

PHOENIX FRIENDS OF C.G.JUNG

FRIDAY EVENING TALK—JoHanna McNamee, MA EXPLORING *DREAMTENDING* AND *TENDING PSYCHE*

September 27, 2013

In this Friday evening talk JoHanna McNamee will explore the relationships between *DreamTending*, *Tending Psyche* and the works of Carl Jung, James Hillman, and Robert Johnson. The important questions are “Who’s visiting?” and “What’s happening here?” The question is not “What does this mean?” The dream always has insights that can be brought forward into everyday life. This is the power of the dream. JoHanna will also provide examples of relevant *DreamTendings* she has explored with her clients.

In addition to dreams, we can tend situations in waking life such as relationship, work, and health issues. By using symbol and metaphor we can experience fresh insights and emotional responses to the stuck, resistant, as well as the painful places and chronic issues in our lives.

SATURDAY WORKSHOP—JoHanna McNamee, MA DEEPER EXPLORATION OF *DREAMTENDING* AND *TENDING PSYCHE*

September 28, 2013

This four-hour workshop will be a potent experiential process. After a guided meditation, JoHanna will invite a few people to share a dream or life situation to be *tended*. There will be time for discussion and questions after each *tending*.

Dreams speak in a language of metaphor and symbol. To *tend* a dream is not just to analyze or interpret it. There is no instant formula of ‘this image means such and such’. Dreams are not linear; they have their own vocabulary. So, it is crucial to come to *DreamTending* with an attitude of curiosity, openness, and wonderment. With this attitude of openness, we step across the threshold together into the world of the dream. As guide, JoHanna encourages one to get curious about the landscape and visitors of the dream. She will help one explore ways to dialog with them and to listen carefully to what they have come to communicate. Most importantly, she encourages one to develop a relationship with these dream visitors and to listen for the intelligence embedded in the dream.

**How do these interactions in the dream affect you?
How can you integrate the dream wisdom into your life?
How can you grow from this relationship with the dream world?**

JoHanna also *tends* situations in waking life such as relationship, work, and health issues. *Tending Psyche* provides an alternative approach to exploring and resolving issues and situations that are confounding, even crippling in one’s life. This facilitated process enables one to access deeper levels of Psyche and approach a dilemma in a creative, experiential, non-cognitive way. Thinking is only one of many tools for problem solving. *Tending Psyche* empowers our other innate and often underdeveloped gifts lodged elsewhere in the psyche. By using symbol and metaphor one can experience fresh insights and emotional responses to the stuck, resistant, and painful places and chronic issues in life.

BIOGRAPHY—JoHanna McNamee earned a Master’s degree in Depth Psychology from Sonoma State University in California and completed advanced training in *DreamTending* with Dr. Steven Aizenstat at Pacifica Graduate Institute in Santa Barbara, California. She has training in Gestalt Therapy, Humanistic Psychology, Psychodrama and Addictions Counseling. JoHanna has completed a nine year Jungian Analysis. She sees clients, facilitates groups, and offers *Creativity & Depth Workshops* in Sedona and Prescott, Arizona. In addition, JoHanna gives regular presentations to the graduate students at Prescott College.