

Program of Events

Presenters in Panels and Symposiums are listed in alphabetical order,
not in order of their presentations.

Tuesday – July 8th

1:00-6:00 PM **IASD Board Meeting** Promenade

Noon-7:30 PM **Registration** Mezzanine

Register, pick up badges and registration packets, and sign up for Morning Dream Groups.

6:45-9:00 PM **Opening Celebration** Sherbrooke

6:45 PM **Music by Julia Sadvakassova and Marcel Roscovan**

7:00-7:30 PM **Welcome:** *Conference Host Layne Dalfen with
Program Co-Chairs Laurette Dupuis and Nicole Gratton
Welcome to Montreal for Dream Week - Marcel Tremblay of the Mayor's Office*

7:30-8:30 PM **Opening Celebration: One Night of Sleep: The Art and Science of Dreaming**

Fariba Bogzaran and Daniel Deslauriers

Marking the 25th anniversary of IASD, we open the conference with a multi-media presentation tracing one night of sleep from hypnagogia to hypnopompia (the onset of drowsiness to the state prior to waking). Employing visual and video imagery, and live poetry, this presentation intertwines the work of many IASD members and is led by Fariba Bogzaran, PhD, Founding Director of the Dream Studies Program at John F. Kennedy University and Daniel Deslauriers, PhD, Director of the East-West Psychology Program at the California Institute of Integral Studies.

8:30-Midnight **Opening Reception & Dream Expert Auction** Viau

Instead of the usual auction of items, this year we offer an auction of people. Fourteen of our expert members will spend personal time with the lucky winners. You'll find details on the sponsor pages of the program and in the Dream Expert Auction program in your conference registration bag. This promises to be a fun and lively event.

Wednesday – July 9th

7:30-9:00 AM **Breakfast** Dining Room & Il Giarvino

Breakfast is provided **only** for IASD Conference participants staying at the Hôtel Auberge Universel.

7:30 AM-1:00 PM **Registration** Mezzanine Floor

8:00-9:00 AM Morning Dream Groups

Participants must sign up for dream groups at the Registration desk.

Dream Group 1: Meditation and Superconscious Dreaming Salle 1

Geri Grubbs

Meditation forms the basis of this group that will work experientially with superconscious dreams—divine, archetypal, spiritual—that can arise from a devotional practice. You will be guided through 15 minutes of meditation followed by dream sharing and explorative amplification of the images. No experience with meditation is necessary.

Dream Group 2: Everyday Dreams Salle 2

Art Funkhouser

In this group, we will work on dreams using the approach pioneered by Dr. Montague Ullman and Jeremy Taylor, together with occasional Jungian insights.

Dream Group 3: Developing Intuition in Group Dreamwork Salle 3

Curt Hoffman

We will explore the ways in which intuitive perception can help in group dreamwork, following the Ullman-Taylor technique along with Jungian amplification methods.

Dream Group 4: Dream Group for Newcomers Promenade

Kelly Bulkeley & Jayne White-Lewis

This Jungian-style morning dream group is for newcomers to IASD conferences.

Dream Group 5: Waking Up to Your Dreams Terrasse

Justina Lasley

We will honor the sacred nature of the dream and focus on personal growth and individuation. Group members will view their dreams through group work moving the unconscious to consciousness. Working each day in a different technique, we will explore our dreams with a short individual exercise, as well as an in-depth group experience.

Dream Group 6: Dreaming Postures: A Replication of Felicitas Goodman's Work Coubertin

Nicholas Brink

From her examination of ancient and primitive art, anthropologist Felicitas Goodman identified shamanistic postures that produce dream/trance experiences: Spirit Journeys, Divination, Healing, Shape Shifting, Celebration, Death, and Life Everlasting. We will attempt to replicate some of these experiences.

Dream Group 7: Tapping the Healing Potential of Dreams Olympique

Wendy Pannier & Tallulah Lyons

We will share techniques we use in dream work with cancer patients, which are appropriate for anyone interested in the healing potential of dreams. Participants will experience ways of working with healing imagery and transforming nightmare imagery. You will also learn how to use healing dream imagery by integrating it with meditative techniques.

Groupe de rêve 8: Analyse de rêves avec la technique intuitive

Viau

Paule Boucher

Ce groupe de rêves pratiquera l'analyse intuitive à partir des rêves des participants. Chaque matin, les rêves racontés seront décryptés pour permettre de saisir l'information, le message ou l'encouragement qu'ils contiennent.

Dream Group 9: Healing Collage

Maisonneuve

Sheila Asato

Explore the visual and spatial genius of the dream as it reveals itself through the practice of Healing CollageSM. Each morning, as we allow images to move freely about the paper, we will see how the dream moves through us to create its own unique compositions. This group will focus on working with the dream visually and seeing how the Healing CollageSM process can complement other dreamwork methods.

Dream Group 10: Morning "Theme" Group

Biodôme

Robert P. Gongloff

By encouraging participants to focus on the dream as story, finding the basic message the dream is attempting to convey becomes easy and enjoyable. Participants will be given specific techniques for determining the themes in their dreams and taking positive action in their waking lives to "honor" their dreams.

Yoga-Dynamics

Sherbrooke

Jim Emery

These yoga sessions offer breathing techniques, gentle stretches and guided visualizations. You will be guided through yoga postures called the 'Seven Energy Asanas' and a special yoga practice called the 'Five Tibetan Rites.' No experience in yoga is necessary.

9:00-9:15 AM Coffee Break

Mezzanine & Lower Level

9:00 AM-7:30 PM Dream Art Exhibit

Hochelaga

9:15-10:15 AM Morning Sessions

Interactive Presentation: Dreamwork Leadership: Opening the Boundaries of the Unconscious
Promenade

Justina Lasley

Participants will explore the process of organizing and leading dream groups by working in a dream group and honoring personal dreams in a spiritual manner. We will examine our dreams while learning innovative techniques for dreamwork and leadership. Emphasis will be placed on emotions, personal growth, individuation, and developing community.

Presentation: Dreams and Homeopathy

Terrasse

Christopher Sowton

In homeopathy a *miasm* is a *disease root which is more fundamental than the presenting disease*; and thus prevents or blocks the improvement of the patient's condition, even when all the right healing factors seem to be in place. People who are caught in the influence of a miasm will have characteristic dream elements of that miasm, which the practitioner can pick out with some training.

Presentation: Biblical Dreams and their Relevance for our Nightly Dreams

Olympique
CE

Rev. Bob Haden

This presentation will be a survey and working of Biblical dreams weaving together interpretation, background, meaning and how each dream illustrates a particular insight into working our own dreams. There will be correlation with contemporary dreams as well as methods to work certain dreams.

Special Event: Dreams and Lucid Art of Remedios Varo

Coubertin

Fariba Bogzaran

The paintings of the Spanish surrealist Remedios Varo remain among the most enigmatic in their alchemical dream imagery. This presentation examines her paintings in relation to different types of dreams and discusses her last archetypal dream through innovative experimental research involving twelve internationally known dream experts. Weaving themes of dream with biography, the dream offers an existential dilemma for any creative artist, inventor and visionary.

Presentation: Political Psychology and Dreaming: A Study of American Conservative and Liberals

Sherbrooke

CE

Kelly Bulkeley

This presentation reports the findings of a two-pronged empirical study of the sleep and dream patterns of political conservatives and liberals in the USA. The findings indicate that conservatives tend to sleep better than liberals, with less dream recall and more mundane dream content, while liberals suffer more sleep problems and remember more dreams with a wider range of imagined possibility.

Invitation spéciale: Rêves et créativité

Viau

Présentation: *Nicole Gratton*

Patricia Garfield

Le Dr. Garfield démontre comment des rêveurs célèbres ont transformé leurs cauchemars ou leurs rêves exceptionnels en œuvre artistique. Elle présente, étape par étape, la méthode utilisée par ces grands rêveurs pour favoriser des transformations.

10:15-10:30 AM Transition

10:30 AM-12:30 PM Late Morning Sessions

Atelier: Comprendre les images sexuelles dans les rêves

Salle 1&2

Christiane Riedel

Dans cet atelier nous expliquerons les sens fréquents des scénarios sexuels des rêves. Ces images, épanouissantes ou choquantes, nous révèlent comment nous vivons en accord ou en conflit avec notre être authentique. En prendre conscience induit un processus de transformation spirituelle, qui permet l'harmonisation des contraires en nous, et vient libérer nos forces créatrices.

Workshop: Solution-oriented Dream Decoding: Therapeutic Dreaming

Promenade

Layne Dalfen

Dreams Without Borders is true. If we know how to tap into the resource of our dreams, anyone, no matter where you are in the world, or where you come from, can gain insight into relationships, work, family and life. This workshop offers tools needed to decode and understand not only why we have certain dreams on a particular night, but more importantly, how that knowledge can enrich our lives.

Symposium: The Influenced Dream: Precognitive Dreams, The Moon and the Mind Terrasse

A Review of Precognitive Dream Studies Conducted Over 17 Years: Comments and Observations

Cynthia Pearson (Chair)

Inspired by Marcia Emery's "Programming the Precognitive Dream [1989]" Cynthia Pearson began precognitive dream studies in 1991. In this presentation, she reviews what she has learned from over ten events in which participants were invited to program precognitive dreams, including the Psiber Dreaming Conference's Precognitive Dream Contests.

