

## Abstract

This is a phenomenological study about how integrative psychotherapists respond to dreams in their work with clients. I explore some of the abundance of literature about dreams, and then discuss how I approached my study, using a phenomenological approach. In the study itself I explore the main themes that emerged out of my interviews with five integrative psychotherapists. Out of this emerged issues to do with the therapeutic relationship and how this is incorporated into integrative therapy. I explore other aspects that emerged during the study such as imagery and the relevance of this in working with dreams. I will also discuss my experience of conducting the research interviews and particularly how I often seemed to go into a dream-like state.