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Social Dreaming was discovered in the early 1980s at the Tavistock Institute in London. Its focus is on the dream and not the dreamer. It is done with a set of people who come together to share their dreams. This goes against the accepted belief, even dogma, that the study of dreaming can only be pursued in a one-to-one relationship, where one of the participants is a trained psychoanalyst. The chapters in this book on Social Dreaming indicate the endless possibilities of free association and amplification in social dreaming. Although each writer has conveyed this, there still exist in their texts more detailed connotations and possible meanings of particular dreams. In a sense, their chapters are only beginnings for the reader to expand, as none, is in any sense a complete, final version of the potential meanings of dreams in a particular Social Dreaming Matrix. Examining recalled dreams with many others in a Social Dreaming Matrix leads to the transformation of the thinking embedded in the dreams.

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