1. Main page

JO CARVALHO

Dream worker & Interpreter

• Who looks outside dreams, who looks inside wakes–jung

Dreamwork is a process through which we rediscover dreams, clarifying, interacting and mutating them. Delving into the amazing world of symbol and atmosphere, dreamwork guides you through a process of self discovery. Looking at the dream not only as story but as embodied experience of creativity, memory and metaphor.

Using the dream story as a hook, we re-enter the dream aiming to explore and clarify.

Dreamwork is an effective way to understand and explore your subconscious, helping us gain a better understanding of ourselves and those around. Through dreamwork we develop our ability to adapt, survive and be happy with anything life throws at us. Establishing a better connection to our dreams can also help us solve day to day issues by providing us with direct ways to communicate to our intuition, helping us discover what we truly want and how we can work towards our goals. For creative professionals it can also be the connection to a world of endless plots, images and ideas.

Learn more about the sessions (the work button)\*

Book a session(contct button)\*

From the clients:

Sessions with Jo were illuminating in an otherwise dreary period - John, 28, software developer

The time I've spent with Jo has allowed me to explore my personal dream code and examine recurring dream imagery in a therapeutic way. – Ellen, 30, writer

I’ve been surprised at how intuitively they work and how tangible the results have been already!” - Saskia, 22, Copywriter

Having picked what seemed like a relatively short and unrelated dream, I am astounded by the interlacing of it's themes throughout my waking life (…) I am hugely thankful for Jo's support throughout this work as it has provided insight and ability to open doors within my own life.- henry, 25, veterinary student

Jo offers a space I feel safely held in , where we can enquire in the meaning and understanding of my dreams and the overlap into my not-asleep-life – River,25,herbal medicine student

Read full testimonials ( testimonials page)

\*can also go here depending on website format

Social Media icons

2. Menu

2.1 The Sessions

Dreams are ever changing, so is dreamwork. I do not have a ‘cookie cutter’ methodology, I keep mutable to respond to what each dream requires. Through the sessions, the work will become more and more personalized.

Do I need to bring anything?

If you can you should bring a dream, this can be written down or told during the session. The date, length, detail or content of the dream is irrelevant as our subconscious reacts to the process, allowing us to access further memories within the same dream, providing us with longer and more insightful dreams and even bringing back memories of dreams we have forgotten.

What to expect?

On a **first session** we will start with a small chat, outlining objectives, intentions, preferences, and tendencies within dreamwork. This serves so I can understand how we can tailor the work to the dreamer (or dreamers). Afterwards we will work on specific dream, doing a small introductory interpretation, a first interaction with the dream themes. At the end of the session you might be given small tasks designed to deepen or change your relationship to a particular symbol or dream environment.

What happens after?

On first sessions we focus on interpretation as an entry point into the dream world. Dreams are often wild and unpredictable, working with them as metaphor and symbol allows a certain level of detachment from the emotional material of dream. This is particularly important when working with nightmares or anxiety dreams as the raw emotional dream material might be too intense to engage with directly.

Once the dreamer is more comfortable with the dreamworld we may move away from intellectualisation and towards directly influencing dream through techniques like embodied imagination, where we feel a dream symbol through our body; dream incubation, where we ask for a particular dream theme or active imagination, where we meditate back into the dream.e

Sessions last up to 1 hour and a half.

They can be offered online or in person in the Newcastle-upon-Tyne area.

Individual sessions price:

Unemployed - donation

Freelance - £15

Employed - £25

Group price (per participant):

Unemployed – donation

Freelance - 10

Employed - £15

Book a session (contact me) buttons

More about the sessions (the work) buttons

2.2 The work

What is Dreamwork?

Dreamwork is a series of techniques developed by shamans, priests, artists and psychotherapists, through which we rediscover dreams, clarifying, interacting and mutating them.

It furthers our knowledge of the self, allowing us to think of it as multiple states embodying one person. The self as landscape filled with hopeful heroes and misunderstood villains.

Practicing dreamwork can help us accept the ever changing nature of life. Much like dreams, life is chaotic and learning to work with dream can help us practice for the moments in life in which we feel most out of control.

Dream interpretation

Dreams always contain new information which could be helpful for your life. We will work together to find this through analysing the plot and symbol to understand the different themes at play within the dream. Interpretations take shape as conversations in which I present hypothesis as to what the dream might mean and, through selection, we make our way closer to understanding the parallels between the dream world and waking life. Coming closer to the new information the dream might be trying to communicate.

book a dream interpretation session (contact me)

Creative Dreamwork

Creative Dreamwork veers away from interpretation, aiming to bring the dream closer to waking reality. Instead of interpreting what it might mean, we work with the dream as a living breathing reality, aiming to explore it, encounter it and learn to communicate with it. Utilising techniques like active imagination, ritual, and creative forms of expression as means of interaction with the archetypal figures of dream.

book a creative dreamwork session (contact me)

Nightmares and recurring dreams

Nightmares and recurring dreams hold a particular emotional power and therefore must be worked more carefully than most other dreams. Because of their durational qualities they will usually speak of old trauma and reveal to us the biggest areas of learning.

To deal with such dreams we focus on logical progression of the dream story in trying to find practical solutions to deal with the problem, both in dream and through symbolic action in waking life.

The focus is on mutating the image by mutating our approach to it.

book a session for a nightmares or recurring dream (contact me)

Ullman Dream Groups

The Ullman group method is a powerful tool in the facilitation of dreamwork as it allows any group of individuals, no matter the level of experience, to get together and easily explore dreams and its meaning in an effective and safe way.

Though it benefits from having an experienced facilitator, it is made to be accessible for everyone to learn. Groups will have between 3 and 8 stable members and can slowly gain independence.

book a group session (contact me)

2.3 FAQ

Do you work with Lucid Dreaming?

I do not prioritize work with lucid dreaming. However if this is your preferable method, or something you’d like to harness, I have lead several people through lucid dreaming processes.

What if I can’t remember my dreams? Can I do a session?

Absolutely! the first session is a perfect place to talk about journaling and other useful techniques for dream recall.

I do not want to commit to several sessions; can I still get a dream interpreted?

Yes. Though I would always recommend doing further work, as quick dream interpretations tend to disempower the dream. Just email me making sure to clarify you’d like a one off interpretation.

Book a session (contct me btton)

2.4 About Me

Jo Carvalho is a dream practitioner working with interpreting and developing a creative relationship to your own symbolic world.

They have been studying dream interpretation since their teen years, starting from the self taught perspective of reading any book they could get their hand on. Later moving into smaller courses and eventually coming to study with the International Association for the Study of Dreams.

Jo’s practice is based on a post-Jungian perspective, developed by practitioners like Robert Bosnak and James Hillman, but drinks from many sources, from shamanistic approaches to their own work with theatre, tarot and astrology. They have been running dream groups for years, having worked with focus groups of freelancers and travellers.

Testimonials

2.5 Contact Me

For further questions and booking please contact me in the form bellow.