

#WithUkrainianJungians

Walking alongside our Ukrainian colleagues and all those facing erasure

---

# Social Dreaming Matrix Groups

мережка сновидінь - 'An Embroidery of Dreams'

Four small groups with experienced convenors, meeting once a month on Zoom from October 2023 to January 2024, covering all time zones. Simultaneous English - Ukrainian translation. No previous experience required.

*"What emerged, also in other presentations, is how essential it is to create small and safe containers where emotions can be expressed, images can emerge, and a deep transformation can occur bringing reflection and feelings back to life."*

Alessandra di Montezemolo reporting back after 75th Anniversary Conference at the C G Jung Institute

*"Will you sit with me for a while, with you in your safe space and me in my dangerous place?"*

In association with **GAP** (Guild of Analytical Psychologists), **WorldlyWise**, **ARAS** (Archive for Research in Archetypal Symbolism) & **Sanctus Media**



# The Groups

**Group A:** Saturday mornings 10:00 - 11:30 (London time)  
Oct 7<sup>th</sup>, Nov 18<sup>th</sup>, Dec 2<sup>nd</sup>, Jan 13<sup>th</sup>  
Maxim Ilyashenko & Olena Brante

**Group B:** Monday mornings 10:00 - 11:30 (London time)  
Oct 2<sup>nd</sup>, Nov 6<sup>th</sup>, Dec 4<sup>th</sup>, Jan 8<sup>th</sup>  
Alessandra de Montezemolo & Elisabetta Pasini

**Group C:** Monday evenings 18:00 - 19:30 (London time)  
Oct 9<sup>th</sup>, Nov 6<sup>th</sup>, Dec 4<sup>th</sup>, Jan 8<sup>th</sup>  
Marilyn Mathew & Maggie Cochrane

**Group D:** Wednesday evenings 18:00 - 19:30 (London time)  
Oct 11<sup>th</sup>, Nov 8<sup>th</sup>, Dec 13<sup>th</sup>, Jan 10<sup>th</sup>  
Carola Mathers & Fiona Palmer Barnes

**Consultant:** Helen Morgan

All groups will meet on Zoom



---

# How to join

**Cost** (to cover paying interpreters):

**£20 per matrix - wealthy countries**

**£10 per matrix - rest of the world & trainees**

**Ukrainian colleagues - free**

All four matrices to be paid in full up front.

Any funds remaining & additional donations will be sent to Ukraine.

**To join a Zoom group:**

please email [WUJ-SDM@citypsychotherapy.org](mailto:WUJ-SDM@citypsychotherapy.org) as soon as possible indicating your preferred groups.

**First come, first served!**



---

# Social Dreaming

## МЕРЕЖКА СНОВИДІНЬ - An Embroidery of Dreams

**Social Dreaming** is based on the assumption that we dream not just for ourselves, but also for the larger world in which we live. This idea has an ancient lineage. Long before Freud and Jung began to study them, dreams and dreaming had great significance to people in societies such as the Australian Aboriginals, Native Americans and African groups as they attempted to understand the meaning of their lives and their experiences of the world they inhabited.

The modern Social Dreaming Matrix was 'discovered' by W. Gordon Lawrence, an organisational consultant at the Tavistock Institute of Human Relations, and has been developed by others throughout the world.

The Social Dreaming Matrix offers a container which can receive the dreams. Those participating in the Matrix associate to and expand (amplify) the images in the dreams. We are seeking to attune to the deeper levels of the unconscious, to discover what is not known to consciousness. There is therefore less ego involvement. It can be a profound encounter with the depths and helpful new perspectives and meanings may emerge.

Please note that you do not need to bring a dream to participate in the Matrix. The Convenors will explain before we start how the Matrix will work. You may remain on mute throughout if you wish.



---

# The #WUJ Social Dreaming Matrix Groups

Last May we held our first ever event with Ann Ulanov as our keynote speaker. As part of the event we convened a large international Social Dreaming Matrix, with six Matrices running simultaneously. It was a powerful experience.

After the Ulanov event, we ran nine Reading Groups to study Ann Ulanov's events. They took place at the time when Russia launched 84 cruise missiles on Ukraine. These, too, were a very powerful experience for everyone who participated. Many dreams were shared and we noticed a progression from traumatic freeze to the symbolic as the weeks progressed.

We are now a year on and so much has had to be suffered by our Ukrainian colleagues. What was helpful at one stage in the war may not be what is needed at a later stage.

Our Ukrainian colleagues have asked us for Social Dreaming Matrix Groups. These will combine two very strong forms of container - the matrices themselves and time with colleagues who are not caught up in the trauma.

