



# Imagination, Dreams and Somatic Experiencing

Masterclass with Dr Peter A Levine

2-5 May 2026 | Frankston Arts Centre

FIRST TIME IN AUSTRALIA



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# Imagination, Dreams and Somatic Experiencing®



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**Dates:** 2-5 May 2026

**Times:** 10.00am – 5.00pm

**Location:**

Frankston Arts Centre

27-37 Davey St, Frankston VIC 3199

**Presenter:**



Dr. Peter A. Levine

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[peter-levine-b&w.png](#)

**Event Overview:**

A dream which is not understood  
is like a letter which is not opened

*The Talmud*

Without imagination, we are constrained to constantly relive the past. It is only with imagination that we can envision a future different than the past. A future that brings us nourishment and more positive life experiences. Dreams are what allows access to the collective unconscious and to experience the rich border-realm between sleep and wakefulness.

It seems like everybody has a different theory of dreams. In this class we will explore the possibility that dreams exist on their own merit. Carl Jung observed that most of the neurosis today, along with the feeling of isolation, and fragmentation, arises from the disconnection between the “ego-mind” and the unconscious. He also wrote that the most important question that anyone can ask (is) what myth am I living? Dreams are a royal road to discovering our myths, and living them in our lives. This workshop is not just about understanding our dreams (which can be revealing) but is primarily about bringing the dreams to life in our wakeful imagination. This way we can be enriched by this source of collective wisdom.

Dreams – and active imagination – can be sources of guiding transpersonal experiences, knowledge, and wisdom. By working with dreams, we have the possibility to uncover these profound archetypes and to discover how they direct the forward movement of our lives. Once we become aware of these inner-energetic forces, we have the option to change the direction of our lives.

This first-ever Australian masterclass with Dr Peter Levine is designed especially for Somatic Experiencing® students and graduates. It offers a rare opportunity to expand your clinical lens by exploring how imagination, dreams, and symbolic processes can deepen the effectiveness of SETM work.

### **By attending, you will:**

- Enrich your SETM practice by learning how dream material and active imagination can reveal implicit patterns, themes, and archetypal forces beneath your clients' somatic experience.
- Strengthen your ability to track meaning-making alongside sensation, helping clients integrate the symbolic and the somatic with greater coherence.
- Explore dreams as an expression of the collective unconscious, broadening your understanding of what moves through your clients beyond personal narrative alone.
- Learn how imagination supports forward movement, allowing clients to shift from repeating old survival patterns into envisioning and embodying new possibilities.
- Understand the role of myth and archetype in healing, and how these deeper currents can provide orientation, purpose, and momentum in trauma resolution.
- Develop skills to bring dream imagery into conscious awareness, inviting clients to engage with these images in ways that support regulation, integration, and transformation.

- Gain clarity on the relationship between the ego-mind and the unconscious, and how restoring connection between the two promotes wholeness and reduces fragmentation.

This masterclass goes far beyond dream interpretation. It invites you to work with dreams as living experiences—resources that can animate your clinical work, expand your perceptual field, and support clients in accessing their own inner wisdom.

This is a unique opportunity to learn directly from the founder of SETM, in Australia, in a way that will meaningfully enrich and deepen your work with clients.

## Who should attend:

- Somatic Experiencing® students and graduates

## About your Presenter:

### PETER LEVINE

Peter A Levine, Ph.D., is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma, which he has developed over the past 50 years. He holds a doctorate in Biophysics from UC Berkeley and a doctorate in Psychology. He is the Founder and President of the Ergos Institute of Somatic Education and the Founder and Advisor for Somatic Experiencing International, where his work has been taught to almost 2,000,000 therapists in 55 countries.

He has taught at the University of California, Berkeley; Mills College; Antioch University; the California Institute of Integral Studies; and the Santa Barbara Graduate Institute, The Sigmund Freud University of Medicine in Vienna and the department of psychiatry at the school of medicine in Zurich Switzerland. He has also taught at the Hopi Guidance Center in Second Mesa Arizona. He was a stress consultant for NASA on the early space shuttle mission.

He is the author of [several landmark books](#) on trauma, including *Waking the Tiger, Healing Trauma* (published in over 33 languages); *In an Unspoken Voice, How the Body Releases Trauma and Restores Goodness*; and *Trauma and Memory, Brain and Body in a Search for the Living Past*. And in 2025 published, *An Autobiography of Trauma, A Healing Journey*.

## Price:

\$2200

## Registration:

Register by 16 April 2026

<https://restoringresilience.com.au/event-registration/>

## Online Links:

Restoring Resilience Website

<https://restoringresilience.com.au/imagination-dreams-and-somatic-experiencing/>

Facebook

<https://www.facebook.com/RestoringResilienceAU/>

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<https://www.linkedin.com/company/restoring-resilience/>

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<https://www.instagram.com/restoringresilienceau>

## Contact Details:

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