


EXPLORING OUR COLLECTIVE SOCIAL UNCONSCIOUS AS A MIRROR OF OUR TIMES

Four Social Dreaming Matrixes for Analysts and Analysts-in-Training.
Events will be held on  **zoom** over four consecutive Saturdays,

DATE: February 21, February 28, March 7, and March 14

TIME: • 11:30 – 13:00 EST • 16:30 – 18:00 London (UK)
• 08:30 – 10:00 PST • 17:30 – 19:00 CET

Last year, NAPsaC hosted four Social Dreaming events in the aftermath of the US elections. The participants asked for a continuation, and our consultants, Maria Pia Conte and Carlos Remotti-Breton, have graciously agreed to lead us in another four matrices with the help of Irene Cappelli.

We will continue to explore how the deepest anxieties about the global rise of self-destructive and destructive impulses affect our collective social unconscious.

Social Dreaming¹ allows participants to explore anxieties and defences without needing to rush to interpret or find solutions, thus fostering negative capability and opening and deepening horizons. We will gather four times. Participants share dreams and associations that talk to each other within the Matrixes, allowing new links and connections and the potential discovery of new thoughts.

The term 'Matrix' distinguishes these meetings from task-oriented groups focused on problem-solving or decision-making. In Social Dreaming, dreams and associations belong to the Matrix and offer a view of the present social unconscious. The focus is not on the dreamers, who remain anonymous, or on the group's psychodynamics, which are not interpreted. Each Matrix will last an hour and will be followed by a half-hour Dream Reflection Dialogue to explore and identify emotions, themes, and thoughts that emerged during the Matrix.

¹ Armstrong, D., 2023. *The practice of social dreaming: Guiding principles* ([see here](#))

CHAIR:



Sue Kolod, Ph.D.

President of the North American Psychoanalytic Confederation. She is a Supervising and Training Analyst at the William Alanson White Institute and a Member-at-Large on the Board of the American Psychoanalytic Association.

HOSTS:



Irene Cappelli

Senior Mechanical Engineer and Ph. Doctor on industrial plants. Trainer on safety and reliability matters. Environmental Health and Safety Officer for Siemens Healthineers companies. Lego Serious Play Facilitator. Social Dreaming Host. Member of Social Dreaming International Network.



Dr Maria Pia Conte

Psychiatrist and Psychoanalyst. Full Member Società Psicoanalitica Italiana. Past President Centro Psicoanalitico di Genova. Guest Member British Psychoanalytical Society. Member of the Violence Committee of IPA. Member of Social Dreaming International Network.



Carlos Remotti-Breton

Psychoanalyst, member of the British Psychoanalytic Association and IPA. Organisational & Group Relations Consultant. Executive Director of OPUS an Organisation Promoting Understanding of Society. Member of Social Dreaming International Network and, since 2020, The London Social Dreaming Hub host.

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For any questions, please contact us by email at napsac.sdm@gmail.com

Note: The Social Dreaming Matrix is not therapy. Participants are responsible for themselves and their own well-being.