

Unlocking the Language of Dreams: Interpreting Trauma and Healing in Psychotherapy

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Abstract : This article delves straight into the fascinating role of dream interpretation in psychotherapy, particularly in the context of trauma and healing. By applying a detailed case study of a 19-year-old Iranian woman who has been undergoing therapy, it can explore to what extent her vivid and symbolic dreams - featuring mermaids, hanging fetuses, and themes of control and domination - serve as a reflection of her innermost fears, unresolved traumas, and struggles with identity and sexuality. Another fact to be highlighted is that the dreams, rich in metaphor and symbolism, offer a unique outlook into the patient's subconscious mind, revealing layers of her psychological state that might otherwise remain obscured and vague. On the other hand, the article examines how the therapist navigates these dreamscapes by utilizing them as a tool to understand and address the patient's deep-seated emotional conflicts, traumatic experiences, and identity issues. By analyzing these dreams, we can demonstrate how such dreams can be a crucial part of the healing process, providing insights that facilitate emotional recovery and self-discovery. This discovery underscores the significance of dreams in psychotherapy, highlighting their potential as a powerful medium for unraveling the complexities of the human psyche and aiding in the journey toward mental health and recovery.

Keywords : dream, interpreting, trauma, healing

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