Prophetic Dreams for Our World in Transformation

Susan E. Mehrtens

A 24-year history of prophetic dreaming is described, followed by a detailed examination of specific dreams that bear on our current global situation and offer guidance and hope for how we might best navigate the challenging currents of change that lie ahead.

What is the Effect of the Moon on Our Dreams?

Laurel Clark

In 2007, the Global Lucid Dreaming Experiment researched what happens when people around the globe intentionally dream at the same time. The January/February 2008 study explores the effect of the new moon, full moon, and lunar eclipse on dreams.

Night and Daytime Dreams of Those with Schizophrenia and Psychosis

Sheila Benjamin

We call people crazy who experience their dream state while awake. These images called hallucinations can be interpreted as a dream. Understanding dreams is a valuable tool for understanding those who have schizophrenia or psychosis.

Symposium: Dreaming While Awake

Coubertin

CE

J.F. Pagel (Chair), Ernest Hartmann, Ross Levin, Miloslava Kozmova

The waking states of creative associative thought, meditation, and daydreaming share many characteristics with dreaming. Some of the variables known to affect sleep and its association with dreaming also affect the dreamlike states of waking.

Research Symposium: New Methods in Dream Research

Olympique
CE

Classifying Dream Anomalies: The 'Style' of Dream Narratives

Don Kuiken (Chair), Co-Authors: Laura Byrtus, Connie Svob, Ming-Ni Lee

We report the results of a preliminary study in which numerically aided phenomenological methods are used to articulate an array of anomalous (or 'bizarre') dream features and then identify classes of dreams that are similar in 'style', i.e., that have similar profiles of such anomalies.

Diary Study Investigations of the Retrieval of Dream Memories

Caroline L. Horton, Co-Authors: Martin A. Conway, Chris Moulin

Dream recall is notoriously poor. Specific retrieval processes have rarely been investigated. Two diary studies were conducted to compare dream recall and recognition to autobiographical remembering of waking experiences. Performance was comparable for both retrospective and current dreams, indicating the continuity of a dreaming and waking autobiographical memory system.

Statistical and Design Strategies in Dream Research with Multiple Measurements

Philip King

In research with multiple variables, alpha levels are nearly always erroneously set as if the fact of multiple tests does not matter. But the study-wide probability of Type One error increases with the number of tests. Examples from *Dreaming* are discussed. Fixes in statistical procedure and research strategy are offered.

Symposium: Jungian and Creative Perspectives on Dreaming

Sherbrooke

Developing Awareness of a Personal Mythology through a Dream Education Group

Deborah Hickey (Chair)

Deborah Armstrong Hickey has been conducting dream education groups with students in a community college setting for two years. In this presentation she discusses the group's activities in developing an awareness of a personal mythology, including examples of student art and writing. Deborah will also speak about conducting the DEG for the second year at the urging of students.

"Dreams and Projection" – Crossing the Borders between Us

Walter Berry

What happens to the listener when someone shares a dream? When we project our own 'meaning' onto the dream, it changes us, the dreamer, and the dream itself. Find out in this interactive workshop what happens at that crossover point where projections meet the dream and the dreamer.

Using Active Imagination to Enhance Dreamwork through Dialogue with the Inner Self

Linda Elliott

This presentation will explore Active Imagination, as developed by C.G. Jung and Robert Johnson, to open up dialogue with unconscious, hidden parts of ourselves and engage the inner self as a deep source of creativity, renewal, strength, and wisdom.

Dreams and Hooking (up) Physical and Non-physical Clusters of Variables

Dimitri Halley

The connection of physical and non-physical clusters of variables is proposed in terms of pairs of opposites. When too extreme a compensatory opposite is constellated, dreams are presented which depict the compensation of the rejected opposite in somatic conditions needed in order to regain balance. Dreams demonstrate the connection between psyche and compensatory somatic conditions.

Special Event: Dreaming Without Borders on the World Dreams Peace Bridge

Viau

Jean Campbell (Chair)

Members of the World Dreams Peace Bridge share a mixed-media presentation of their experiences of dreaming across borders. The World Dreams Peace Bridge is a virtual United Nations of dreamers, and the world's longest-lasting group dreaming experiment. As members of the Peace Bridge tell their stories of dreaming across borders and honoring these dreams with action, their stories will be connected with integrating narration from Peace Bridge founder, *Jean Campbell*.

Jeremy Seligson – Seoul, South Korea

Jeremy will read from the *Children's Peace Train* book he created from his original Peace Train dream in 2001. The Peace Train was the first group project of The World Dreams Peace Bridge and has involved children in over thirty countries around the world.

Yvonne Gonzalez-Baez Lujan – Mexico City, Mexico

Yvonne will read from her award-winning book *Historia de Luz*, how a precognitive dream connected with the Peace Bridge in 2002.

Nick Cumbo – Melbourne, Australia

Nick had a lucid dream in 2002 in which he received a message to "Teach the Children." A year later, he was a member of the Peace Bridge and involved in projects with dreams, peace and children. Nick will explore how dreams encouraged him to quit a five-year degree midway and begin a course in primary school education, and his vision of working with dreams and children in the future.

Jean Campbell – Portsmouth, Virginia

Jean tells the story of "Drum, Dance and Dream for Peace," which began with dreams and became a global drumming ceremony in 2007. Drum, Dance and Dream included children from many cultures and a drumming circle at the World Children's Festival on the National Mall in Washington, DC. Funds raised from the events support the Peace Bridge Aid for Traumatized Children Project, sending aid to the children of war-torn Iraq.

The Dance

Lana Nassar – Amman, Jordan/Oakland, California

Lana will present a performance art piece, honoring the series of dreams that led her to singing and dancing. It is the first chapter of her dream of dancing around the world barefoot for peace singing

without words, praying for peace, and celebrating life. Honoring the dream that inspired her to sing, which coincided with her joining the Peace Bridge in 2006.

Valley Reed – Dallas, Texas

Valley was inspired by her then 6-year-old daughter Delaney to compose a dream book for her dream library. She wrote the fairy tale "The Crow and the Phoenix" based on a series of dreams, and was encouraged by Peace Bridge members to turn the story into a dream dance. Valley has performed professionally with the Dallas Ballet, was former Assistant Director of Mahogany Dance Theater, and a Founding Member of "9 Fish Jumping," an improvisational performance dance troupe in Dallas, Texas. "The Crow and the Phoenix" was performed at the IASD Cincinnati Regional Conference in 2002. Now the story continues through dance improvisation, song and music joined by the talented Lana Nasser as Crow, and Valley Reed as Phoenix.

12:30-2:00 PM Lunch Dining Room & Il Giarvino

2:00-4:00 PM Early Afternoon Sessions

Workshop: Dream Portrayal: Discovering Meaning by Playing the Part Salle 1&2

Michael Tappan and Irene Clurman

Dream portrayal creates a community of dreamers who assist each other in discovering the meaning of dreams by enacting particularly resonant, enigmatic or powerful portions of a dream. Using simple props and basic improvisational techniques, participants bring dreams to life. In the process, participants talk to guides, confront objects of fear and emerge with the understanding of the healing power of dreams.

Workshop: Mindful Dreaming: Holding the Tension of Opposites in Dreams and Waking Life
Promenade

CE

David Gordon

Dreams prompt us to resolve and practice mindfulness of the tension between our habitual ego strategies and wiser Self. Five archetypal conflicts create the tension at the core of human suffering and symptoms: The struggle between distraction and solitude, control and surrender, attachment and letting go, judgment and compassion, impatience and embrace of the present moment.

Workshop: Cultural Issues in Understanding and Working with Dreams Terrasse
CE

Alan B. Siegel

Dreams transcend cultural barriers, build rapport in therapy and provide a vehicle for exploring sensitive issues related to acculturation, cultural identity, and discrimination. This workshop, geared to psychotherapists but open to all, will provide clinical practice guidelines for dreamwork with individuals whose cultural, religious, or other beliefs are different than the therapist.

Panel: The Visual Nature of Dreaming: Art, Neuroscience, Color, and the Tarot Coubertin

Dreaming is a highly visual state of consciousness that has challenged, delighted and inspired those in the arts as well as the sciences. In this interdisciplinary panel, four IASD members from diverse backgrounds share how the visual nature of dreaming has informed and enriched their work in the fields of art, neuroscience and therapy.

The Dance of Creativity

Sheila Asato (Chair)

Sheila Asato will show how the visual nature of dreaming has influenced her work as a visual artist. Through dream incubation in particular, Asato is able to gain invaluable visual and spatial insights into the creative process, which then inform, guide and choreograph the movement of her work in the arts.

The Nature of Imagery and Color

Robert Hoss

Robert Hoss presents a unique perspective on the nature of imagery and color in dreams and how they combine to enrich dream images. His talk will reflect on neurological research, Jungian and Gestalt theory, as well as his own research into the occurrence and significance of color in dreams.

The Neuroscience of Seeing

David Kahn

David Kahn will share what neuroscience and brain imaging studies offer to help us understand different ways of “seeing.” He will focus on the neurobiology of seeing with an emphasis on seeing while asleep and dreaming, and compare this with seeing while awake with our eyes closed when we are imagining a scene, and with ordinary vision when awake with our eyes wide open.

