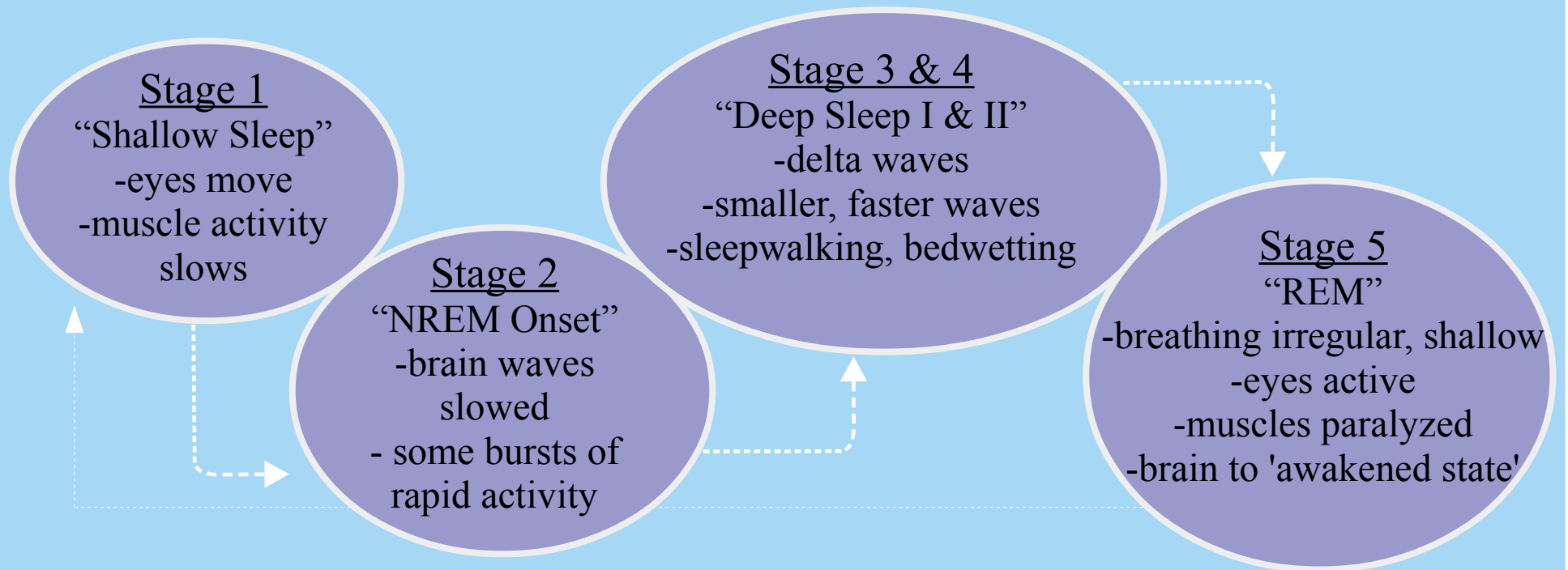


THERAPEUTIC USES OF LUCID DREAMING

LUCID DREAMING BASICS

- 1) When a dreamer realizes he/she is in a dream
- 2) Average person has at least one lucid dream in their lifetime
- 3) Thought to occur *only* in the fifth stage of sleep (REM)



