

Conversations for Connection

Thursday, November 19, 7 pm – 8 pm (MT)

Understanding Your Dreams

Every night we dream, and each dream is potentially packed with information about our life and well-being. Much of the time we find these night images hard to remember and/or impossible to understand. However, knowing a few key aspects of sleep and dreaming helps us access untapped riches in our inner world. Participants can bring a dream image to share or simply listen as we explore the fascinating world of dreams.

Roland Evans is a psychotherapist, writer, and teacher in Boulder, was Adjunct Professor at Naropa, teaching courses on psychology, psychotherapy and systems thinking. In addition to his psychotherapy practice, he provides coaching and consultation to local non-profits through Social Venture Partners.

