Underlined sections have been copied

1. Main page

JO FEIJÓ

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.

Learn more about the sessions (the work button)

Book a session(contct button)

Couple of Testimonials

Small about me

Social Media icons

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2. Menu

2.1 The Sessions

Each dreamer a world, each dream a path to walk

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

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 also 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 it is very protective of the dreamer. 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.

Once the dreamer is more confortable with the dreamworld we may move away from intellectualization and towards directly influencing dream through techniques like embodyied imagination, lucid dreaming, dream incubation, active imagination, dream tasks, shamanic journey, etc…

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 - £15

Freelance - £20

Employed - £40

Group price (per participant):

Unemployed - £10

Employed - £15

Book a session (contact me) buttons

More about the sessions (the work) buttons

2.2 The work

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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 the self as multiple. Our ego a landscape filled with hopeful heroes and misunderstood villains. Practicing dreamwork can also help us accept the ever changing nature of life. Much like dreams life is chaotic, and learning to walk dream can help us practice for the moments in life in which we feel most out of control.

Dream interpretation

My approach to dream interpretation makes use of analysis of 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.

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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 Dreamwork group method is a powerfull tool in the facilitation of dreamwork and 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 gain independence after some sessions.

book a group session (contact me)

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2.3 FAQ

Do you work with Lucid Dreaming?

I don’t tend to work with Luciddreaming in my own dreamlife and prioritize different techniqes in my work. However if this is your preferble method or something you’d like to harness I know how to work with lucid dreaming and 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?

Of course. 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 Feijó 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 a self taught perspective, reading any book they could get their hand on, moving slowly into smaller courses and eventually coming to study with the International Association for the Study of Dreams.

Jo’s practice is based on the 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.

2.5 Contact Me

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

Jo Todo List

⁃ Font for quotes : <link rel="preconnect" href="https://fonts.gstatic.com">

⁃ <link href="https://fonts.googleapis.com/css2?family=**Cutive+Mono**&display=swap" rel="stylesheet"> Plus css part: . font-family: 'Cutive Mono', monospace;

Layout for html shell

Embed storm cloud: <iframe src="https://giphy.com/embed/3ohjUOs5w798feXFny" width="480" height="480" frameBorder="0" class="giphy-embed" allowFullScreen></iframe><p><a href="https://giphy.com/gifs/discoveryeurope-sky-discovery-3ohjUOs5w798feXFny">via GIPHY</a></p>

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Embed for beautiful slow clouds dark: <iframe src="https://giphy.com/embed/TC8Cap201LtsI" width="480" height="200" frameBorder="0" class="giphy-embed" allowFullScreen></iframe><p><a href="https://giphy.com/gifs/hateplow-clouds-hateplow-TC8Cap201LtsI">via GIPHY</a></p>

Embed for too perfect clouds: <iframe src="https://giphy.com/embed/lOkbL3MJnEtHi" width="480" height="270" frameBorder="0" class="giphy-embed" allowFullScreen></iframe><p><a href="https://giphy.com/gifs/cinemagraph-sunset-cloudy-lOkbL3MJnEtHi">via GIPHY</a></p>

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