Image Credit: Juliet Scott, Efficacy, 2019

TAVISTOCK INSTITUTE SOCIAL DREAMING MATRICES

Discern patterns and wider connections together
Are you curious about what our overnight dreams tell us about the societies we live in?
Come and join an AOMO 2022 dream 'hotpot' to see what bubbles up as we share dreams together.

> **Friday 19th August 8.00 to 9.00 am**
> **Saturday 20th August 8.00 to 9.00 am**
> **Sunday 21st August 9.15 to 10.00am**
> *At the Stanley Theatre*

Social Dreaming Matrices pay attention to the human and emotional parts of human systems. Social dreaming matrices are a way to express and make sense of what is unsaid and beneath-the-surface in an organisational system and can contribute to the becoming of new narratives and perspectives.

What is Social Dreaming?
Common across many cultures is an openness to dreaming as data. Social Dreaming Matrices were the Tavistock Institute of Human Relations contribution to working with dreams. They built on Wilfrid Bion's writing about conditions for thinking in groups; how thought emerges as a collective process from a group's or whole organisational system's unconscious. Through meeting to share and associate to dreams, a group can think together about shared questions and issues. This sense of wider connection through unseen messages and information is now being confirmed through contemporary research. A dreaming matrix has been likened to pot of hot, bubbling porridge where it is possible to discern new thoughts and patterns emerging from the underworld and abstract wholeness of the universe.

Social Dreaming is used in organisational and systems change and in recent years as part of social movements and change - Tent Cities in New York, London and Tel Aviv; online throughout the pandemic; and as part of the Tavistock Institute's opening up of its archive. There is a record of write ups of these matrices here.

How?
The matrices will last 30 to 45 minutes followed by a 15 minute dream reflection dialogue.

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