



Sleep Monsters and Superheroes: Empowering Children through Creative Dreamplay

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World-renowned contributors across several disciplines reveal how dreams can aid and empower children in daily life.

- Addresses how video games and today's news media can affect children's sleep/dreams and how trauma can trigger PTSD-like nightmares
- Details how children's dreams reflect their emotional and physical development
- Includes vignettes/case studies of children's nightmares from countries around the world, including a heavily war-torn country
- Explains what may trigger nightmares for children and how "monster" dreams can be guided to become "superhero" dreams
- Describes how children can interact with dreams by becoming lucid and by engaging in creative dreamplay

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