

**Post Traumatic Stress:
PTS Disorder
to
PTS Growth**

Auburn University
Center for Governmental Services

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**No More Nightmares:
Teaching Your Brain
How to Sleep
Through
All of Your Dreams**

Faculty

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**Dreams Are Part of
Normal Human Functioning**

- There is no such thing as a bad dream
- When disturbing events occur we are supposed to dream about them
- If the disturbing events are ongoing (such as an abusive environment or combat) you will continue to have wild content in your dreams

**Dreams Are Part of
Normal Human Functioning**

- Violent dreams do not create violent behavior – it is the other way around
 - When you have disturbing experiences you are going to have bizarre content and strong emotions in your dreams

Planned Dream Intervention

- The PDI is completely uncensored
- The PDI that will work may not necessarily be the first thing you think of
- Emotional Volume (EV)
- Dreams of real life events

Planned Dream Intervention

- Don't go too far back or too far forward
 - The PDI kick-starts you back into the dream where you woke up
- If you don't remember dream content
 - If you notice emotions or physical sensations
- Practice . . . Practice . . . Practice

PDI Is an Original Theory

- PDI does not involve multiple sessions and does not require listening to tapes or doing a lot of writing homework
- You do not repeat using an intervention if it does not work
 - If it doesn't work the first time it isn't the right PDI

PDI Is an Original Theory

- PDI does not create an ending for a dream
 - Dreams do not end, they constantly change under normal circumstances

PDI Is a Skill and Not Therapy

- People can learn it by reading the book and practicing the skill
- The PDI is a mastery experience
 - Going toward vs. running away
- Using the PDI is not violent or disturbing
- A one-session class that can be taught in many different settings

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