Dreams and Tarot – Innovative Approaches to Dream Work and Depth Therapy

Lauren Schneider

Lauren Schneider will show how the rich symbolic imagery of Tarot, Dream Cards, Soul Cards, and other visual tools can help us explore the archetypal and universal nature of dream images, the mechanism of projection and association, and how images connect to meaningful patterns in our waking life.

Research Symposium: Disturbed Dreaming

Olympique
CE

The Occurrence of Unpleasant Dreams after Subanaesthetic Ketamine

Mark Blagrove (Chair), Co-Authors: Celia Morgan, Val Curran, Leslie Bromley, Brigitte Brandner

Ketamine is a widely-used anaesthetic that can produce schizophrenia-like effects. The many studies on it, however, are unclear as to whether it also causes unpleasant dreams. In this placebo-controlled study, low doses of ketamine were found to increase dream unpleasantness over the three nights after it was administered.

The Emotional Content of Dreams

Ann Goelitz

This presentation outlines the results of a study examining the emotional content of dreams. The study’s premise is that trauma survivors’ dreams contain more emotions and more intense emotions than dreams of non-trauma survivors. Two scales were used – Hartmann’s and Hall/Van de Castle’s.

The Threat Simulation Theory in the Light of New Empirical Evidence – A Review

Katja Valli, Co-Author: Antti Revonsuo

In recent years, hypotheses derived from the Threat Simulation Theory have been empirically tested in several studies with dreams collected from various populations. The presentation focuses on

whether the TST can be regarded as a plausible explanation for the function of dreaming in the light of accumulated empirical evidence.

Symposium: Dreams in Italian Poetry, Art and Movies Part One

Sherbrooke

Richard Russo (Chair)

Dreams and Visions in the Frescoes of the Upper Basilica of Assisi

Umberto Barcaro

The major events in the life of St. Francis, taken from St. Bonaventure's "Legenda Maior," are represented in 28 frescoes in the Upper Basilica of Assisi. Some of these frescoes show visions and dreams. The content and the artistic representation of these dreams provide insight into Italian culture and society at the end of the 13th Century.

The Dreamscape of Giorgio de Chirico

Fariba Bogzaran

Giorgio de Chirico (Greek-Italian, 1888-1935) is one of the most well-known painters of the 20th century. The first artist to be published in *La révolution surréaliste*, his early metaphysical paintings (1911-1919) became the main subject of study and influence for the surrealist writers and painters. This presentation discusses the symbolic narrative of these early enigmatic dreamscapes in relation to de Chirico's writings and thoughts on dreams.

Significance of Dreams in Masterpieces

Olaf Gerlach Hansen

Studying dreams in masterpieces may open new insights into the relation between dreams and art, and how dreams can be both used for human development and misused for ideological or other purposes, when inscribed in a text that gets canonical status.

The Idea of Dreaming from the Middle Ages to the Renaissance

Marco Zanasi

The author presents data concerning the interest of Italian culture in dreams, particularly during the period of time immediately preceding the modern era. With references to literature and figurative art, a pathway may be traced, starting from the medieval eclipse, that dreams have followed as a source of inspiration and learning.

Séminaire: Le rêve vu sous différents angles

Viau

Rêves et champ intersubjectif: multiplicité, réciprocité et duplicité

Daniel Deslauriers (présidence)

Il est d'usage courant de définir le sens du rêve du point de vue du rêveur, comme si la quête de sens était exclusivement subjective. Le but de cette présentation est de percer le mythe du subjectif et d'explorer en quoi la signification d'un rêve soulève un champ intersubjectif, mettant en jeu plusieurs acteurs, ouvertement ou implicitement. Nous parlerons ici de participation, active ou passive, et de diverses formes d'intersubjectivité que l'on peut rencontrer selon le genre de contextes qui englobent un travail sérieux sur le rêve.

Le rêve, un des quatre états de l'évolution de la conscience

Laurette Dupuis

La *Mandukya-Upanishad*, un texte sacré de l'Inde ancienne, explique que le mantra « AUM » décrit les quatre états de conscience: l'état de veille, le rêve, le sommeil profond et *turya*, soit la conscience transcendantale. Ce texte enseigne que c'est en progressant d'un état de conscience au suivant que l'on atteint le dernier et cela par la voie de l'introversión. L'exploration de ce sujet s'appuie sur les commentaires d'auteurs dont les études des Upanishads sont hautement respectées ainsi que sur les recherches actuelles menées sur le sommeil, le rêve et la conscience.

Les hommes, les rêves et l'intimité

Julien Blackburn

Pour plusieurs hommes, le contact avec soi, l'écoute du ressenti, des intuitions et des rêves demeurent un monde à apprivoiser, à intégrer, à mettre en lumière. Nous explorerons dans cette communication les enjeux des hommes par rapport à l'intimité. Nous verrons en quoi les rêves peuvent être un moyen important pour développer et favoriser l'intimité avec soi et avec l'autre.

4:00-4:15 PM **Break** Mezzanine & Lower Level

4:15-6:15 PM **Mid-Afternoon Sessions**

Workshop: Metaphors in Motion: Weaving Dance, Dreams and Art Salle 1&2

Rosemary Gosselin and Andrée Kingbury

Dance, movement, and the arts are combined with dreamwork in an effective group model developed by co-facilitators practicing in a rural community. Participants can experience and discuss the model, including group dynamics and the challenges and benefits of professional cross-fertilization. Attendees are invited to participate or observe.

Workshop: Getting Unstuck: Using Dreamwork to Heal Traumatic Memory Promenade
CE

Linda Yael Schiller

All mental health professionals work at one time or another with clients with a history of trauma, be it public or private, acute or chronic. Frequently, the healing process can become stuck, or frozen in time, and our clients lose the ability to move on. Engaging in trauma-specific dreamwork allows the client to access this material in a gentle and careful way that honors the dreamer's internal timetable in the healing process. This workshop will address phase-oriented trauma healing and dreamwork techniques that can aid in recovery in a manner that is gentle and non-re-traumatizing.

Workshop: Creating Artificial Dreams: A Cinematographic Approach to Dreaming Terrasse

J. F. Pagel

The imagery-operative cascade is at least a partial descriptive paradigm of the cognitive process involved in the process of imagery – visual processing occurring without actual perceptual input. This is the reduction of imaginative “seeing” to a brain-based operative cascade. As Picasso stated, “it would be interesting to preserve photographically ... the metamorphosis of a picture. Possibly one might then discover the path followed by the brain in materializing a dream.”

Panel: Tips, Tools, and Techniques for Dream Group Leaders Coubertin
CE

Over the last few decades, dream groups have taken on increasingly sophisticated methods and goals. To keep up with this growth, dream group leaders need to stay informed of new techniques and tools to help maximize the dream group experience for all attendees. Our panelists will bring their widely varied experience to important issues.

A Quick Call for Dynamic Dream Groups

Gary Goodwin (Chair)

How to get people to act on their dream insights using Clara Hill's triple part model of dream work that emphasizes not only dream exploration and insights, but also uses the dream to change perspective and behaviors.

Dreamwork with the Tightly-wound (and Others): On Working with Resistance

Suzanne Carter

Dreamwork is a fantastic path to your own inner wisdom. Along the way, however, there are many opportunities to forget, misplace, avoid, deflect, or block. This paper will highlight perspectives on resistance and tools for working with it (kindly! gently!) in the dreamwork setting.

IASD Dreamwork Ethics and Groups

Carol Dianne Warner

Carol will look at the IASD Dreamwork Ethics Statement, a great tool for dream group leaders. The Statement helps create a supportive, trusting, open space for real dream work to occur. Each portion of the Statement has been crafted to support both the dreamer and the dream worker. Carol, lead writer of the Statement, will present the history of the IASD ethics work and Ethics Committee. She will explain the goals and objectives for each part of the Ethics Statement, and how the Statement is important to all dream group leaders.

How to Work with Emotions and Defenses in Dream Groups

Lesley Zaret

A clinician's perspective looks at dream groups as they are led by helping professionals. Lesley will show how dream groups in therapeutic settings can be highly effective in leading clients to deeper explorations.

Panel: Dreaming About Major Life Issues: Pain, Relationships, Addictions and Breast Cancer

Olympique

CE

Exploring Recovery from Addictions with Dreamwork

T.L. DeCicco and H. Higgins

Content analysis of dreams from people recovering from alcohol and drug addiction will be presented. Discovery via The Storytelling Method was content analyzed and discussed in terms of coping with addictions as a life long issue (T.L DeCicco, H. Higgins, D.B. King, 2008).

An Exploration of the Storytelling Method of Dream Interpretation and the Dreams of Women with Breast Cancer

T.L. DeCicco and A. Smit

The dreams of women with breast cancer were examined and content analyzed, as were the discovery passages via The Storytelling Method. The findings will be presented in terms of dreams and stage of breast cancer. Clinical implications will be discussed in terms of using dream discovery to cope with illness (T.L. DeCicco, A. Smit, E. Scharfe, L. Kerr, 2008).

