



Turning Nightmares Into Dreams

M.D. Barry Krakow

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Turning Nightmares Into Dreams - Workbook and Audio Series designed by leading nightmare research/sleep specialist, Barry Krakow, M.D. This CD is a 4-hour educational program that offers an organized set of therapeutic instructions for chronic nightmare sufferers. The program is divided into 20 sessions, which range in length from 5 to 35 minutes. Along with the CD, you will receive an extensive study workbook to facilitate your educational experience. Chapters: New Dream Therapy Nightmares as a Sleep Disorder The Causes of Nightmares The Natural Course of Nightmares Common Questions About Nightmares New Ideas About Nightmares The Meaning and Purpose of Nightmares Nightmares and Posttraumatic Stress Disorder The Use of Imagery & Imagination to Take Control of Your Dreams Obstacles in the Path of Successful Imagery Changing Habits Practicing the Change Process Assessing Your Change Process Alternatives to Imagery Recording Changing Nightmares into Dreams Rehearsing the New Dream Guidelines for Use of New Dream Therapy Success Additional Support and Closure

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