

Researching Children's Dreams

Call for Participants
Does your child have vivid
or unusual dreams?



Your child is being invited to participate in a research study that will examine how children ages 6-12 make meaning from dreams or nightmares that are remembered because of their vividness or unusual content. Children who participate will take part in a scheduled, 45-60 minute interview at a convenient location (school, home, place of worship, CHAC, ITP) where they will have the opportunity to tell their dream to the researcher, create a picture of their dream images, and answer two short questionnaires which are worded for children about their spiritual awareness, practices and beliefs. All information will be treated confidentially.

Information from this study may assist parents, teachers, psychologists, and others who work with children to listen to children's dreams in a new way to provide support for the content and meaning, and to encourage their spiritual growth. If requested, a short summary of the research results will be may available to participant's parents.

The researcher, Cindy Sauln, is a fourth year doctoral student in Clinical Psychology at the Institute of Transpersonal Psychology in Palo Alto, CA. Her clinical experience is working with adults, children and their families in community mental health and school settings; she is currently an intern at Community Health Awareness Council (CHAC) in Mountain View. Cindy is a certified dreamwork facilitator, and is a member of the American Psychological Association, Spiritual Directors International, the Association for Children's Spirituality, the International Association for the Study of Dreams, and the International Expressive Arts Therapy Association. Her special interests include incorporating expressive arts and spirituality in therapy, and exploring the varying ways people of all ages make meaning of their dreams.

For more information about this research, and to review parental consent forms, please contact Cindy at cssc@sauln.com, or call her at 650-714-2599.