

## **Abstract**

Addressing a gap in Humanistic Person-Centred theory and literature, this small scale Qualitative research study employing Grounded Theory data analysis, conducted in Autumn 2009, explores how ten Humanistic Person-Centred psychotherapists are working with clients' dreams, and the possible relevance of their dreams in the therapeutic process. Findings suggest: dreams as holistic organismic subjective experiencing; dreams as an expression of the actualizing tendency, conveyed by the organism's creative process; the impact of therapists' congruence in facilitating dream work; the offering of Rogers' (1959) necessary and sufficient 'Conditions of Therapeutic Change' in dream exploration; the use of metaphor, imagery and expressive media in exploring clients' inner worlds and feelings; clients finding relevance in dream work (insight, self acceptance etc); and clients meeting parts/configurations of themselves in dreams. An emerging conceptualization of Person-Centred 'dream work' - as collaborative dream exploration – is presented as an adjunct to existing theory. The research complements and supports the work of contemporary theorists and therapists calling for a Humanistic Person-Centred theory of dreaming and model of dream work. Limitations of the research and future directions are also presented.