

9412 Design and Interaction

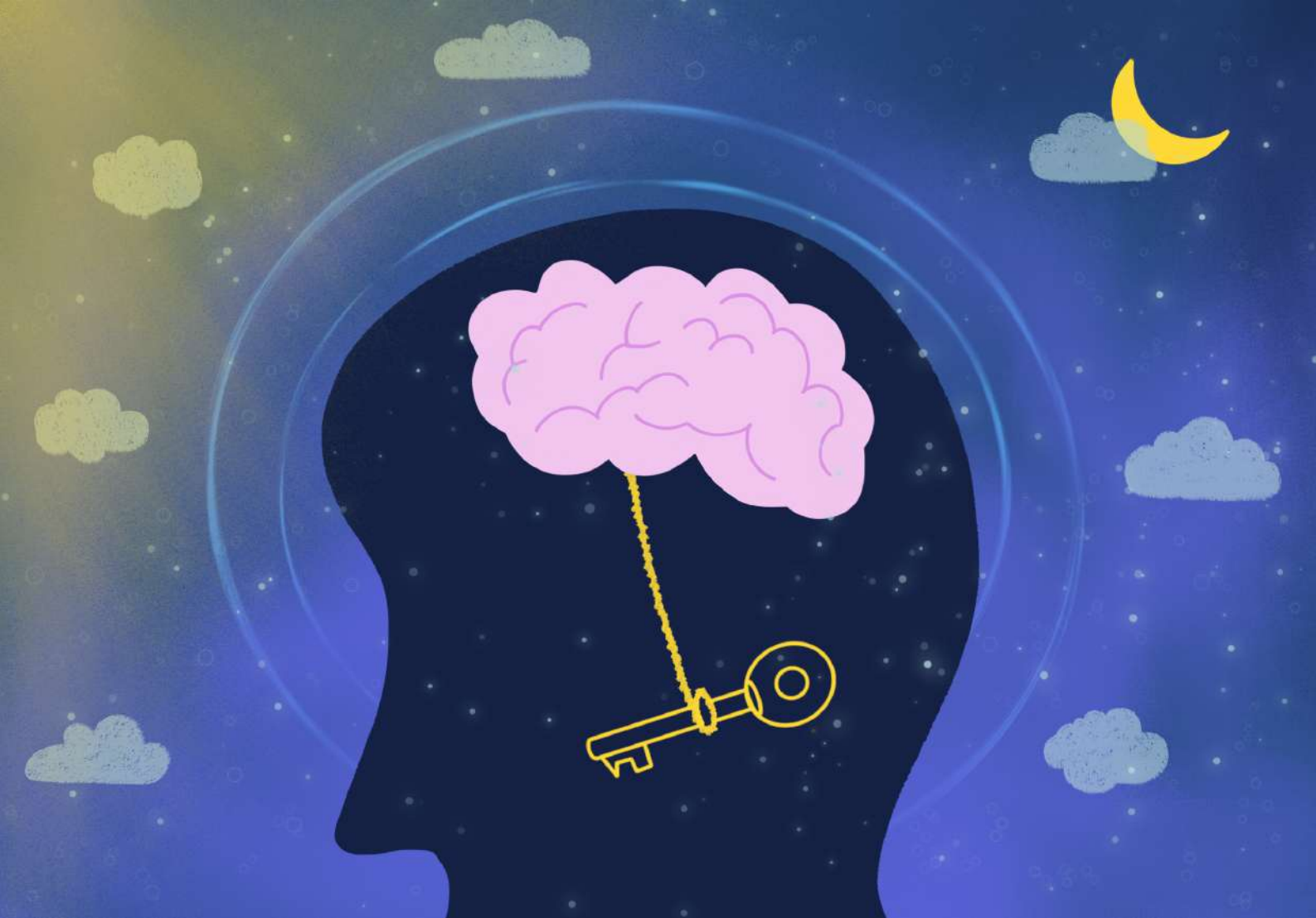
Project 1 Documentation

Ezgi Kayar 33081



# Dream Path

AI-based Dream Therapy App



## Why Do We Dream?

Dreams are believed to be a way for our subconscious to process and integrate various experiences, emotions and thoughts. They allow our mind to work on conflicts, emotions, or problems that may not have been fully addressed in waking life. Dreams often communicate through symbolic language using metaphors, images, and narratives that have deeper meanings. They can provide insight into our subconscious beliefs, desires, fears, and aspirations. Exploring these symbols can offer self-reflection and self-discovery. Dreams have the potential to guide us towards growth, healing, and self-awareness.

Overall, within the framework of this project, exploring dreams is a way to access the symbolic language of the subconscious, gain insight and encourage personal growth. By engaging in a creative and reflective process with dreams, users can embark on a journey of self-discovery of their dreams.