Examining the Relationships Among Waking Day Physical Pain Assessment and Dream Imagery

C. Moran

An analysis of physical pain measures and the dreams of people suffering from pain will be presented. This work is a continuation of the findings that people suffering from pain dream about animals (DeCicco, 2007; King & DeCicco, 2007) and that people in pain also experience more apprehension/fear in their dreams (DeCicco, 2007). (C. Moran, T.L. DeCicco, D.B. King, 2008)

Exploring Intimate Relationships with Dreamwork

G.S. Navara and, D.B. King

An analysis of dreams centering upon intimate relationships will be presented. Using content analysis and an interpretive phenomenological approach, we discuss ways in which dreamers make meaning of their intimate relationships. (G. Navara, D.B. King, T.L. DeCicco, 2008)

Symposium: Dreams in Italian Poetry, Art and Movies Part Two

Sherbrooke

Dreams in Fellini's 8 ½

Richard Russo (Chair)

Icelandic Dreamer on an Italian Pilgrimage

Björg Bjarnadóttir

Studying dream writing in Icelandic literature old and new reveals interesting links to other European cultures. The rich Italian cultural heritage has a special status in this regard. Throughout the ages, Icelandic writers have sought inspiration and advanced their knowledge and skill by dwelling in Italy. There are lessons to be learned from this cultural exchange and dreams to dream. Dreams and surreal experiences from an Italian pilgrimage have opened gateways to deep insights and new creative efforts among Icelandic writers.

Dreams, Poetry and the Archetypal Imagery of the Divine Comedy

Lisa Madelle Bottomley

Mythical and fantastical imagery is the stuff that dreams are often associated with, much to our dismay. Describing deep internal experiences of insight, pain, longing, joy and growth requires metaphor and odd imagery to convey a complex message. Dante's journey in the *Divine Comedy* describes going down into a weird archetypal world of imagery akin to a dream. Dante's allegory evokes the same type of imagery and insight as that of profound dreams, and illustrates a dream-like landscape.

Aspects of Dreams in Italian Popular Movies

Pietro Rizzi

Two features characterize dreams in Italian popular comic or satirical movies. These dreams often represent the realization of a big wish—food, sex, money—as a sort of funny version of Freudian theory. In other movies, dreams are seen as bridges between the dreamer and his/her dead parents, who appear in order to prevent dangers, or to communicate how to win at lottery.

Fellini's Semi-Divine Comedies

Bernard Welt

Almost all Federico Fellini's films may be considered "dream-like," but in *8 1/2*, *Juliet of the Spirits* (*Giulietta degli spiriti*), and *City of Women* (*La Città delle donne*), Fellini uses the dream to explore his own vivid, modern theory of the muse and creative process.

Séminaire: Rêves: histoires de vie et de mort

Viau

Rêves, tableaux, séries et histoires de vie

Lise Fradet

Je suis une artiste en arts visuels et j'enseigne parallèlement à ma pratique. Dans mon approche artistique contemporaine, le sens émerge des profondeurs de l'être. Sur la toile, des fragments qui se rapportent à un vécu interne, renvoient aux rêves par la mise en valeur des sujets symbolisés.

Rêves en fin de vie pour faciliter la grande traversée

Monique Séguin

L'importance d'être à l'écoute des rêves d'une personne en fin de vie, et de ceux de ses proches. À partir d'exemples, nous verrons la progression du rêve chez une personne mourante et la manière dont l'activité onirique devient un outil d'intervention et une façon de mieux communiquer pour faciliter la traversée de l'autre côté.

6:15-7:45 PM

Dinner

Dining Room & Il Giarvino

Pre-reserved tickets will be required for the Dinner Buffet. Dinner on your own may be obtained in the hotel restaurant, a la carte, if there is space, or at local restaurants (See the restaurant suggestion sheet included in your conference package, or the conference website.)

7:45-9:00 PM

Keynote Presentation: Tore Nielsen

Sherbrooke

CE

Introduction: *Tony Zadra*

Normal and Pathological Dreaming: Current Research from the Montreal Dream & Nightmare Laboratory

Tore will speak about the latest research findings from his dream laboratory dealing with both normal and disturbed dreaming. Some of these studies include the effects of virtual reality exposure on dreaming, tests of an emotion-regulation function of dreaming, the epidemiology of bad dreams in preschoolers, the pathophysiology of nightmares in adults, and the Baby-in-Bed (BIB) nightmares of new mothers.

9:00-9:30 PM

A Conference Favorite: Annual Dream Telepathy Contest

Sherbrooke

Rita Dwyer and Robert Van de Castle

Try your Psi! Test your dreaming mind's ability to tune into a visual target that will be broadcast telepathically during the night by a designated "sender." Loosely patterned on the cutting-edge

experiments in dream telepathy done at Maimonides Dream Laboratory in Brooklyn, NY, by Drs. Stanley Krippner and Montague Ullman, the annual IASD contest is a playful but surprisingly successful way to test your telepathic skills. Instructions will be given making it easy to join in the fun. Winners of the Dream Expert Auction will be announced!

9:00-11:00 PM **Volunteers' Reception** Lobby Bar

In appreciation of your work for the conference, all volunteers are invited to a reception in the Lobby Bar.

Thursday – July 10th

7:30-9:00 AM **Breakfast** Dining Room & Il Giarvino

Breakfast is provided *only* for IASD Conference participants staying at the Hôtel Auberge Universel.

8:00-9:00 AM **Morning Dream Groups**

See schedule for Wednesday, 9 July, 8:00-9:00 AM for information and rooms.

9:00-9:15 AM **Coffee Break** Mezzanine & Lower Level

9:00 AM-4:30 PM **Dream Art Exhibit** Hochelaga

9:15-10:45 AM **Morning Sessions**

Presentation: The Roots of Healing Dreamwork in Welsh Mythology Salle 1&2

Elizabeth Jeffries and Nicholas E. Brink

The Third Branch of the Welsh myth cycle, *The Mabinogion*, as a dream of our ancestors, addresses the struggle with humiliation, vengeance, integrity and respect. This workshop is a continuation of last two years of workshops that dealt with the First and Second Branches.

Workshop: Yoga Nidra: Yoga Sleep and Hypnagogic Visions (25 person maximum) Promenade

Christine Swint

Yoga Nidra is a systematic naming of 52 body parts, followed with creative visualization. After a brief series of gentle stretches and breathwork, participants will lie or sit comfortably for the relaxation meditation, which can lead to hypnagogic visions. After the meditation, participants will have time to write down and share any visions. Wear loose, comfortable clothing, and if possible, bring a blanket or a pillow and your dream journal for recording any dreams or visions you may have.

Workshop: Meditative Dream Re-entry: Discovering and Experiencing Emotional Shifts Terrasse
CE

Teresa L. DeCicco and David King

This workshop will teach the technique of Meditative Dream Re-Entry (MDR) (DeCicco, 2008). Attendees will be given the MDR package, including materials and a CD. The method will be taught in detail then participants will use the materials and be guided through interpreting one of their own dreams.

Symposium: Dream Imagery and the Arts Coubertin

Dali's Dream of Venus at the 1939 World's Fair

Deirdre Barrett (Chair)

Salvador Dali designed a Pavilion at the 1939 World's Fair based on dreams. It housed a sleeping Venus and voices recounting dreams that were acted out in a giant aquarium filled with naked mermaids and surreal props. This talk will show photos of the exhibit and discuss Dali's depiction of the world of dreams.

Jung, Reich, Moore and Bertelsen: Symbolism, Body Armour, Chakras & Transformation

Ann Bengtsson

By using Jung's model of the personality and archetypes, Reich's body armour model, and the chakra system described by Bertelsen, along with specific symbols, we can easily make a dream key. This helps us unlock the dreams, looking for transformation and other messages in the dream.

The Emptiness of Dreaming: Transcendental Fantasy in the Cinematic Nightmare

Bernard Welt

The use of the dream plot or dream sequence in the paradoxical manner of a Zen koan, to subvert the prevailing assumptions of cinematic realism, induces an experience that transcends rational understanding while also arousing intense anxiety, as exemplified in several films cited in this presentation.

Research Symposium: Personality and Interpersonal

Olympique
CE

Can Individuals Dream about the Personal Problems of Others?

Carlyle Smith (Chair), Co-Authors: Teresa L. DeCicco, Carole Moran

Participants, after providing baseline dreams, attempted to dream about a target person with unknown problems. A control experiment used a non-existent computer-generated individual. Experimental subjects showed dream content related to the problems of the target in their post-presentation dreams. There was no effect in the control study.

Associations of Lucid Dreaming Frequency with Attentional Ability and Extraversion

Mark Blagrove and Amy Wilkinson

Frequent lucid dreamers (n=13) were found to be better able to focus their attention than non-lucid dreamers (n=12), using the colour Stroop task, but were not significantly better than non-LDs at spotting repeated changes to a photograph in change blindness tasks. Frequent and occasional LDs (n=13) were more extraverted than non-LDs.

Video Game Play and Dream Bizarreness

Jayne Gackenbach and Beena Kuruvilla

High- versus low-end gamers' recent dreams were coded for dream bizarreness using Revonsuo's method. High-end gamers had more bizarre but fewer non-bizarre elements than low-end. The implications of this ongoing inquiry into the nature of electronic media immersion on consciousness, and especially dreams, will be discussed.