It has become obvious during the past few months that what is happening in Ukraine is archetypal and of universal significance. The SDM Groups are intended to be for everyone's benefit. We have tried to incorporate what we have learnt from the large Ulanov Social Dreaming Matrix and from the Reading Groups.

**For these SDM Groups to be effective we need a good turn-out from non- Ukrainian members of the international community. Please join a group.**

The groups will meet once a month for four months. We will then review. Each group will have two Convenors.



---

# On the Day

The Social Dreaming Matrix Group will start with a welcome and description of how we will proceed.

Each Matrix will have two Convenors. The Convenors will remind us of the task of the Matrix. If you would like to, you can turn sideways to the screen or switch off camera. This is to enable us all to enter more deeply into the space. The Convenors will then invite the first dream.

The emphasis will not be on interpreting one another's dreams, sharing personal material or asking questions, as this might disrupt the unconscious process and hinder emergence. During the Matrix we will focus on sharing dreams and our associations to them.

The Convenors will make a note of the dreams - but not whose dream it was, since the dreams belong to the Matrix, rather than the individual. Please be aware that dreams may therefore be discussed outside the Matrix.

The Matrix will last an hour. When it is closed there will be a time for everyone who wishes to do so to share their reflections on what happened in the Matrices. Those who have switched cameras off, might like to switch them back on and join the group discussion.

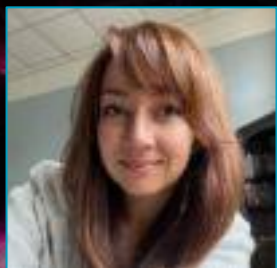
The languages of the Matrix will be English and Ukrainian.



# The Social Dreaming Matrix Convenors



**Maxim Ilyashenko MA** is a Jungian psychotherapist (UKCP, BACP, EAP) in private practice in London, but originally from the Ukraine where he trained as a psychotherapist. He speaks Ukrainian, English, French fluently and defines himself as a multicultural therapist. Maxim has been co-facilitating a monthly Dream Matrix group (*Мережка снів* in Ukrainian meaning *Embroidery of Dreams*) for Ukrainian colleagues since January 2023.



**Olena Brante** is a Jungian analyst who trained with UDG (Ukrainian Development Group.) Born and raised in Ukraine, for the last six years Olena has lived in and worked in Ireland. Olena co-facilitates the monthly Dream Matrix group (*Мережка снів*) for Ukrainian colleagues with Maxim Ilyashenko.



**Alessandra di Montezemolo** is a clinical psychologist and a training analyst at the CG Jung Institute in Zurich. Alessandra is Italian but has lived in seven countries on four different continents and works in four languages. As a multi-cultural psychoanalyst she is particularly interested in building bridges between humanities, social sciences, and the different psychological approaches.



**Elisabetta Pasini** is a Jungian Psychoanalyst accredited with the C.G. Jung Institute for Analytical Psychology in Zurich. Now resident in Milan, she has lived and worked in the UK, USA, Latin America, Switzerland, Spain & Dubai. Elisabetta has recently written *The Unexpected Way: a Social Dreaming Experience at the Time of Covid 19* (t.b.p. by Springer Books, 2023)





**Marilyn Mathew** is a training analyst with BJAA (British Jungian Analytic Association), part of the *bpf* (British Psychotherapy Foundation) who lives & works in Devon, England. Marilyn has a life-long interest in dreams and dreaming. She convenes Social Dreaming Matrices and teaches on aspects of dreaming (the Alchemy of Dreams, Dreams Myths & Fairy Tales, and Dream Series) on a number of UK trainings courses.



**Maggie Cochrane** is a semi-retired Fellow of the *bpf* (British Psychotherapy Foundation) and a training analyst/ supervisor for the BJAA (British Jungian Analytic Association) who lives and works in south London. Maggie has supervised trainees and colleagues in Estonia and has an interest in dreams and social dreaming.



**Dr Carola Mathers**, who lives in south London, retired as a training analyst & supervisor for AJA (the Association of Jungian Analysts) in 2022. Carola has hosted Social Dreaming Matrices in the UK & Europe, and set up online matrices for IAAP & AJA during the pandemic. Recently she initiated regular online dream matrices for the IAAP Analysis and Activism Google group. (Association of Jungian Analysts).



**Fiona Palmer Barnes** is a supervising Jungian analyst with AJA (the Association of Jungian Analysts). Fiona trained in leading Social Dreaming Matrices and now teaches and works in private practice in Bath in the west of England.



**Helen Morgan** is a Fellow of the *bpf* (British Psychotherapy Foundation) and a training analyst & supervisor for the BJAA (British Jungian Analytic Association) within the *bpf*. Helen and Peter Tatham convened the first IAAP Social Dreaming Matrix at a conference in Zurich in 1995 since when she has convened many Matrices in a variety of settings.