

# Putting Something in the Middle

## The Star Model

4. Dream is given back to the originator.  
Originator not obliged to "own" interpretations offered by the group.  
Originator has the last word

1. First Person shares their dream  
(*"puts it in the middle"*)

2. Dream is temporarily "owned" by the group  
Group may ask focusing questions & details

3. Each member of Group offers their observations and insights but avoids projecting their meanings:  
*"If this were my Dream....."*  
Originator remains silent

Each point on the star represents a group member

Adapted from psychiatrist Montague Ullman, pioneer of group dreamworking - this process honors the **SAFETY, RESPECT, PRIVACY, AUTHORITY** of each participating member