Clinical Symposium: Dreamwork, Illness, Trauma and Healing

Sherbrooke
CE

New Developments in Dream Work with Cancer Patients: An IASD Project

Wendy Pannier (Chair) and Tallulah R. Lyons

We share results of ongoing work using dream imagery with cancer patients. We discuss the scientific principles behind our work, the emerging field of psychoneuroimmunology, and how work with dream imagery has the potential to positively impact the immune system. We also talk about our new course to help health care professionals use dream work to help with the clinical assessment of patients under their care.

The Link between Past and Present Trauma in Nightmares

Diana Ilnicki

Several examples of work with students' nightmares following the shooting at Montreal's Dawson College in 2006 demonstrate how dreamwork crosses geographical and temporal borders to help students address previous traumatic experiences in a new context of trauma.

Dreams and Psychological Adaptation

Elena Korabelnikova

The results of our study might reflect difficulties of adaptation to stress in patients with neurotic disorders, which are associated with insufficiency of dreams as the mechanism of psychological adaptation.

Panel: Les rêves tout au long de notre vie

Viau

Nicole Gratton (présidence), Christiane Riedel et Claude Desloges

Ce panel présente les expériences de trois auteurs avec leur journal de rêves depuis plus de vingt ans. Thèmes abordés: (1) le rêve déclencheur dans leur vie personnelle; (2) comment ils ont été soutenus lors de périodes difficiles; (3) comment ils ont été guidés dans leur vie amoureuse et spirituelle.

10:45-11:00 AM Transition

11:00 AM-1:00 PM Late Morning Sessions

Workshop: Using Hypnosis to Work with Your Dreams

Salle 1&2
CE

Deirdre Barrett

Hypnosis is a state of consciousness with many similarities to that of dreaming, especially lucid dreaming. This workshop will present ways of combining hypnosis and dreamwork including inducing hypnotic dreams, working with nocturnal dreams during hypnosis, and hypnotic and self-hypnotic suggestions to aid general dream recall and incubate specific dream content such as dream lucidity. There will be opportunities for participants to experience several of these techniques.

Workshop: Secrets of Interactive Dream Group Dynamics

Promenade

Athena Lou and Roger Martinez

This Interactive Group Dreamwork invites each member to participate by physically being characters and symbols in the dream. Once the characters and symbols are cast, each role is given life in a dialogue that

involves the senses, expressing feelings, thoughts and ideas that each is experiencing. Calvin Hall recognizes this as Dream Theater, which allows visual, tactile, emotional and sound senses into the waking dream to aid in understanding its contents and the message it is attempting to send forth. This workshop incorporates a multitude of theoretical backgrounds and contemporary thought bringing the dreamer into a new level of communicating with the unconscious and bringing waking life to new heights.

Workshop: The Dream to Freedom Technique: Opening the Borders Between Dreamwork and Energy Psychology

Terrasse
CE

Bob Hoss and Lynne Hoss

A unique combining of dreamwork with Energy Psychology can provide an effective method for identifying and reducing emotional barriers that contribute to internal conflict. Participants will learn a simple yet effective Gestalt-based *Image Activation* dreamwork approach for identifying dream issues, followed by an *Emotional Freedom Technique* for reducing stress associated with those issues. A worksheet is provided.

Symposium: Ecopsychology, Cross-Cultural Big Dreams, and Shamanic Lucid DreamsCoubertin

Lucid dreaming is less about controlling image content and more about increasing awareness in the dream drama. Expanded awareness toward comprehending these lessons increases our dream's communicative ability, whether experienced as transpersonal archetypal unconscious, spirits of the landscape, or repressed multiplicity of being-in-the-world. Practical applications will be discussed.

Mark A. Schroll (Chair), Discussants: Judy Gardiner and Curtiss Hoffman

Cross-cultural and Methodological Insights from an 11-Year Recurring Big Dream

Mark A. Schroll (Chair)

The cross-cultural and methodological significance of an 11-year recurring dream that constitutes what Jung referred to as a big dream will be discussed. Most of these dreams took place from 1973-1983, ending in 1984 after a workshop on Myths, Dreams and Shamanism with Stanley Krippner. I began to consciously analyze this dream using the tools obtained from Krippner's workshop from 1982-2000 and periodic discussions with Krippner from 2001-present. I experienced a slightly different version of this dream in 2007 whose significance to methodology and insights to cross-cultural life lessons continue to seek conscious acknowledgement.

Dreaming with Bear

Jorge Conesa-Sevilla

Lucid dreaming is one more meaning-system within a grander biosemiotic code integrating our intimate learning of natural history with a psychological orientation that must adjust to these real and natural demands of an ecopsychology. Specific to Paul Shepard's term, *kenning*, this presentation focuses on the significant loss of telluric meaning and demise of an ecopsychology. Even with this demise, lucid dreaming remains an ancient door to a Paleolithic mind disturbed and confused by its synthetic and meaning-less modern surroundings.

Lucid Dreaming: Participating in Our Inner Wilderness

Ryan Hurd

In my eco-psychological critique of lucid dreaming, awareness and control are often conflated with one another due, in part, to a deep historical bias in which nature is viewed as a wilderness separate

from, and at war with, humankind. I present a phenomenological methodology for lucid dreaming that has helped me bridge this conflict within myself, centered in receptivity and connectivity.

Research Symposium: Epidemiology and Gender Differences

Olympique
CE

Dream Content in a Representative German Sample: Gender Differences and the Effects of Other Socio-demographic Variables

Michael Schredl (Chair)

The present study investigated effects of socio-demographic variables on dream content. The analyses of 380 most-recent dreams showed that almost none of the socio-demographic variables was significantly related to general dream characteristics like dream length, bizarreness and intensity of dream emotions, thus indicating that dreaming, a universal phenomenon, is experienced in similar ways. On the other hand, dream content – in contrast to the general dream characteristics – is determined by waking-life experiences. This is clearly shown by the gender differences found: more work-related themes and physical aggression in men's dreams.

Gender Differences in Dream Recall: A Meta-analysis

Michael Schredl

Data from 175 studies of gender differences in dream recall have been analyzed. Overall, estimated effect sizes in five age groups of healthy persons differed significantly from zero. Variables like measurement method and publication year did not affect the gender difference, but age groups showed different effect sizes. The smallest effect size was found for children (0.097), the largest for adolescents (0.364) whereas the three adult groups ranged from 0.242 to 0.270. Findings suggest that age-dependent gender differences in dream recall might be explained by gender-specific "dream socialization." Longitudinal studies, however, are still lacking.

Dream Behavior in Austria: Data from a Representative Survey (2007)

Gerhard Kloesch and Brigitte Holzinger, Co-Authors: Peter Anderer, Josef Zeitlhofer, Birgit Hoegl

In March 2007, the Austrian Sleep Research Association (ASRA) carried out a representative epidemiological survey of the sleep and dream behavior of the general population in Austria. This presentation will report and discuss preliminary results of dream habits in Austria.

Ontogenetic Trends and Gender Differences in Dreams: A Normative Study of Canadians

Monique Lortie-Lussier, Co-Authors: Catherine Sabourin, Joseph De Koninck

As part of a large-scale research program to establish norms for the dreams of the Canadian population, preliminary results of gender and age differences will be presented. 600 subjects kept a dream diary. Significant trends in female dreams on characters, interactions and emotions are among the findings worthy of attention.

Dreaming Reactions and Sharing: Gender Differences Observed in a Taiwanese Sample

Ming-Yih Yeh and Chung-Hsing Huang

This study will show the reactions of Taiwanese when having pleasant, unpleasant, or neutral dreams, and the impacts those dreams have on their waking lives. Then the dream sharing behaviors will be examined. Gender comparisons will be done on all the above issues.

Theory Symposium

Sherbrooke

Theory of Mind Activities and Metamorphosed Characters

Richard Schweickert (Chair) and Zhuangzhuang Johanna Xi

Someone inferring what someone else thinks or feels is said to use a Theory of Mind. In a dream, when one character metamorphoses into another, where there was one mind, now there is another. We consider whether Theory of Mind occurs more often for metamorphosed characters than for others.

Dreaming Across Boundaries and Borders: Meeting at the Edges

Susan Benson

I present the outcomes of a six-year doctoral study of 2 dream groups of 8 women. The study examines the experience of personal dreaming in the context of a heuristic, discovery-based process and social dreaming in the context of an organic, shared dynamic field of inter-relationship and inter-subjectivity.

Dream and Delusion: Transformative Potential of Images

Manlio Caporali, Co-authors: Barbara Centini, Marco Zanasi, Alberto Siracusano

Delusion is one of the “ways of being” of people who experience psychosis, which invalidates the relationship with shared reality and the Other. Therapeutic approaches today make use of effective pharmacological tools, but are unable to give a sense, a biographic dimension, to those who live with delusion. The authors, using selected Fellini movies, show the transformative and creative possibilities that psychotherapeutic work offers by the analysis of images, visions, delusion’s content and dreams. Viewed through oneiric images, psychotic symptoms show a transformative potential which in Fellini’s selected movies goes from the temptation of the death to the poetic of the moon.

