

Writer, Filmmaker, Publisher

LEN WORLEY

Ph.D. in Counseling Psychology

Dream Studies Researcher

Founder, Evolutionary Dreaming



Bio

Over the last 40 years, Len has worked as a psychologist, marriage and family therapist, Rolfing body worker, and dream researcher and mentor. He obtained his Ph.D. in Counseling Psychology from Florida State University.

He currently spends his time writing books and creating films to inspire and educate about the wisdom available to us in our dreams. He also mentors those who wish to master the skills of dreamwork.

His recent book and film are available at evolutionarydreaming.com.

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Publications

*How to Complete a Nightmare:
Responding Creatively to
Disturbing Dreams*

ISBN: 979-8985291001

214 pages

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Dreaming to Heal PTSD and Moral Injury

This 43-minute film tells the story of an Iraqi war vet whose life was disrupted by chronic nightmares. Thinking that his disturbing dreams were only a replay of the dangers he faced in war, the soldier is confronted with a different understanding when he finally turns and studies his dreams. He finds that the terrifying dreams are an attempt by Nature to help him come to terms with a deeply troubled conscience. The story unfolds in the soldier's words and is interspersed with rich commentary by Dr. Len Worley on how dreams, even the most disturbing, come to heal trauma, not perpetuate it.

“This film was beyond fascinating for me. I’ve never seen trauma explained in the same way. Very effective in delivering a message that is sorely needed among the veterans living with mental health trauma.”

-Joshua DeFour, veteran, director, cinematographer, & editor