

PHENOMENOLOGY OF DREAMS IN PHILOSOPHICAL PRACTICE

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Abstract

This paper is about the Dream Phenomenology I use in the sixth spiral fragment of my method: Poetical Ratiovitalism RVP©. My research on dreams is taking place for some years now involving the fifth year students with the option Dream Phenomenology of the Bachelor's Degree in Clinical Psychology at Instituto Superior Dom Afonso III, researchers at University of Lisbon Medical School Laboratory of Dream Studies, Chronobiology and Telemedicine and also the Neurology Department at Faro Distrital Hospital.

During years of philosophical practice and laboratory research I've come to the conclusion that the phenomenological approach to dreams obtains very important information for people's lives. This paper brings some case-studies that show the application of this method.