# Dialoguing with Dreams in Existential Art Therapy

Bruce L. Moon

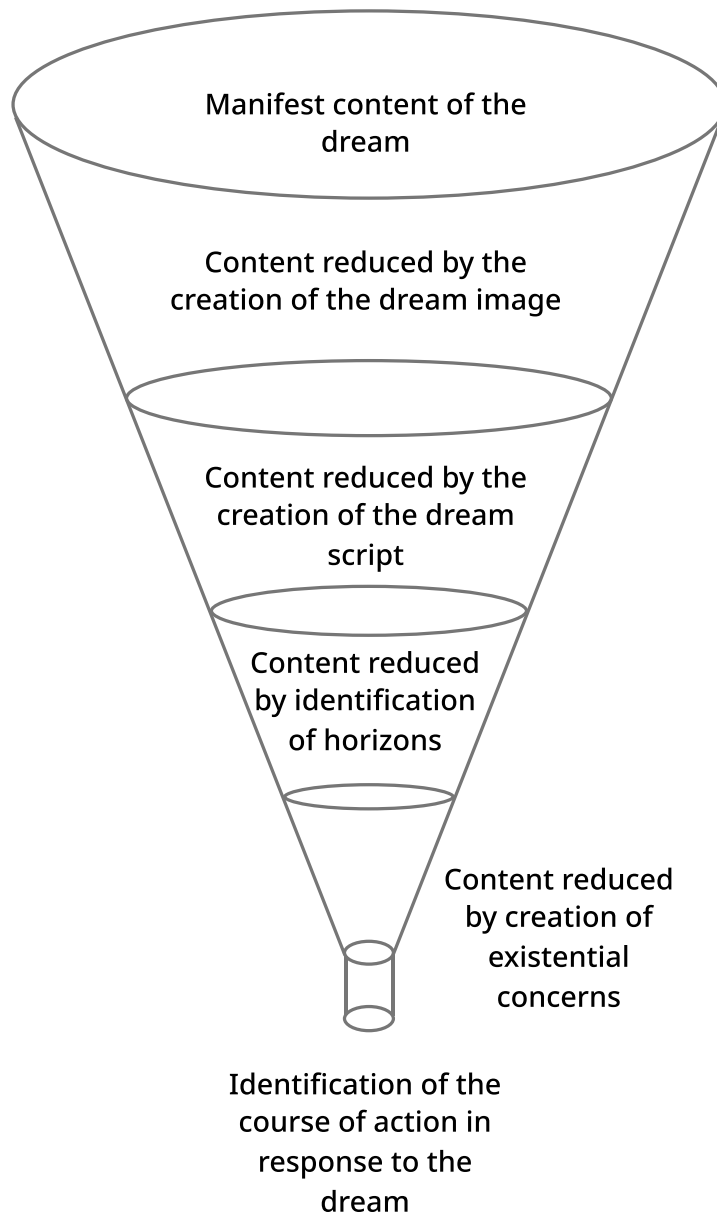
My focus is on exploring and working with dreams using the technique of Dialoguing with Dreams in Existential Art Therapy. This technique includes the steps that I explained below. I examined all the steps and tried to understand the whole process in order to digitize it. It requires the active participation of the dreamer. The therapist's role is to provide guidance, support, and structure to facilitate the dreamer's exploration and understanding of their dreams.



# Dialoguing with Dreams in Existential Art Therapy

## Process - Funnel Sieve

The dreamer filters through a gradual distillation process, where they extract the essential elements, meanings, and insights from the dream until they arrive at a concise summary statement of existential concern and a course of action. The process is depicted below by Bruce L. Moon in the Dialoguing with Dreams in Existential Art Therapy. In conclusion, the content of the dream is reduced by the dreamer at each step.



# Digital AI-based of the Process

I have summarized below what I took into account while digitalizing this process and what should be included in the application. Considering some important points in practice, I aimed to create a user-friendly and effective digital platform that facilitates the process of Dialoguing with Dreams in Existential Art Therapy and increases user interaction.

| Dream image is created by artificial intelligence within dreamer's explanations.

| Since the dream image is placed between the art therapist and the dreamer, it is important to ensure that the dreamer continues the process without interrupting the communication with the dream image.

| The process involves repeating and listening parts between the art therapist and the dreamer, my aim was to digitize these communication parts in a friendly and intimate manner.

| Dreamers express themselves in writing in many steps of the process, it is important to ensure that dreamer type and follow easily.

| Guidance describing the steps should have clear and friendly language so that the dreamers feels that they are moving in a natural flow.

| Creating common language for the communication (buttons, text fields) with the dreamer is important to follow the steps easily.

# OBJECTIVES

## Self-exploration

It is aimed to help people to explore their dreams and delve into the depths of their subconscious mind. By engaging with their dreams, users can gain insights into their thoughts, emotions, and desires, leading to a deeper understanding of themselves.

## Integration of dreams into daily life

It is aimed to assist people in integrating the messages from their dreams into their waking life. By understanding the symbols and insights revealed in their dreams, people can make positive changes, gain clarity, and apply the knowledge gained from their dreams to their daily experiences.

## Personal Growth

It is aimed to empower people to connect with their inner selves, unlock their creativity, and take an active role in their personal growth and well-being. By reflecting on their dreams and engaging, people can resolve inner conflicts and embark on a path of self-discovery and transformation.

