



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 PhD

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 and how they relate to dreaming and will also gain a basic knowledge of hypnosis. We will then explore effective ways of understanding dreams and 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 instead an opportunity for personal enrichment. The workshop is open to all.

The workshop will meet on Tuesdays on the following dates: 10/25/11, 11/1/11, 11/8/11 and 11/15/11 from 7:00 pm to 8:30 p.m.

All sessions will be held at the offices of The Institute for Essential Change
2803 E. Commercial Blvd Suite 200, Fort Lauderdale, FL 33308

The fee for the four sessions is \$75. For more information or to register leave Vic a message at 954-563-8892.