

# Psychotherapy and the Fate of Dreams in the Digital Age An Introductory Workshop of Dream Tending

La psicoterapia e il destino del sogno nell'era del digitale  
Un seminario introduttivo di Dream Tending

Stephen Aizenstat, Ph.D. and Alia Aizenstat

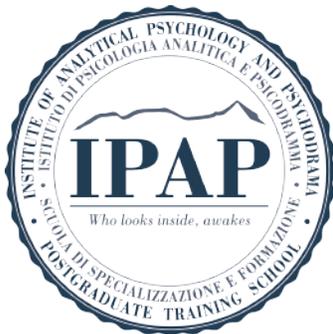
May 19-20, 2018, 9:30 am - 5:30 pm  
"Officina H Olivetti" University District, Ivrea  
Vistaterra Resort - Parella Castle (Italy)

## PACIFICA GRADUATE INSTITUTE IPAP – INSTITUTE OF ANALYTICAL PSYCHOLOGY AND PSYCHODRAMA

A simultaneous translation from English into Italian will be provided  
Con traduzione simultanea dall'inglese all'italiano

We live in a world dependent on the digital code of algorithms. Highly complex systems of cyber technology are replacing human imagination and expression, once rooted in the organicity of the *Anima Mundi*, the 'soul of the world.' Advanced machines, cyborgs, have attained high level capabilities of consciousness (e.g., intelligence, attention, autonomy, and intention). At lightning speed, the future of human experience will be located in a matrix of virtual, augmented, and mixed realities. The fate of the dream, originating in the mystery of psyche, is challenged by the take-over of the programmer's digital code. The workshop will firstly explore the dynamic tension between the innate intelligence of the living dream, rooted in the 'imaginal world' (*Mundus Imaginalis*), and the artificial intelligence of the cyber image, located in the vast 'Network of Technology.' Working with particular approaches from Dream Tending as well as actual tools of computer technology, participants will be invited to 'see-through' into the future of life on our planet and, too, the fate of the dream. In a world increasingly dominated by the influence of machines, where is the peril and where is the promise?

Moreover, the Digital Age has brought to light emerging individual, social, and cultural changes that effect how mental health care practitioners should approach psychotherapy. As techno-humanistic values perpetuate society, the seminar will also explore how online identities have been and can be integrated into the psychotherapeutic process through three primary stages of therapy: diagnosis, assessment, and treatment. Utilizing a hermeneutic methodology, participants will be invited to explore and define content spanning from the digital world; artificial intelligence; virtual, mixed, and augmented realities; what an online identity is; and how online identities develop individually and collectively. Two overarching research findings will be discussed: (1) the blurring of online and offline realities and (2) that online identities have their own social and cultural context. Within these findings, new suggested clinical applications of how to incorporate online identities into diagnosis, assessment, and treatment modalities will be proposed, most notably through the contribution of the 'Virtual Identities Integration Therapy Model.'



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### Information and Registration

Admission fee: EUR 180 / \$ 220

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## Speakers



**STEPHEN AIZENSTAT**, Ph.D. in Clinical Psychology, is the Chancellor and Founding President of the Pacifica Graduate Institute (Santa Barbara, California, USA). He lectures and consults internationally, particularly with global corporations, and is affiliated with the Earth Charter international project through the United Nations. Dr. Aizenstat's book, *Dream Tending* (2009), describes applications of dreamwork in relation to health and healing, nightmares, the World's Dream, relationships, and the creative process. His methodologies extend traditional dream work to the vision of an animated world, where living images in dream are experienced as embodied and originating in the psyche of Nature as well as that of persons. His recent publications include *Imagination & Medicine. The Future of Healing in an Age of Neuroscience* (co-edited with R. Bosnak, 2009), 'Dream Tending and Tending the World,' in *Ecotherapy. Healing with Nature in Mind* (2009), 'Soul-Centered Education: An Interview with Stephen Aizenstat,' in *Reimagining Education. Essays on Reviving the Soul of Learning* (with N. Treadway Galindo, 2009), 'Fragility of the World's Dream,' in *Eranos Yearbook 70* (2009–2010–2011), 'The Dangers and Opportunity of Cyberspace: A New Vision of Global Dreaming,' in *Eranos Yearbook 71* (2012), and 'Mixed Realities: The Fate of the Dream in the Future of a Cyber World,' in *Eranos Yearbook 74* (2017–2018). His major work, *Dream Tending*, appeared also in Italian as *Vegliare il sogno. Teoria e pratica del Dream Tending* (2013). Dr. Aizenstat serves as Advisory Board Member of IPAP – Institute of Analytical Psychology and Psychodrama in Ivrea (Italy).