## Accessibility

It is aimed to make the process of Dialoguing with Dreams in Existential Art Therapy more accessible to a wider audience. By digitizing the process, people can engage with their dreams anytime, anywhere, using their mobile devices.

# USER INTERFACES

The explanation provides users with essential information about the app's foundation. Since the app is based on the article *Dialoguing with Dreams in Existential Art Therapy* by Bruce Moon, it is important to ensure that users understand its principles and essence. In this way, we establish transparency and build trust with users.

Once users have a clear understanding of the process, they can align their expectations. Users will be aware that the Dream Path serves as a guide rather than providing direct interpretations or making decisions on their behalf.

## Dream Path

Discover a fascinating journey of self-exploration through the Existential Art Therapy. Dream Path is based on the article *Dialoguing with Dreams in Existential Art Therapy* by Bruce Moon.

Dreams hold hidden messages and symbols that reflect our deepest thoughts, desires, and emotions. It combines the power of art and self-reflection to unlock the mysteries of the unconscious mind.

Dream Path is designed to guide you through the process of engaging with your dreams and gaining valuable insights into your inner world.

### Track the steps

The progress bar is used after each step so that the steps could be followed better by the users.

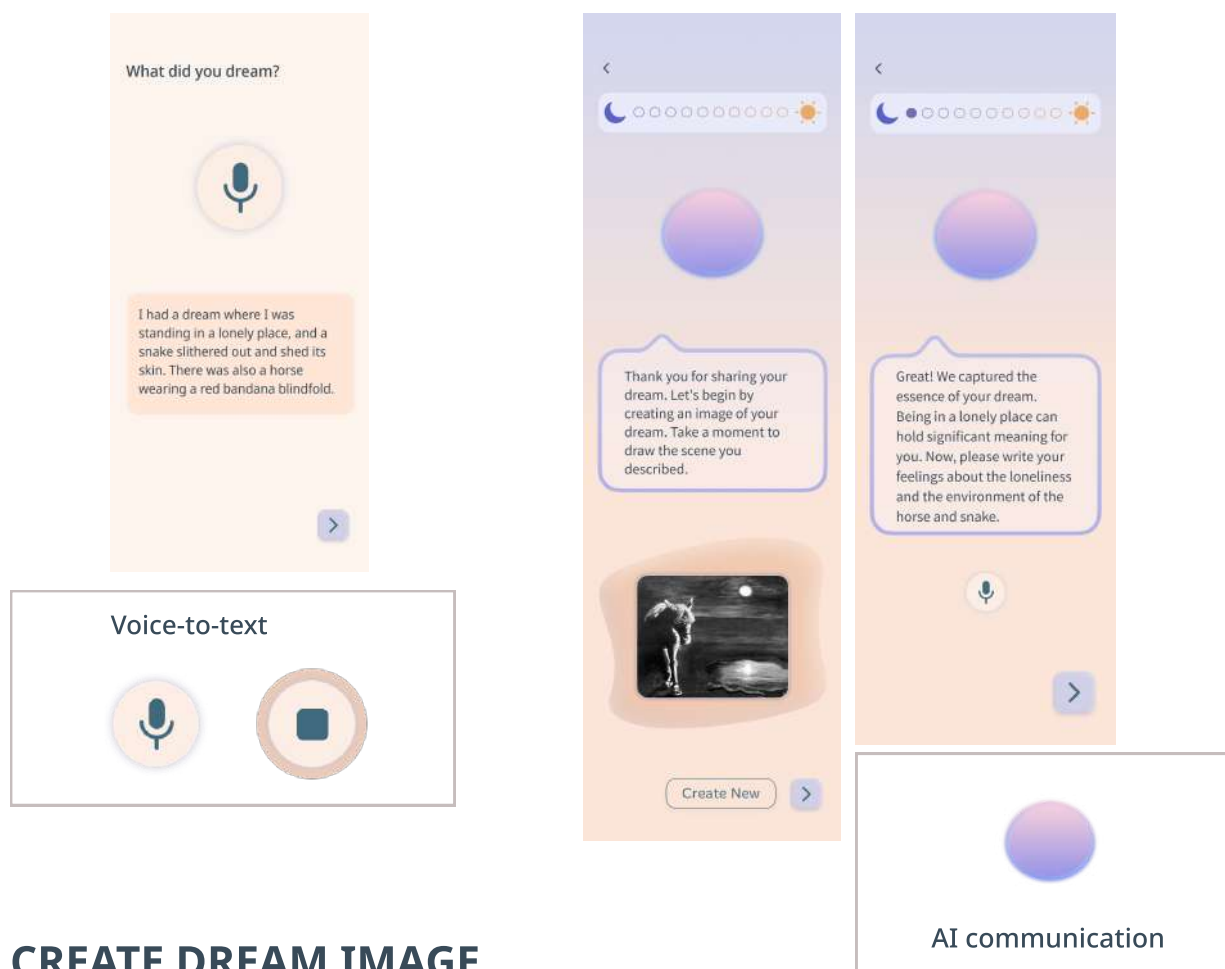


Start exploring the depths of your dreams today!