Dreams as Modifiers and Tests of Mental Schemas: An Emotional Selection Hypothesis

Richard Coutts

This talk introduces a new psychological dream theory, published in the April issue of *Psychological Reports*, which describes the role dreams play in modifying and testing mental schemas.

Panel: Et si les rêves servaient à nous éveiller...

Viau

Cinq animateurs de L’Arc-en-ciel proposent une réflexion sur la façon d’utiliser les rêves dans une démarche spirituelle. Comment se servir de ses rêves, souvent ordinaires, pour retrouver sa nature véritable et vivre en union avec la vie ?

Les rêves dans une démarche spirituelle

Katia Daudelin (présidence)

Les thèmes récurrents de nos rêves nous montrent ce que nous avons besoin de voir et d’accepter pour qu’une transformation ait lieu. Ils nous révèlent aussi les progrès accomplis. À travers une série de rêves de maisons, je partagerai une expérience menant à m’accorder avec ce que je suis.

Un rêve, ça ne change pas le monde, sauf que...

Manon Lévesque

Ma perception de la réalité s'est modifiée durant la rédaction du livre *Et si les rêves servaient à nous éveiller...* En rêve, j'entrais dans un symbole qui représentait l'inconscient. J'y découvrais ce qu'est un rêve et ce qui en détermine le contenu. C'est cette expérience que je partagerai dans ma communication.

Suivre le fil de nos désirs

Lucie Robin

Nos désirs révèlent notre quête d'unité. Nos rêves nous permettent de les reconnaître et de prendre conscience que nous nourrissons des désirs inconscients et contradictoires qui nous empêchent de réaliser ceux qui nous tiennent vraiment à cœur et nous mènent vers notre plus grand but.

Adolescents et jeunes adultes: en quête de soi

Marie-Thérèse Clermont et Bertrand Petit

L'adolescence est une période intense de questionnement, de recherche de sens. L'utilisation du rêve permet aux jeunes de développer une vision personnelle de leur identité et d'aborder la vie adulte, en étant plus conscients de ce qu'ils sont et de ce qu'ils ont à offrir.

1:00-2:30 PM Lunch Dining Room & Il Giarvino

Regional Planning Session Promenade

Lunch will be served in the Promenade. This is an opportunity to meet with other dreamers and dreamworkers from your area. Regional tables will be marked and will include (but not be limited to) organizers from the following regions: Boston, New England, New York area, Connecticut, Washington DC Metro, MD, VA, Southern VA, Carolinas, Southeast, Ohio, Indiana, Kentucky, Midwest, Central Midwest, California, Canada, France, Italy, Europe, Middle East, Africa, Scandinavian/Northern Europe, and Asia.

2:30-4:30 PM IASD Membership Meeting Sherbrooke

"IASD Today" (Outgoing Presidential Address): *IASD President David Kahn*

Presidential Address: *IASD President-elect Olaf Gerlach-Hansen*

"A Fast Photo Flyby of IASD's 25 Years": *Rita Dwyer*

Conference Thank Yous: *Layne Dalfen and Bob Hoss*

Announcement of Conference Venue and Host for 2009: *Bob Hoss*

Introduction of New Board Members and Thanks to Retiring Board Members: *Jean Campbell*

Repeal of Current Bylaws and Adoption of New Bylaws and Articles of Incorporation: *Jean Campbell*

Treasurer's Report: *Robert Waggoner*

Membership Report: *Jody Grundy*

Announcement of 2008 Research Award Winners: *Bob Hoss*

Announcement of 2008 Student Award Winners: *Curt Hoffman*

4:30-6:30 PM SPECIAL EVENTS

4:30-6:30 PM Tour of the Botanical Gardens

4:30-6:30 PM Recurring Dream Sharing Hike Information Desk Mezzanine

Alan Siegel

The hike is intended to have a recreational and social component to balance and de-stress from continuous indoor presentations. A cab ride and 1.25 hour hike will include a short semi-structured discussion and sharing of participants' recurring dreams. Wear appropriate shoes and a windbreaker for wind or fog. Cabs have been arranged to Mount Royal, in Montreal. There is a charge of \$15.00 (Canadian, roundtrip) each for the cab ride. If you did not register online, you must register in advance at the Registration/ Information Table. We will return in time for dinner. **Meet at 4:30 in the Hotel Lobby.**

6:30-8:00 PM **Dinner** Dining Room & Il Giarvino

Pre-reserved tickets will be required for the Dinner Buffet. Dinner on your own may be obtained in the hotel restaurant, a la carte, if there is space, or at local restaurants (See the restaurant suggestion sheet included in your conference package, or the conference website.)

8:00-9:00 PM **Keynote Presentation: Milton Kramer** Sherbrooke
CE

Introduction: *Rita Dwyer*

The Dream Experience: A Systematic Exploration

Dreams respond to emotionally significant experiences and have a systematic relationship to waking consciousness, being reactive to pre-sleep thought and proactive to post-sleep affect. The many functions that have been posited for dreaming and the biological concomitants for the dream experience will be described.

9:00-11:00 PM **Art Reception and Awards** Hochelaga
Music by Julia Sadvakassova and Marcel Roscovan

This juried exhibition of dream-inspired art features the work of artists from Canada and the United States, as well as abroad. Thanks to the generous ongoing support of Nancy Richter Brzeski, \$5,000 in awards will be granted to artists chosen from among those accepted for the 2008 IASD Dream Art Shows.

Friday – July 11th

7:30-9:00 AM **Breakfast** Dining Room & Il Giarvino

Breakfast is provided **only** for IASD Conference participants staying at the Hôtel Auberge Universel.

8:00-9:00 AM **Morning Dream Groups**

See schedule for Wednesday, 9 July, 8:00-9:00 AM for information and rooms.

9:00-9:15 AM **Coffee Break** Mezzanine & Lower Level

9:00 AM-7:30 PM **Dream Art Exhibit** Hochelaga

9:15-10:15 AM **Early Morning Short Sessions**

Presentation: The Art of Dreaming Salle 1 & 2

Mary Brill

This lecture/discussion allows participants to discover how to explore both their dreams and the events of their lives in an experiential way. When used as part of an ongoing practice, these experiential tools hold the potential of helping the dreamer to bring about life changes, break free from old patterns, empower themselves, create an avenue for deeper personal expression, and ultimately reveal their own true natures.

Atelier: Théâtre et tâche de rêve (maximum 20 personnes)

Promenade

Suzanne Prévost

Nous pensons ne rien pouvoir modifier de ce qui nous gêne et notre scénario des rêves nous le démontre. Nous jouons les rôles qui nous attirent et nous faisons jouer aux autres personnages des rôles qui valident le nôtre. Jouer d'autres personnages que l'ego du rêve peut permettre une prise de conscience importante qui sera ensuite actualisée dans notre vie éveillée par le biais d'une tâche de rêve.

Presentation: Living the Dream: From the Rooftops of the Tibetan World to the Heart of the City
Terrasse

Sandra Moon Dancer

Sandra Moon Dancer shares the inspiring story of a Canadian boy's dream to journey to Tibet's sacred and rarely visited land and monasteries. This boy's dream transcends borders. By teaching others how to open their hearts, he Lived his Dream. Participants will open their hearts, integrate their dreams into their waking worlds and consciously manifest their souls' purpose.

Symposium: Islamic Dream Traditions

Coubertin
CE

Kelly Bulkeley, Chair

Educational Functions of Dreams in Islamic Mysticism

Ozgen Felek

The dream book of the Ottoman Sultan, Murad III (r. 1574-1595), demonstrates that the dreams were used not only to regulate the relationship between the master and disciple, but also to analyze where or at which stage the soul is in this journey.

Spiritual and Prophetic Dreams of Sheikh Muhyiddin Ibn 'Arabi

Munirah MacLean

We will look at how the great Islamic Sufi mystic Ibn 'Arabi used dreams to elucidate his life and his understanding of spiritual realities. We will also refer to how dreams are used within the Qur'an and Hadith literature of Islam and their special importance within the Sufi tradition. This presentation will be of special interest to all spiritual seekers, as well as psychologists and people interested in counseling and therapy.

Research Symposium: Sex and Pregnancy

Olympique
CE

Sexual Dreams of Men and Women: A Study of their Frequency and Content

Antonio Zadra (Chair)

This study assessed the nature and content of sexual dreams by examining over 3500 dream reports from 173 participants. Content differences are presented as a function of age and gender. Variations

in the content of sexual dreams may reflect the dreamer's waking needs, attitudes and concerns with respect to sexuality.

Waking and Dream Affect during Pregnancy from Five Theoretical Perspectives

Pia E. Wigren

The present investigation explored the relationship between waking and dream affect during pregnancy and studied obstetrical variables in relation to affect. Hypotheses were derived from five theoretical perspectives. The continuity hypothesis concerning affect across states of consciousness, and the evolutionary hypothesis addressing affect consistent with species propagation, were also tested.

Featured Presentation: Dreams: Relationship Counselors Without Equal

Sherbrooke
CE

Gayle Delaney

Our dreams make regular and timely comments at every stage of our sexual, romantic, and marital relationships or lack thereof. These commentaries include extraordinarily perceptive analyses of the motives behind our wise and unwise choices of a partner, of our graceful and blundering moves in the early relationship and discovery phase, of the conflicts and strengths within the growing relationship, and of the need to restructure, enhance, or terminate the relationship. And, if end it we must, our dreams inspire us to start all over again, this time with more insight.

