



# CARLA BLOWEY

Author

Speaker, Presenter

Dreamwork Facilitator



**Carla Blowey is the author of *Dreaming Kevin: The Path to Healing*.**

The death of her five-year-old son, Kevin, and the nightmare that predicted it, forced her to reexamine her perceptions about death, grief and the afterlife. Dreaming Kevin became a valuable tool for healing and reclaiming her life.

As a Certified Dreamwork Facilitator, she facilitates dream groups and individual dream work using the projective dream work approach; and presents workshops, retreats, and keynotes on bereavement, dreams, and healing.

Carla is a Certified Dreamwork Facilitator through the Marin Institute for Projective Dreamwork with director, Dr. Jeremy Taylor. She is a trained Stephen Minister and a past member of the advisory board for Hospice of the Uncompahgre Valley in Montrose, CO. Carla is a trained facilitator in Attitudinal Healing peer support from the Center for Attitudinal Healing. She is a past member of the International Association for the Study of Dreams. As editor-in-chief and columnist for *Living With Loss™ Magazine: Hope & Healing for the Body, Mind & Spirit* from 2006 to 2009, Carla's columns included *Reflections from the Editor, The Heartlight Connection* and *The Dream Connection*. She also provides content editorial services for articles, essays, memoirs, and manuscripts.

Carla lives and dreams in beautiful southwestern Colorado with her family. Kevin continues to be her spiritual coach, inspiring and guiding Carla on this incredible journey.

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## DREAMS:

### A BLESSING in DISGUISE for HEALING LOSS

Carla Blowey, author of *Dreaming Kevin: The Path To Healing*, shares her inspiring testimony of the healing power of dreams in reconciling the death of her five-year-old son, Kevin. In this program, Carla invites the bereaved to recognize their dreams as a valuable tool for healing. In simple terms, Carla explains that our dreams mirror our grief journeys with symbols, metaphors, and memories, pointing to issues and hidden agendas that block the path to acceptance and reconciliation. Using our intuition and discernment we can interpret our dreams to reveal the guidance and wisdom offered to us. Carla shares excerpts from her book and personal dream journal to illustrate the difference between “dream visits” and “grief dreams”. Participants will learn a basic dream work technique in a small and large group format.

This workshop is most effective as a three-hour program to insure understanding of basic dream work, group exercise and application. Other options and programs specific to groups needs and time limitations are available. Please contact Carla for more information about scheduling and costs. This workshop is beneficial for anyone who is grieving the death of a loved one or working as a support group facilitator, caregiver, grief counselor or therapist with bereaved individuals, parents, families and children.



“Sharing our dreams in the projective format is an opportunity to see our grief journey from a different perspective. When we are willing to see our grief and our dreams differently, we are in a mode of healing—letting go of perceptions that inhibit our emotional and spiritual growth. With each insight, we can examine the diverse issues that complicate living with loss, illuminating the imagery from the inner world to manifest creative solutions in the outer world.”