Let's start!

## WHAT DID YOU DREAM?

In the first step, the question "What did you dream?" is displayed for the user to share their dream experience. By tapping on the microphone, the app uses voice recognition technology to automatically convert words into text. This functionality provides a convenient and efficient way for users to express their dreams without the need for manual typing. The voice-to-text conversion makes the dream recording process easier and faster. User-friendly icon and voice-to-text conversion enhances the overall user experience. It simplifies the dream-sharing process by making it more engaging.



## CREATE DREAM IMAGE

AI creates a dream image based on the dream explanation and initiates a personalized comment to establish intimacy without directing the user to any specific point. By addressing user's dream experience directly, it encourages users to engage with the dream image and the therapeutic process more actively. AI understands the dream elements to create a visual representation that reflects the essence of the dream. In all journey, dream image helps users connect with their dreams on a deeper level and facilitates interpretation.

Additionally, the user has the option to create a new image if the user desires a different representation or alternative visual interpretations of their dream.



## DREAM SCRIPT

In further step, the user writes their dream script by recording their voice. Again, the user speaks their dream out loud, and the app will convert their spoken words into text, creating the dream script. It enables a smoother and more natural input process.

After the dream script is recorded, the AI prompts the user to read their dream aloud. Reading the dream aloud enhances user's connection to the dream and make it more vivid. It creates the opportunity for the user to experience the dream narrative in a different way and can reveal new insights or associations. The user may pay attention to the dream's details, emotions and symbolism so that they may foster a deeper understanding of their own inner world.

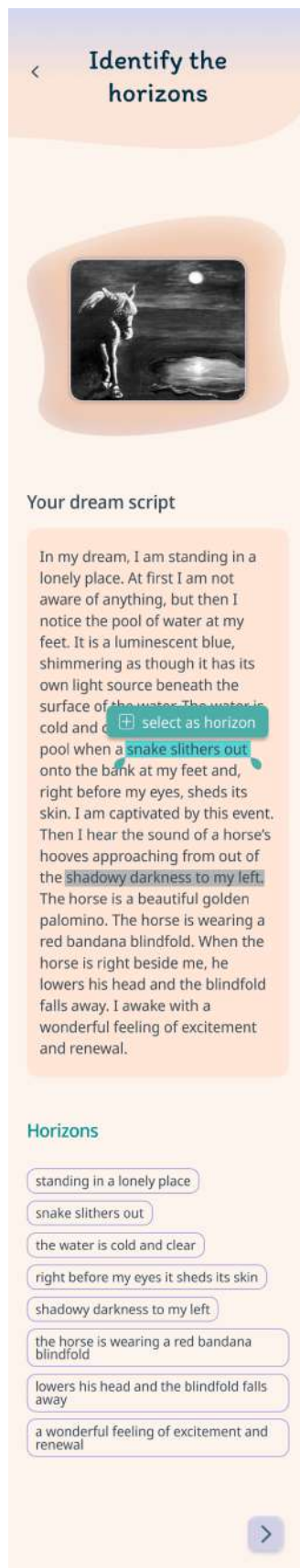
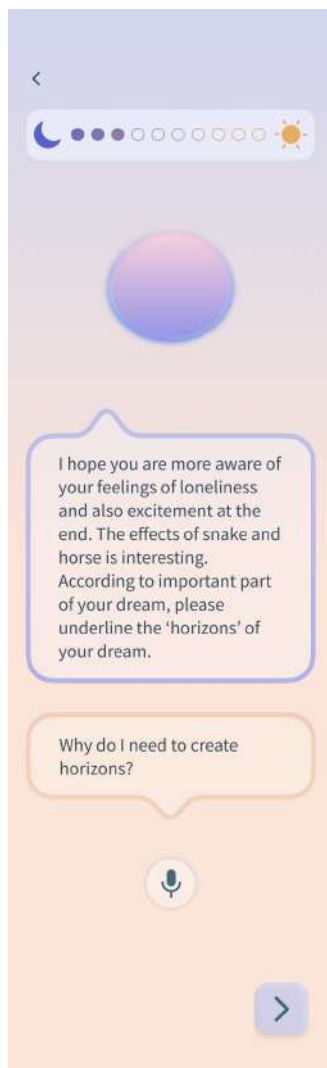


## LISTEN

Listening parts are important in this dialogue. When the user taps the play button, the dream script is played and it creates an auditory experience. The dream image is placed here and provides a focal point for the user to connect while listening to the dream script. Hearing the dream script read aloud by another person's voice creates a different perspective and can evoke additional associations or emotions. Overall, it encourages a holistic approach to dream, considering both verbal and visual aspects.

## IDENTIFY THE HORIZONS

The user is presented with the dream script, and they identify key elements, phrases, or sentences that represent the horizons of the dream. The horizons hold symbolic or significant meaning for users. By selecting and highlighting these elements, the user highlights the important building blocks for further exploration and interpretation. The user narrows down the focus of the dream, which allows them to delve deeper into specific aspects of the dream.