Special Event: Animation and the Dream

Viau

Ruth Lingford

Condensation, distortion and mutability are among the integral features of the language of animation that fit it especially well for the communication of dream experience. This event is a showing of some short animated dream-related films, including work by students at Harvard and CalArts.

10:15-10:30 AM Transition

10:30 AM-12:30 PM

Late Morning Sessions

Workshop: Utilizing Central Dream Images and Personal Myth for Integrative Practice Salle 1&2

Tom Lane

In this simple shared experience, each participant weaves together a particular synchronistic association and a central (preferably archetypal) image from a recent dream by writing a special kind of brief story. Then, through personal and invited group reflection, we deepen our relation to the dream and our daily living.

Workshop: Determining and Honoring the Themes in Your Dreams

Promenade
CE

Robert P. Gongloff

By encouraging participants to focus on the dream as story, finding the basic message the dream is attempting to convey becomes easy and enjoyable. Participants will be given specific techniques for determining the themes in their dreams and taking positive action in their waking lives to "honor" their dreams.

Workshop: Exploring Intuitive Dreamwork during Transitional Times

Terrasse

Marcia Emery

During this experiential workshop, participants will explore intuitive dreamwork. One part is receiving a preview of upcoming events that entails how to recognize the intuitive dream. The second facet is learning how to retrieve rapid insights with Emery's Intuitive DreamShift technique. Participants will also discover how they are wired for intuitive receptivity.

Panel: Dreaming Across Borders with Indigenous Peoples

Coubertin

Opening the Portal of Quetzalcoatl and Crossing Over

Valley Reed (Chair)

In response to a healing prayer for my teenage son, a powerful dream came, including information about my father who now faces terminal cancer. The dream brought me to the Aztec ancestral grounds of the pyramids in Mexico where I connected with the god Quetzalcoatl from Pre-Hispanic Aztec and Mayan Culture. Prompted by the dream, I embarked on a healing pilgrimage to the ancient pyramids in Teotihuacan to offer prayers of healing for my family during the Día de los Muertos Celebration.

Lost Friends

Nick Cumbo

I will share a dream of a Wadja woman that gave me a bridge to the culture of the Aboriginal people of Australia. The story the woman told me in my dream brought to focus the issues of relationship between our differing cultures and echoed a sadness and strength that left me determined to learn more. Four years later, I was able to visit her land, traveling thousands of kilometers to undertake a three-week teaching placement in the remote Aboriginal community of Woorabinda.

The White Tigress

Heidi Guttmann

Heidi will present a dream about the White Tigress that has shaped her life for several years. Unpacking the dream's images has taken her into the deepest hidden history within her own Chinese matrilineal ancestry and connected her with the original, primordial earth mother goddess of China. Heidi will share how the White Tigress is reawakening in her life and has a message for all people.

Remembering Our Future: The Search for the Salmon of Wisdom

Teresa MacColl

I will share my story of how my work with fish (salmon and sturgeon) led me to study my Celtic ancestry in the Indigenous Mind MLA program at Naropa University, where indigenous elders guided students beyond their individualistic sense of self to recover their indigenous wisdom traditions to learn how to understand and interpret dream messages from the ancestors and the spiritual world. I created the Salmon Wisdom Healing Project in hopes of remembering and creating the future our ancestors dreamed for us.

Hot Off the Press: Presentation of Research Briefs

Olympique
CE

Tore Nielsen, Chair

Reflective Awareness in Dreams following Loss and Trauma

Ming-Ni Lee, Don Kuiken

In a cross-sectional study, we examined how loss and trauma: (1) alter the distribution of different types of impactful dreams; (2) change patterns of dream reflective awareness; and (3) produce contrasting transformative effects. This study contributes to our understanding of how subtle patterns of reflective awareness influence dreamers' waking lives.

Categories of Reflective Awareness in Dreams

Ming-Ni Lee, Joanna Czapryn, Don Kuiken

This study documented the diverse forms of cognition and attention that occur during dreaming and, based on these, articulated five qualitatively different categories of reflective awareness.

The Lingua Franca of Dreams

Anna Leifer

Recent neuropsychological research differs from Freud's oft-stated belief that the dream's aim is to baffle and obscure. Using condensation as an unconscious device, the dream speaks as well as it can with the brain parts as its disposal. Clinical material will illustrate this with examples from patients' dreams.

Survey Results of Dream Researchers and IRB Experiences

Jacquie Lewis

Dream researchers were contacted by email and asked four questions about their experiences with their Institutional Review Board (IRB) or on other ethics committees at their institution. Questions were designed to determine how the IRB process impacts the research process.

Psychological Treatment of Nightmares in 6- to 11-Year-olds

Valerie Simard

This methodology and results of a course of treatment for idiopathic nightmares in 6- to 11-year-olds is adapted from the treatment for nightmares by repetition of mental images, used with adults and adolescents. The present study calls for a drawing to replace the mental images. Discussion will focus on the active therapeutic components.

Working with Dreams in Psychotherapy: What Do Psychoanalytic Therapists Report that They Do?

Patricia Spangler

Psychoanalytic therapists were asked about their work with dreams, and results were compared with a more theoretically diverse sample. Results to be presented include events that stimulate dream work, type of clients who work with dreams, and specific dream work activities in therapy.

Symposium: Philosophical and Theological Perspectives

Sherbrooke
CE

Hasdeu, an Evolution of the Dreaming Spirit: A Romanian Seeker

Cecilia Voiculescu (Chair)

Spiritualist experiences at the end of the 19th century and a lifelong academic career led this Romanian scholar to accurately describe conscious dreaming and telepathy. In an attempt to interconnect, he identified his own 'missing link' of the evolution of mankind, in a phenomenology of the soul.

Finding Meaning in Significant Dreams: The Use of Spiritual Intelligence?

Kate Adams

This paper draws on accounts of significant dreams to offer a synthesis of dream theory with the theory of spiritual intelligence. It asks whether or not people are using spiritual intelligence when they find meaning in significant dreams which impact upon their spiritual lives.

Dreaming in Church

Rev. Geoff Nelson

Dreams offer a wonderful opportunity for spiritual growth within the life of the Christian Church. This presentation will cover the project of running four dream groups for a one-year period. It will discuss the organization of the project and the observations and evaluations of it, as well as discuss some possible future directions for such work.

Dreams, Philosophy and the Inner Child

Bonnelle Lewis Strickling

Philosophers have traditionally had difficulty accommodating dreams as part of the structure of Being. In this paper I will argue that making dreams a part of the structure of Being would mean acknowledging the existence of a permanent, ultimately unknowable inner Other that would also give us a source of help with what Karl Jaspers calls the elucidation of Existenz.

Sur invitation: Rêves de sens, un témoignage personnel

Viau

Présentation: *Nicole Gratton*

Guy Corneau

Toute ma vie, j'ai cherché le sens des rêves pour finalement découvrir que les rêves donnaient du sens à notre vie. Je désire consacrer cette conférence au sens de la maladie et des rêves qui l'accompagnent. Toute maladie du corps est aussi une maladie de l'âme. Le lien entre la psyché et l'incarnation est affaibli et l'organisme en témoigne fidèlement. La découverte de ce sens n'est pas toujours aisée et les rêves sont une aide précieuse pour connaître ce qui s'est noué au niveau psychique et qui a sombré dans le corps.

Cette conférence ne fera état d'aucune étude ni d'aucune recherche en laboratoire, elle relatera mon propre passage à travers le cancer et se concentrera sur quelques rêves particulièrement significatifs qui m'ont accompagné, donnant du sens à une maladie et à des traitements qui souvent paraissaient ne plus en avoir. J'y parlerai aussi des visualisations conscientes que j'ai utilisées pour favoriser ma guérison ainsi que de la réalité imaginaire que j'ai construite pour arriver à transformer mes états intérieurs pendant ce passage périlleux.

12:30-2:00 PM Lunch

Dining Room & Il Giarvino

Special Lunch Location for Chicago 2009 Conference Planning

Lobby Bar

Jacquie Lewis

Anyone interested in becoming part of the committee, volunteering or helping out in any way in planning the 26th Annual IASD Conference in Chicago in 2009, come join us and share your ideas. Pick up your lunch in the dining room and join us at the table set up in the Lobby Bar.

2:00-4:00 PM Early Afternoon Sessions

Workshop: Creative Projects for Dealing with Emotional Content in Dreams

Salle 1&2

Victoria Rabinowe with Freya Diamond

Emotions often seem too personal to confront privately or to speak about in a group. The symbolic language of dreams a safe place to speak our truth through the mask of metaphor. Creative projects for dream journal work allow the dreamer to rant and rave out loud while whispering in a private, secret code.

Workshop: The Montague Ullman Approach of Working with Dreams in a Group Setting

Promenade

Gunnar Sundström

The Montague Ullman method of working with dreams will be presented in a group setting. Important factors will be pointed out, such as the need for the dreamer's safety in the group and the non-intrusiveness built in the method. Members of the workshop can share a dream with the group, and the group can work with the dream.

