

A photograph of two women sitting on a light-colored couch, engaged in a conversation. The woman on the left has curly hair and is wearing a colorful plaid shirt over a white t-shirt. The woman on the right has straight hair and is wearing a black and white plaid shirt. They are both smiling and looking at each other. A semi-transparent orange banner is overlaid across the middle of the image, containing text and a search icon.

**Ethics of Dream Sharing?**



**7 tips  
for a conscious  
dream conversation**





# IASD Ethics and Confidentiality Statement

IASD provides a Dreamwork Ethics Statement as a guideline for anyone who wants to discuss dreams responsibly.

Developed in a collective effort by IASD volunteers, it aims to **honor the dream as well as the dreamer**, and is used as the gold standard in dreamwork worldwide.

**Here are 7 key takeaways**







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# Respect the Dreamer's Integrity

Ethical dreamwork helps the dreamer work with his/her own dream images, feelings, and associations, but doesn't tell anyone what their dream means.

The dreamer is the decision maker when it comes to the meaning of their own dream.



**Listen, ask, reflect, and invite the dreamer to draw their own conclusions.**

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2

## Create a Safe Space

The dreamer should be forewarned that unexpected issues or emotions may arise in the course of the dreamwork.

It might start as ‘just a dream’, but may end in an unexpected conversation.



**Even if it’s a short chat, make sure you can’t be overheard or interrupted easily.**

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## Keep the Privacy

Information and mutual agreement about the degree of privacy and confidentiality are essential ingredients in creating a safe atmosphere for dream sharing.



**Assure the dreamer that you will keep what's discussed to yourself, unless they tell you otherwise.**

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## Let the Dreamer Lead

A dreamer's decision to share or discontinue sharing a dream should always be respected and honored.



**Be mindful of body language, hesitations, or a repeated 'I don't know', as signs that this conversation might be at its end.**

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5



## Consider Multiple Options

Every dream may have multiple meanings. There are social, cultural, and transpersonal aspects to dream experience. Different techniques may be reasonably employed to touch these multiple layers of significance.



**Instead of looking for one “true” meaning, help a dreamer explore different associations and ideas.**

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6

## The Limits Of Dreamwork

Be mindful of the limits of the conversation.

Dreamwork outside a clinical setting is not a substitute for psychotherapy, or other professional treatment, and should not be used as such.



**If the conversation requires it, remind the dreamer with empathy that this isn't therapy, and maybe get a nice cup of tea together.**

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A photograph of two women in conversation. The woman on the left has short, light-colored hair and is wearing glasses and a blue t-shirt. She is gesturing with her hands as if speaking. The woman on the right has dark hair and is wearing a light-colored, patterned sweater. They are in an indoor setting with a fan and a plant visible in the background.

7

## Tradition Matters

IASD recognizes and respects that there are many valid and time-honored dreamwork traditions. We invite and welcome the participation of dreamers from all cultures.

A white decorative arrow pointing from the left towards the text.

There are social, cultural, and transpersonal aspects to a dream experience.



**Invite the dreamer to educate you on their views on dreams.**

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# Learn More About Dreamwork Ethics

Read the full ethics statement on [asdreams.org/ethics-and-confidentiality](https://asdreams.org/ethics-and-confidentiality)

Want to delve deeper into dreamwork ethics and other dream related topics?

Check out our YouTube channel

<https://youtube.com/@iasdreams>



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