### AI communication

User can communicate with AI in a natural flow. For instance, here user has a question about creating the horizons. It supports a better understanding of the process by the user and ensures that the user does not feel alone.

### Text selection

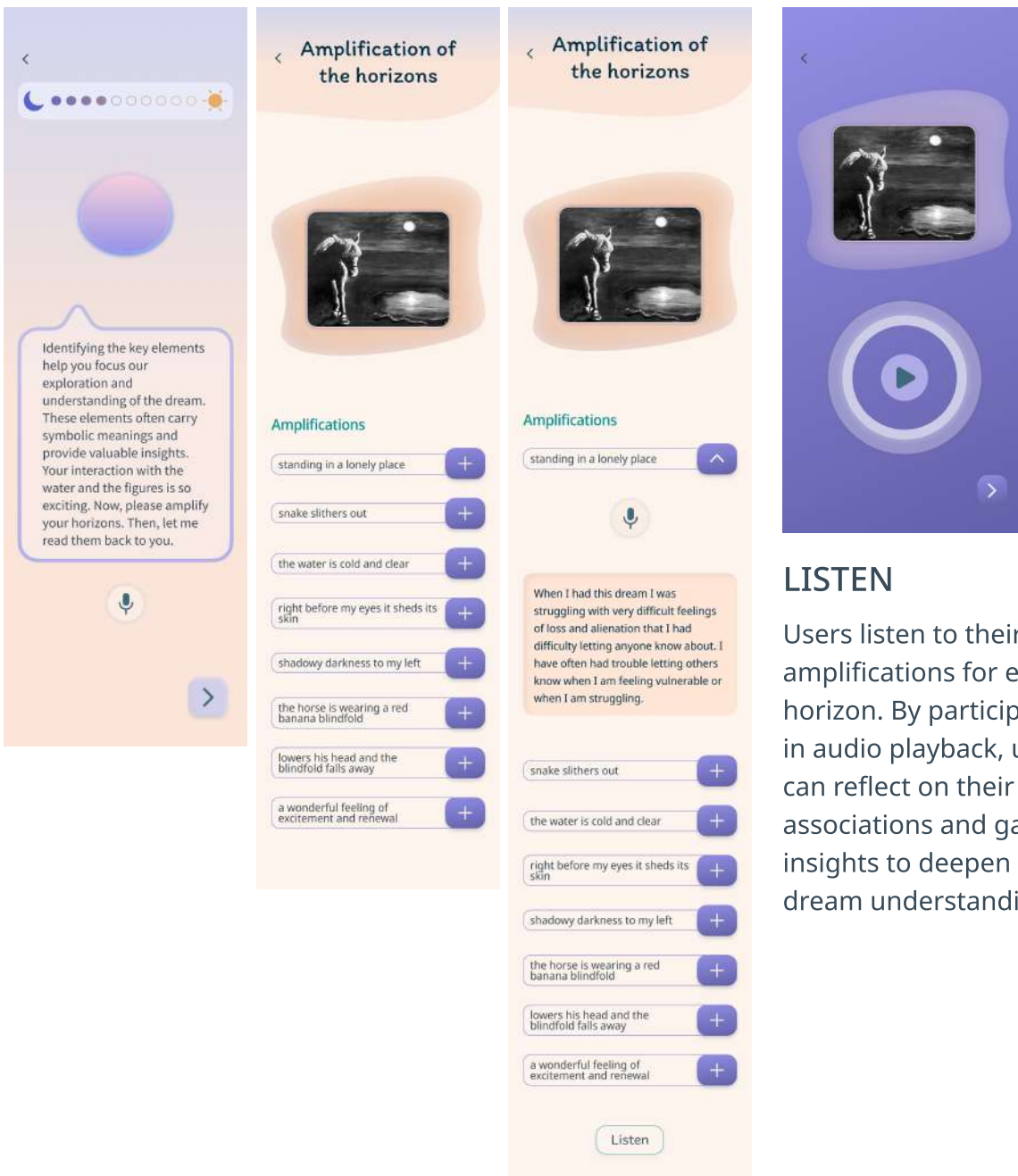
To identify horizons, the user can easily select text from the dream text by highlighting the relevant sections. The app offers a user-friendly text selection feature, allowing users to easily select the specific items they want to focus on.

# AMPLIFICATIONS OF THE HORIZONS

The horizons were identified in the previous step. The user is now given the opportunity to provide amplifications for each horizon. Horizons are presented on the screen and allow the user to easily identify and select the horizon they want to expand by tapping on it.

## Voice-to-text

The user can utilize the microphone to record their amplification for the selected horizon. By tapping the microphone icon, they can speak their thoughts, reflections, or associations related to the specific horizon. They can explore memories, emotions, or experiences that come to mind, deepening their understanding of the dream.