INITIATION OF LUCID DREAMS

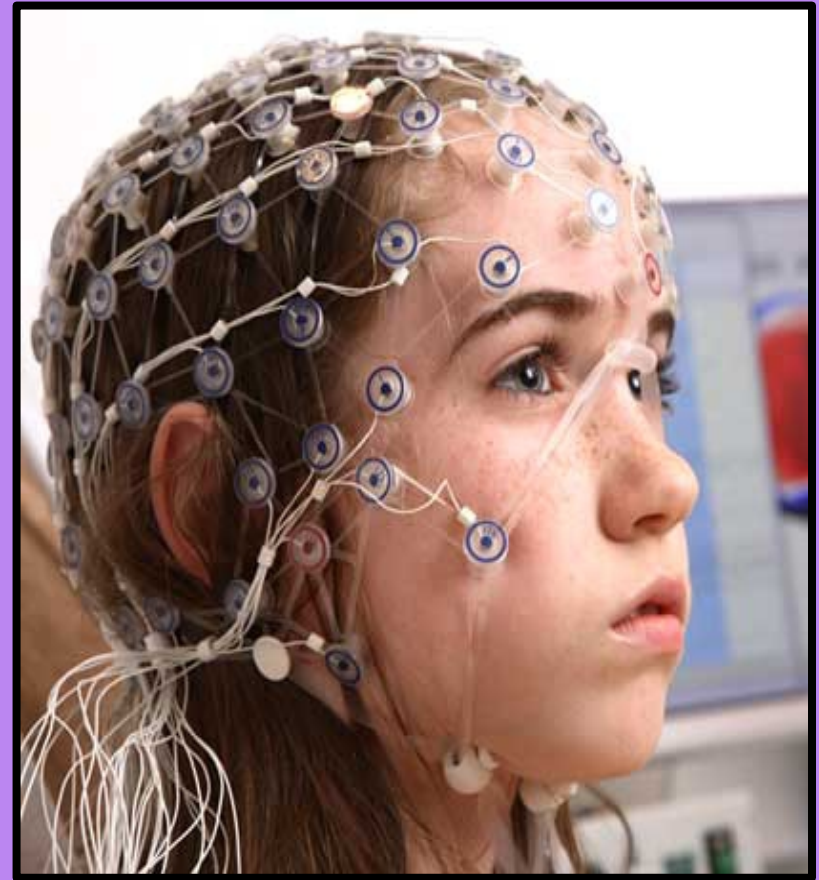
1) Correlations

* Age

* Natural

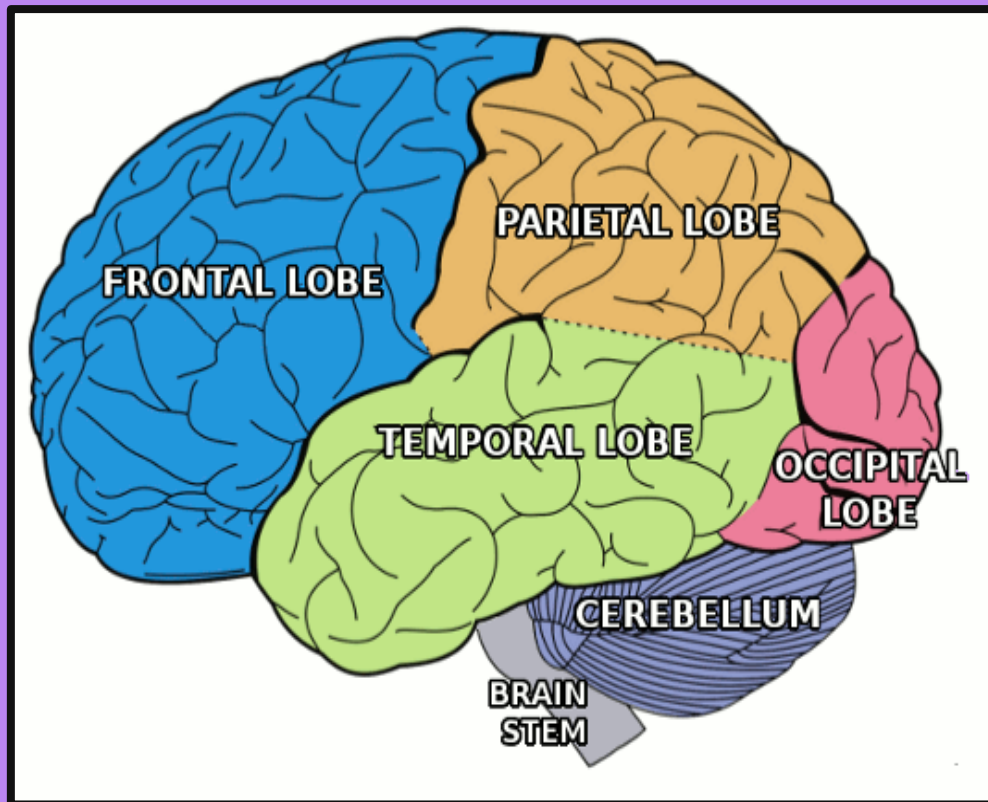
gamma activity measured by
EEG (electroencephalogram)

