

ABSTRACT SUBMISSION
'WORLD DREAMING' 6TH CONGRESS FOR PSYCHOTHERAPY 2011

“Dreaming, Art and Spirituality”

Dreaming has been a significant medium throughout human history as a path to understanding self and of 'communicating with the Gods'. The interpretation of dreams in psychotherapy has also been a mechanism through which individuals can achieve connectedness with self and the universe.

'The Dreamtime' of Indigenous Australians tells of the journeys and actions of the ancestral beings. Ongoing connection with these ancestral beings through ritual, song, dance in ceremony and daily life is integral to traditional Aboriginal life and culture to the present time. In recent decades these stories transposed onto modern art mediums have provided visual expression of this ancient knowledge and opportunity for the sharing of 'indigenous vision' with non-aboriginal Australia.

Using the art of the people of north-eastern Central Australia the author will share reflections about aboriginal culture, beliefs and their connectedness with the environment and the universe. A Powerpoint slide show of the Utopia people and their art from the early 1990's will be an integral part of the presentation.

The author will draw on her social work experience in Central Australia during the early 1970's and unique experience of living on a cattle station, co-existing in the country of three tribal groups continuing in traditional tribal life. Ongoing connection with these people was subsequently maintained through promotion of the artwork of the Utopia community in the early 1990's. Her interest in aboriginal affairs and communities continues in her current work.