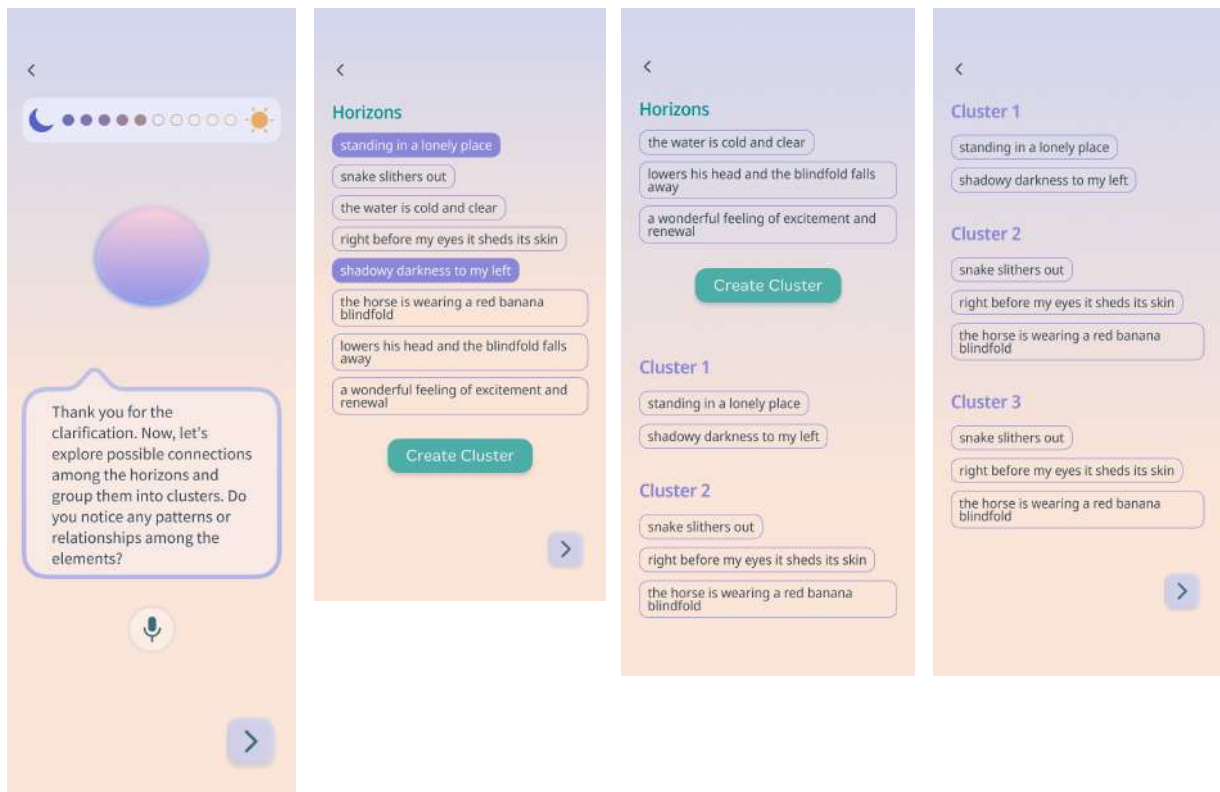
## LISTEN

Users listen to their amplifications for each horizon. By participating in audio playback, users can reflect on their own associations and gain new insights to deepen their dream understanding.