* Education



(Gunkelman)

INITIATION OF LUCID DREAMS



(Community Brain Injury Program for
Children and Youth in British Columbia)

2) Learning to Lucid Dream

- * Physical cues

- * Dream familiarization

- * Brain stimulation to frontal and temporal lobes

PSYCHOLOGICAL USES/ TREATMENT METHODS

- 1) Tested in treating nightmares
- 2) Has been used to increase sleep quality
- 3) May treat anxiety in the future
- 4) Experiments by Holzinger, Voss, and Spoormaker study:
 - lucidity's effectiveness in nightmare reduction
 - its effect on sleep quality
 - who has lucid dreams and why

HOLZINGER

LUCID DREAMING AS AN ADDITIVE TO GESTALT THERAPY

Gestalt Therapy - form of psychotherapy

- emphasizes understanding of an individual's gestalt, relation to the world

Procedure

- 1) Two groups of twenty- one receives only gestalt therapy, the other both gestalt and lucid therapy
- 2) Participants kept dream diaries and were examined

Results

- 1) Both groups reported fewer nightmares & better sleep
- 2) Those with lucid dreams recovered more rapidly

Voss

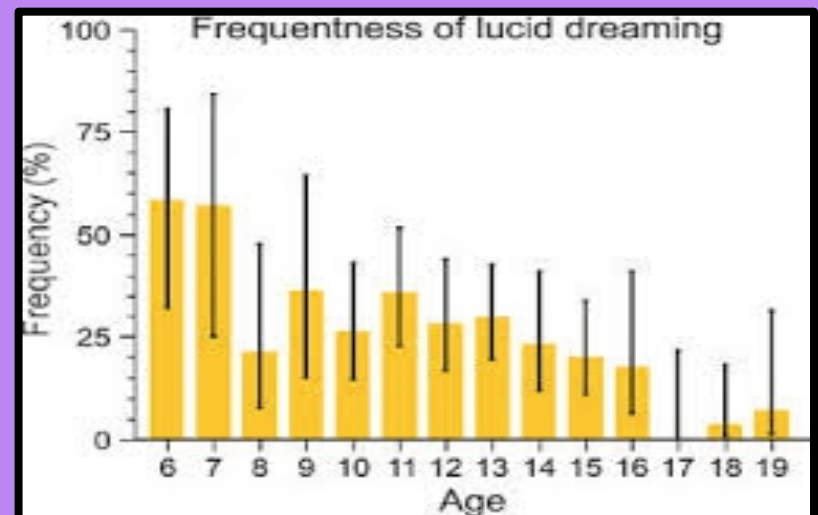
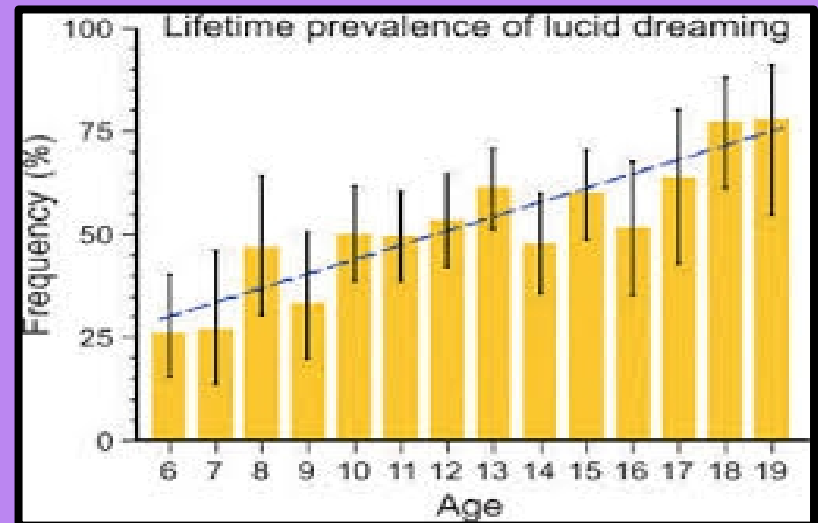
LUCID DREAMING IN CHILDREN

