



Enrichment Opportunity Sleep, Dreams and Self-Hypnosis Workshop

Learn to use self-hypnosis to uncover the inner wisdom of your dreams.

Presented by: Victor Garlock , Ph.D., CST, CSAT

Vic Garlock is an Associate of The Institute for Essential Change. Vic holds a doctorate from Cornell University and has taught many college level psychology courses including: courses in sleep, dreams and hypnosis. Vic also has over 30 years of experience using hypnosis and dream work as part of his practice.

In this workshop, participants will learn about the stages of sleep, how they relate to dreaming and will also gain a basic knowledge of hypnosis. You will then explore effective ways of understanding dreams, learn and practice self-hypnosis techniques to improve dream recall and to work with dreams effectively. There will also be time for dream sharing.

This workshop is not psychotherapy, but an opportunity for personal development. The workshop is open to all, everybody is welcome to participate.

The workshop will be on Tuesdays on the following days: 05/17/11, 05/24/11 and 05/31/11 from 7:00 pm to 8:30 pm.

The fee for the three sessions is \$125.00. Advance registration is required. To register please call the offices of The Institute for Essential Change at 954-463-6563. For more information you can leave a message for Vic at 786-295-0681 and he will return your call.