# CLUSTERING THE HORIZONS

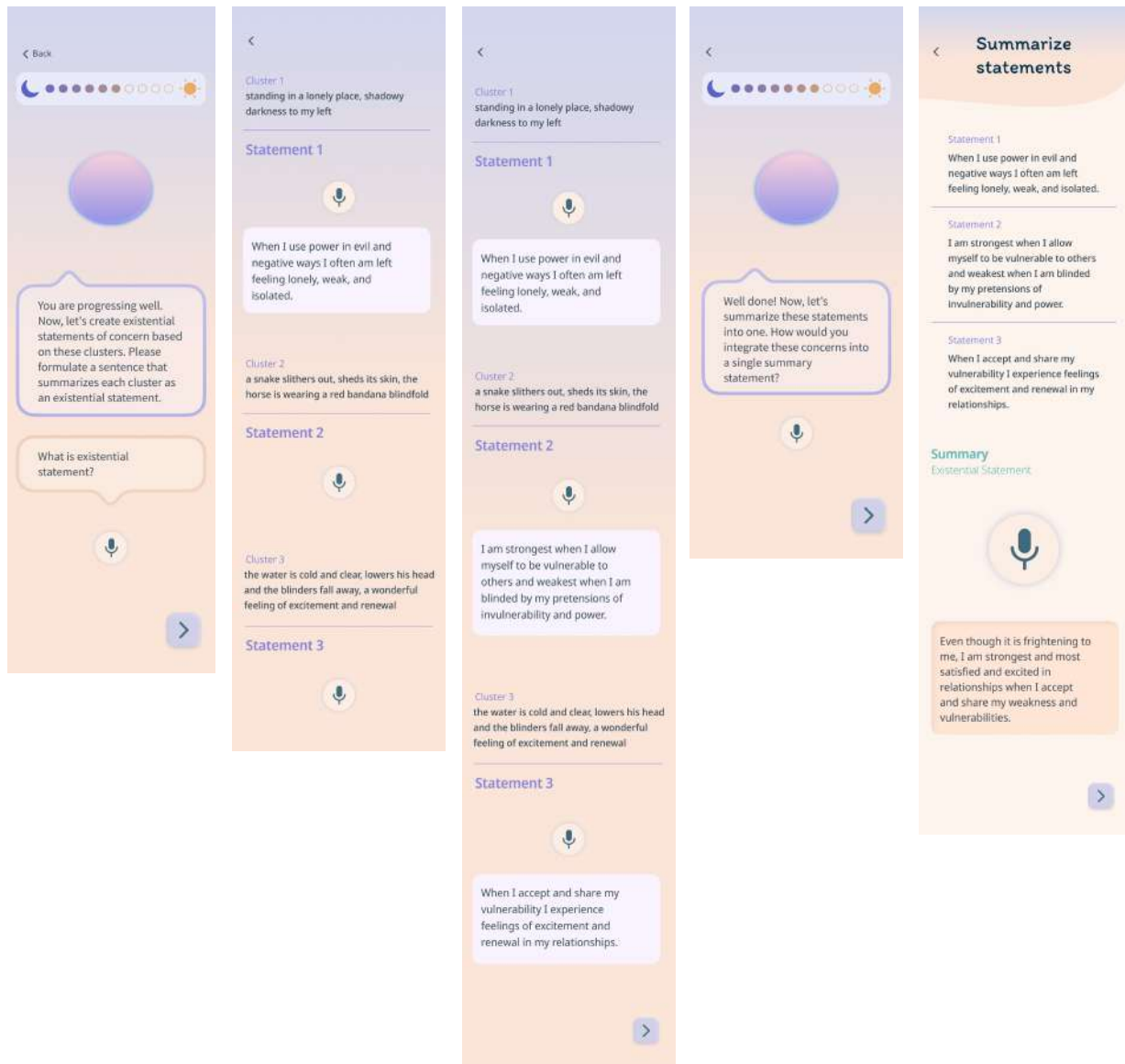
The user groups the horizons into clusters based on their connections or similarities. The user can click or tap on multiple horizons to select them. As the user selects horizons, the selected horizons are visually highlighted to indicate their selection. Once the user has selected one or more horizons, the "Create Cluster" button becomes available. When the user creates a cluster, the selected horizons are moved from the main horizon section to the cluster section below.

By grouping horizons into clusters, the user is encouraged to consider the relationships and interactions between different elements of the dream. This holistic approach fosters a comprehensive interpretation that goes beyond individual horizons.



## STATEMENTS OF EXISTENTIAL CONCERNS

The user formulates a sentence that captures the central idea or existential concern of each cluster. The statement should convey the underlying theme or insight derived from the horizons within that cluster. Formulating existential statements require the user to distill complex thoughts and emotions into sentences. This process promotes clarity and focus, allowing the user to articulate the core insights from each cluster.