Procedure

- Six-hundred and ninety four children between 6-19
- examined the number of natural lucid dreams each had

Results

- 1) Lucid dream ability decreases with age
- 2) Children that could lucid dream used awareness to overcome emotion
- 3) Those attending higher level school were more likely to lucid dream



SPOORMAKER

CASE & PILOT STUDIES

2003 “Study of Cases”

Observed that lucid dreaming:

- 1) Decreased number of nightmares
- 2) Increased sleep quality
- 3) Was efficient with time

2006 “Pilot Study”

Observed that lucid dreaming:

- 1) Decreased number of nightmares
- 2) Not required for nightmare reduction
- 3) Causation could be dream lucidity, mastery, or exposure

CONCLUSION

Lucid Dreaming:

- promising therapeutic practice
- correlations: age, gamma, education
- requires time & commitment

The Future:

- treating anxiety, fear, sleeping trouble
- providing knowledge on the brain
- recreational use

WORKS CITED

- Bourke, Patrick, and Hannah Shaw. "Spontaneous Lucid Dreaming Frequency and Insight." *Dreaming* 24.2 (2014): 152-9. Print.
- Community Brain Injury Program for Children and Youth in British Columbia. The Brain. Image. Community Brain Injury Program for Children and Youth in British Columbia. *mybrainonline.ca*. Web. 19 July 2015.
- "Gestalt therapy". *Encyclopedia Britannica Online*. Encyclopedia Britannica Inc., 2015. Web. 18 Jul. 2015
- Gunkelman, Jay. Photo of EEG. Photograph. *qEEGsupport.com*. Web. 19 July 2015.
- Holzinger, Brigitte. "Lucid Dreaming- Dreams of Clarity." *Contemporary Hypnosis* 26.4 (2009): 216-24. Print.
- Holzinger, "Studies With Lucid Dreaming as Add-On Therapy to Gestalt therapy." *ACTA Neurologica Scandinavica* 131 (2015): 355-63. Print.
- Hunter, Philip. "To Sleep, Perchance to Live. Sleeping is Vital for Health, cognitive function, memory and long life." *EMBO Reports* 9.11 (2008): 1070-3. Print.
- Payne, Jessica D. "The (Gamma) Power to Control Our Dreams" *Nature Neuroscience* 17.6 (2014): 753-6. Print.
- Spoormaker, Victor I. "Lucid Dreaming Treatment for Nightmares: A Series of Cases." *Dreaming* 13.3 (2003): 181-6. Print.
- Spoormaker, Victor I. "Lucid Dreaming Treatment for Nightmares: A Pilot Study." *Psychotherapy and Psychosomatics* 75.6 (2006): 389-94. Print.
- "Stages of Sleep." *sleepdex.org*. Sleepdex. Web. 19 July 2015.
- Voss, Ursula. "Introduction of Self-Awareness in Dreams Through Frontal Low Current Stimulation of Gamma Activity." *Nature Neuroscience* 17.6 (2014): 810-12. Print.
- Voss, Ursula. "Lucid Dreaming: an Age-Dependent Brain Dissociation." *Journal of Sleep Research* 21.6 (2012): 634-42. Print.