**ALIA AIZENSTAT** is a Registered Marriage and Family Therapist Trainee at the Santa Barbara Community Counseling Education Center, and Group Facilitator at AHA!, a non-profit organization educating teens on emotional intelligence and social justice. Alia will earn her M.A. degree from Pacifica Graduate Institute in Counseling Psychology with an emphasis in Depth Psychology in May 2018. She is the published author of *Psychotherapy in the Digital Age: The Integration of Online Identities in the Therapeutic Process*, and the founder of Virtual Identities Integration Therapy (VIIT). Alia has trained in EMDR trauma therapy levels one and two with an attachment focus through the Parnell Institute, and in Acceptance Commitment Therapy (ACT) with one of the program founders, Steven Hayes. She is certified in: Leadership Development through Leadership Santa Barbara County; Dream Tending, a depth psychological approach to working with dreams; and is a Registered Yoga Teacher in therapeutic Yin practices and Vinyasa flow. She also holds a B.A. degree from Antioch University in Liberal Studies, where she studied psychology, education, and business.

## Location

In 1933, Adriano Olivetti (1901–1960) took over as general manager of the typewriter factory his father had founded outside of the picturesque Italian town of Ivrea, in the foothills of the Alps. In the next 30 years, the Olivetti company would become a global phenomenon, and Ivrea the focus of ambitious experiments in how to build what he called a more 'human' industrial city. Best known for its stylish, portable typewriters, beloved by writers from John Updike to Cormac McCarthy, its machines were already considered icons of postwar Italian design. From a small provincial town, Ivrea became a major hub of Italian manufacturing, attracting engineers, designers, and factory workers from across the country. Hiring some of the country's leading architects, Olivetti built new neighbourhoods for its workers, carefully planned with abundant green space and small blocks of flats with just three or four storeys. New factory buildings were erected almost entirely of glass, because workers inside 'had to be able to see the mountains, the valleys, where they come from ... and also so that people outside the factory could see what was happening inside,' explains Beniamino de' Liguori Carino, Olivetti's grandson. He described his grandfather's goal as nothing less than finding a way 'to combine and to harmonise man and machine ... to use technology in a human way, because it was really at the service of man.' Olivetti's new factories were designed with in-built space for cafeterias, playgrounds, rooms for debates and film screenings, and libraries with tens of thousands of books and magazines. Outside, an extended network of social services was constructed including nursery schools, Ivrea's first hospital, and mountaintop retreats for workers' children. The Olivetti company then moved into electronics, producing calculators and some of the world's first personal computers. (Notes from *The Guardian*, April 13, 2016. Currently, Ivrea has presented its candidacy for the status of Industrial City of the Twentieth Century in the UNESCO World Heritage List)



## Lodging

The workshop will be held in the gorgeous setting of Vistaterra Resort - Castle of Parella, located at about 8 km from the "Officina H Olivetti" University District of Ivrea, on Saturday, May 19 and Sunday, May 20, 2018, from 9:30 am to 5:30 pm. On Monday, May 21, Dr. Aizenstat will offer individual work sessions on dreams and life issues to interested participants (upon registration). Vistaterra is the new eco-sustainable holiday experience in Piedmont. The seventeenth-century castle has been renovated using innovative sustainable techniques that have permitted recuperation of its original architecture and materials, and enhancement of the artistic heritage from that period, at the same time ensuring modern finishes, technology, and comfort for guests. Vistaterra is an unforgettable, engaging experience, a series of tiny yet great and unique moments of beauty, nature, care, and passion for hospitality. The rooms, classic, deluxe and suites, feature antique details and contemporary design, and are cleverly spread throughout the estate, within in the ancient castle walls, inside luxuriant gardens and courtyards with a feel of yesteryear. Stroll through the Experiential Park, discover the organic vineyard in which our Colleluce wine is born, relax in Caffè Alla Lettera, enjoy the gourmet proposals of our Chef at Ristorante Alessio I, to understand the origins and secrets of quality food and wine. The ideal place to discover excellent food and wine in Piedmont or simply to experience history, culture, art, and human knowledge in harmony with nature. The heart of Vistaterra is a 10-hectare experiential farm park where work is underway to restore to well-deserved splendour the historic Canavesani Nursery Gardens founded by Adriano Olivetti in the fifties. More information available at [www.vistaterra.it](http://www.vistaterra.it). For booking a room, please, contact [info@vistaterra.it](mailto:info@vistaterra.it)



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