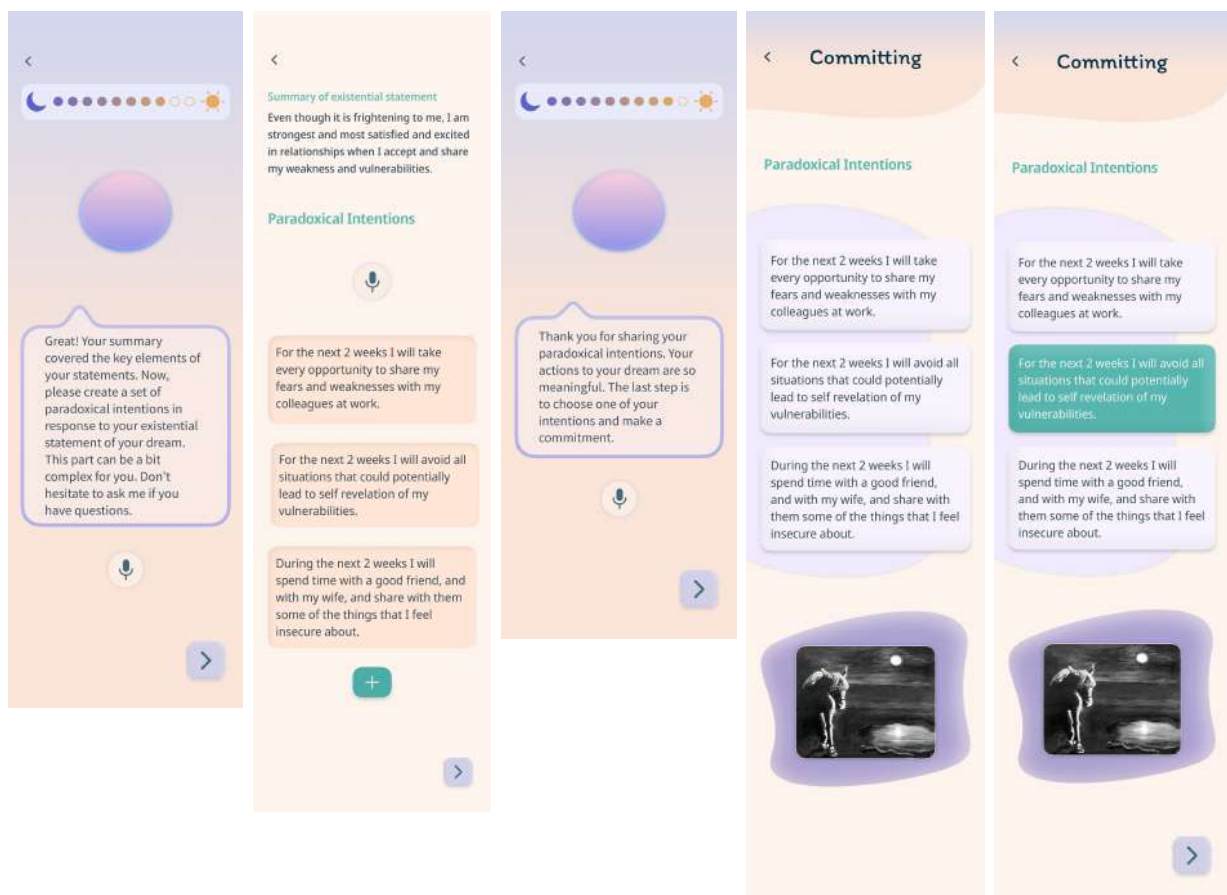


## SUMMARY OF STATEMENTS

Summarizing existential statements encourages the user to meaningful synthesis and interpretation. It deepens their understanding of the existential messages of the dream. The screen design enables users to summarize the individual existential statements into a cohesive summary statement using audio recording.

## DEFINE A COURSE OF ACTION

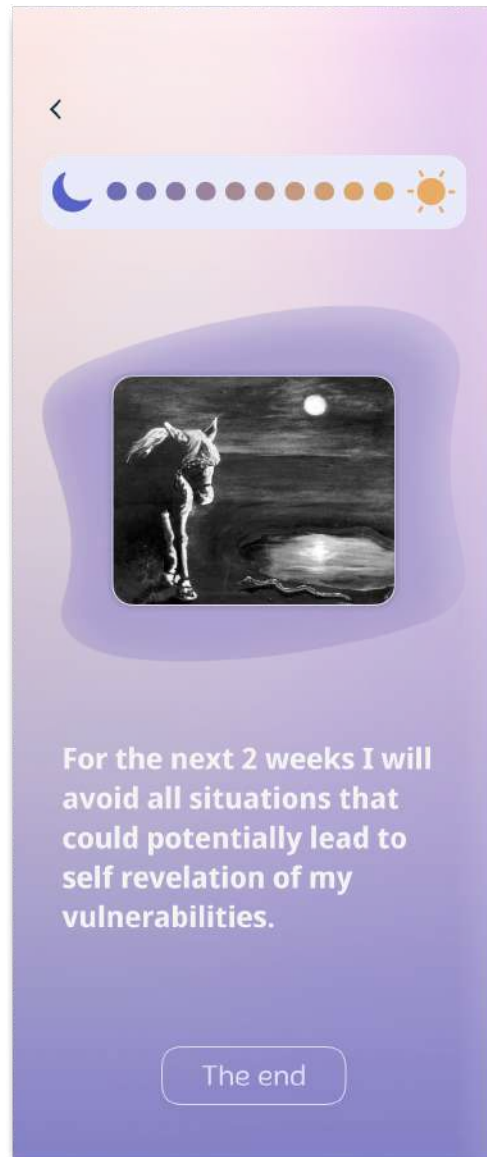
The purpose of this step is to define a course of action that the user can commit to in response to the summary of the existential statement. Paradoxical intentions are personalized according to the user's specific dream and summary of existential expression. They represent concrete actions that the user can take throughout their life to embody the insights and lessons learned from dreams.



## COMMITTING

Once the user has evaluated the paradoxical intentions, they select and commit to one specific intention. This commitment signifies their willingness to actively engage in the chosen action or behavior. By following this commitment, the user has the opportunity to experience personal growth, transformation, and a positive change in their life.

## CONCLUSION



In conclusion, the digitalization of the Dialoguing with Dreams in Existential Art Therapy technique in an innovative and accessible app lets users to explore the depths of their dreams. Dream Path provides a user-friendly interface, voice-to-text functionality, AI-driven interactions, creating a dynamic and personalized experience. Dream Path provides a valuable tool for individuals to delve into the realm of their dreams, gain insights, and take meaningful actions in their life.

## Resources

Moon, B. L. [2007]. Dialoguing with Dreams in Existential Art Therapy. In *Art Therapy: Journal of the American Art Therapy Association* [Vol.24, Issue 3, p. 128].

Moon, B. L. (2009). *Existential art therapy: The canvas mirror*. Charles C. Thomas Publisher, Limited.

Hackett, M. (2020). A systematic review of therapist experience of dream working in contemporary psychotherapy. *International Journal of Dream Research*, 13(2), 182–191.