following every rule & me safe on the ground.

I see his back on the ground, trampling me again. Heavily treading on my previous bladder..

If lucid

Why are you in my dream?

Where are you from?

What are you doing?

What protectors are in the dream?

Set intentions before sleep

Ash dreams to show more.

Wind

↳ excitement

Smells

Freedom

Hope



The most important
word

Change -

Stress existing -

Destruction

Continue
it.

Jealousy between elements.

Why now?

Is landing going back
changed?

HOPE

Monthly?

Dream Drama.

≤ 10?
or 15?