



Dr. Leslie Ellis

PhD, RCC

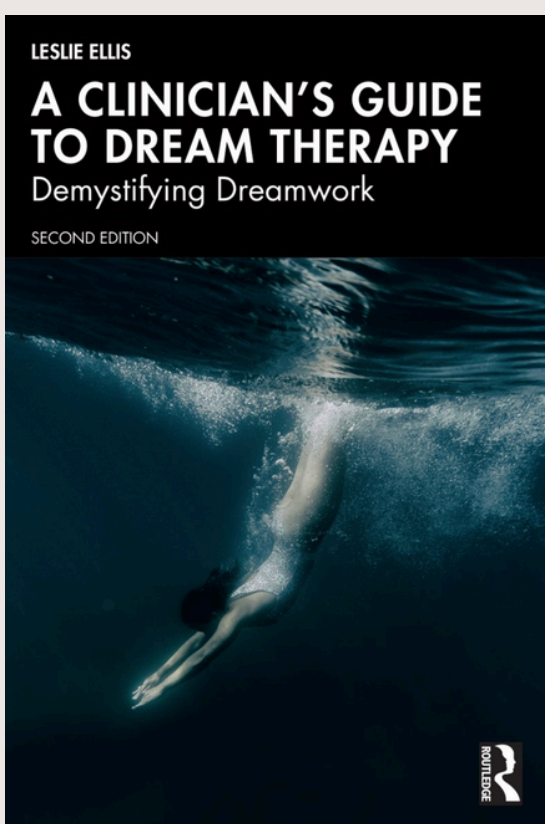
Dr. Leslie Ellis is available for media conversations via podcast, radio, television, print, and digital interviews. She is based in British Columbia, Canada, available for remote interviews on Pacific Time, and is an experienced radio and podcast guest.

Dr. Ellis speaks about dreams, nightmares, sleep, daydreaming, clinical approaches to sleep and dreams, embodiment, and Focusing.

Short Bio

Dr. Leslie Ellis is a psychotherapist, teacher, and author who has spent twenty-five years helping people listen to their dreams. She is the author of *A Clinician's Guide to Dream Therapy: Demystifying Dreamwork*, 2nd edition, published by Routledge in 2025, and is a leading voice in the clinical treatment of nightmares.

She trains therapists worldwide in gentle, body-centered methods rooted in the Focusing-oriented tradition of Eugene Gendlin. Her recent work brings dream science to wider audiences through *Seven Nights*, a guided audio course for insomnia on the DUST sleep and dreaming app, and *Dreams Demystified*, her Substack publication. She began her career as a journalist and lives in British Columbia, Canada.



Featured Book

A Clinician's Guide to Dream Therapy is a research-informed, practical guide to working with dreams and nightmares. Written for therapists, and accessible to anyone curious about what our dreaming minds are doing, the book presents dreams as part of an ongoing process of emotional healing rather than random noise.

Drawing on more than twenty-five years of clinical practice, Dr. Ellis shows how even frightening nightmares can change when met with the right kind of attention. The second edition includes new material on nightmare treatment, updated case stories, and step-by-step experiential tools.

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Interview & Segment Topics

Why nightmares repeat

Recurring nightmares are often treated as something people simply have to endure. Dr. Ellis explains why nightmares repeat, how they may relate to emotional processing and trauma, and what helps them shift.

What dreams are actually doing

Dreams are often dismissed as strange or meaningless. Dr. Ellis speaks about dreams as part of an emotional processing system, helping the mind work with material that may not be fully integrated in waking life.

Sleep paralysis

Sleep paralysis can be frightening, especially when it comes with vivid imagery or a strong sense of presence. Dr. Ellis explains why it happens, why it can feel so real, and what helps reduce fear.

The insomnia paradox

Trying harder to sleep can make sleep more difficult. Dr. Ellis can speak about how effort, vigilance, and fear of the night can keep insomnia going, and how people can develop a gentler relationship with sleep.

Can we influence our dreams?

Targeted dream incubation and sleep technologies are making it possible to influence dream content as we fall asleep. Dr. Ellis can speak about the promise, limits, and ethical questions raised by attempts to shape dreams.

Can AI interpret dreams?

AI can generate dream interpretations quickly, but Dr. Ellis raises a different question: whether the process helps the dreamer connect with the dream's felt meaning. She can speak about what AI may miss, especially embodiment, emotion, and the dreamer's own associations.

What can nightmares tell us about our health?

Recurring nightmares can disturb sleep, intensify fear of the night, and reflect unresolved stress or trauma. Dr. Ellis explains why nightmares matter clinically, how they can change through dreamwork, and why shifts in recurring dreams may offer useful clues about emotional healing.

Available for podcast, radio, television, print, and digital interviews.

Location: British Columbia, Canada

Time zone: Pacific Time

Interview format: Remote interviews available

Additional assets: High-resolution headshots and book cover available on the Press & Media page