Workshop: Sub-personalities: Our Many Selves that Fill Our Dreams

Terrasse

Gary Goodwin

Many people populate our dreams. Some of these are the people who fill our external world but others, more than we may suspect, actually are parts of our psyches embodied frequently as a mysterious stranger, a celebrity from the world of movies, or a long forgotten friend or classmate. This workshop will provide a quick survey of subpersonality theory (where do they come from, what are their purposes), instructions on how to spot them, and time to map your own subpersonalities from dreams and daily life using a mandala.

Panel: Dreaming in Multiple Colors: Neurophysiological, Psychological, and Cultural Considerations

Coubertin

CE

This panel discusses the phenomenon of dreaming in multiple colors from the neurophysiological perspective as well as psychological theory and cultural observation. Research and theory will be presented regarding how we dream in color, and what dreams with multiple colors (especially in groups of four) might reflect. Psychological theory and research will be reviewed on the possible personal and emotional "meaning" of color. This will be compared and contrasted with anthropological findings on the waking cultural associations with color, and the influence of cultural systems that organize colors into consistent groupings on dream color. The panel concludes with a consideration of the artistic and neurolinguistic implications of these discussions.

Dreaming Is a Four-Color Process

Curtiss Hoffman (Chair)

Curt Hoffman explores cultural systems of color organization, and the ways in which these affect the organization of colors in dreams. Based both on available ethnographic information and his own database of over 7500 dreams, he shows that consistent sets of dream colors tend to recur in specific cultural settings: e.g., red, blue, green, and yellow for dreams set in contexts derived from Eurasian

spiritual traditions; and red, yellow, black, and white for dreams set in contexts derived from Native American spiritual traditions. He will reflect on the possible archetypal significance of this variability.

Investigating the Nature of Color

Robert Hoss

Bob Hoss summarizes some of the research on dreaming in color as well as his own research on what colors we most dream of. He will also summarize some of the neurophysiological and psychological theory regarding color (including color as an archetype) as well as his own research which leads to an emotional basis for dream color.

Painting in Dream Color

Michelle Mangini

Colors in my dreams inspire me to create visual artwork. I try to capture vivid dream images, even if I'm not clear what their message is, and work through them by creating them. This helps me integrate the message's symbolism into my life, and facilitates the healing process. Sharing these images with others deepens the appreciation of the universal connections of the images, because the colors evoke an emotional response from the viewer. For example, placing a slash of color in a painting against a black and white background makes the significance of the particular color stand out.

If Only We Could Recall the Color!

Michael Schredl

The present study investigated whether memory processes play a role in why some persons say their dreams are black and white. The findings indicate that percentages of black and white dreams are related negatively to color memory and dream recall frequency. When colors were recorded immediately after the dream was recorded, the percentage of black and white dream elements dropped to 2.7%. When participants were presented with the option that dream colors might not be remembered, the percentage of explicit black and white dreams became very small. The findings are thus in line with the continuity hypothesis of dreaming.

Research Symposium: Variations in Cognitive and Metacognitive Functions during Dreaming Olympique

CE

Dream Anomalies: Cognitive Deficits or Expressive Transformations

Don Kuiken (Chair)

The anomalies of dreaming are sometimes portrayed as cognitive deficits (e.g., binding “failures”; self-reflective “limitations”) and sometimes as expressive accomplishments (e.g., attentional “fluidity”; autobiographical “hypermnnesia”). These contrasting perspectives are grounded in very different conceptions of rationality (*logos*) and, in that respect, reminiscent of timeworn controversies about the relations between “madness” and “creativity.” As in the latter domain, it may be useful to consider whether dreaming, like waking consciousness, involves *both* cognitive deficits *and* expressive accomplishments. Detailed examination of different types of dream anomalies (e.g., element recontextualization, element transformation) may facilitate more nuanced consideration of variations in dream thought—and potentially of dream function.

The Brain Basis for Dreaming

David Kahn

Several changes occur in the brain during sleep. Some areas become less active during NREM sleep and remain so during REM sleep, e.g., the lateral areas of the prefrontal cortex. Other brain regions become less active during NREM and become active again during REM, e.g., the limbic system. Waking levels of serotonin and norepinephrine markedly decrease during both NREM and REM sleep but especially so during REM sleep. And, importantly, the brain gates out most external input. What are these changes likely to produce in the mind? We discuss several studies that compare waking and dreaming thought.

A Normal Mind in an Altered Brain: Logical Thinking and Emotional Reactivity during REM Sleep Dreaming

Philippe Stenstrom

REM sleep features dramatic changes in the brain areas involved in logical thinking (deactivation of prefrontal areas) and emotional processing (hyperactivation of the amygdala). REM sleep dreaming is therefore expected to be characterized by illogical thinking and intensified emotional reactions. On the contrary, previous studies, as well as new findings presented here, demonstrate that dream thinking is logical and emotional responses are appropriate. Alternative relationships between brain areas modulated in REM sleep and phenomenological data are proposed. Difficulties in establishing direct associations between particularities of sleep neurophysiology and characteristics of dreaming cognition are discussed.

Predictors of Metacognition in Dreaming: Waking Metacognitive Skills, Cognitive Style and Dream Phenomenology

Tracey L. Kahan

A recent study tested hypotheses derived from the Continuity Theory of dreaming-waking cognition. 93 participants self-rated the incidence of metacognitive events in experience samples obtained from dreaming and waking. Participants also rated the phenomenological qualities of these experiences, including sensory/perceptual details, emotions, and cognitive features. Consistent with past research, the results showed both similarities and differences in metacognition across dreaming and waking. This paper focuses on the extent to which participants' reported metacognitive skills in dreaming are predicted by: (1) waking metacognitive skills, (2) waking cognitive style (mindfulness, private self-consciousness), and (3) particular phenomenological features of dreaming.

Symposium: Christian Dreamwork: An Ancient Tradition Flourishing Today Without Boundaries Sherbrooke

CE

PART 1: Historical Background

Rita Dwyer (Chair)

The Historical Context of Christian Dream Teachings

Kelly Bulkeley

This presentation describes the historical background to the dream teachings of Christianity, including the traditions of Judaism, Greece, Rome, and other Ancient Near Eastern cultures, along with the later tradition of Islam. Knowledge of this historical context enables a better understanding of Christianity's ambivalent approach to dreams in theology, church doctrine, and popular practice.

Jerome Twice Accused (Epistolae 22)

Bart Koet

Is Jerome the reason that the Christian Church is skeptical about dreams and visions? Since Morton Kelsey's book on dreams, scholars often blame Jerome, because his translation of the Bible (the Latin Vulgate) became such an authority that some of his mistranslations were the reason for later churchmen to reject the wisdom of dreams. Is this true?

Dreaming with Martin Luther and John Calvin

Rev. Geoff Nelson

Martin Luther and John Calvin were the most influential leaders of the Protestant Reformation in the 16th Century in Europe. This presentation will look at how their attitude towards the dreams in the Bible reflected and influenced Christianity's perspective on dreams.

Dreams in Late-Medieval Franciscan Literature

Krijn Pansters

Reading the oldest biographies of St. Francis, one notices the significant part that dreams play in his life. He was a man of images, and the language of these images has to be understood to understand the dreams of the saint, and the medieval interpretation of dreams in general.

2 conférences sur invitation

Viau

Présentation: *Nicole Gratton*

Comment la nuit porte conseil sur les rapports intimes

Gayle Delaney

Nos rêves portent conseil à différentes étapes de nos relations sexuelles, romantiques et maritales. Ces informations incluent des perceptions sur les véritables motifs liés à nos choix de partenaires, à nos actions durant la relation, et au besoin de restructurer, d'amplifier ou de terminer cette relation. Et si nous devons y mettre fin, les rêves nous incitent à recommencer de nouveau.

L'image centrale du rêve

Ernest Hartmann

La mesure pouvant différencier 440 rêves faits après le 9 septembre 2001 versus 440 rêves faits avant la même date, se trouve être la force de l'image centrale. Le thème de l'image centrale du rêve est comme le « corrélatif objectif » du poème. Les deux expriment l'émotion du rêveur/poète, et forment une sorte de pont émotionnel.

4:00-4:15 PM **Break**

Mezzanine & Lower Level

4:15-6:15 PM **Late Afternoon Sessions**

Workshop: Revealing the "Third Perspective of the Dream" by Taking Action

Salle 1 & 2

Sandy Ginsberg

Dreams come as imagery, are conveyed through language, and occasionally manifested actively. We will discuss this "third perspective" for dreamwork, and then experience an activity of exploring a personal dream through a collaging activity in order to know first-hand, the possibilities of deepening our understanding of the true meaning of the dream.

Workshop: Play Your Dreams: Create Potent, Imagistic Theatre Using Dream Enactment

Promenade

Jon Lipsky and Jennifer Boyes-Manseau

This is a workshop in re-experiencing dreams and using them to create potent, imagistic theatre. Through the process of Dream Enactment, the dreamer will have an opportunity to re-enter the dream space and encounter the dream figures. Working as an ensemble, we will learn to enter the dream space of others, crossing the borders between our imaginal worlds.

Atelier: Cinq catégories de rêves et cinq techniques d'analyse pour les décoder

Terrasse

Nicole Gratton

Cet atelier présente les cinq principales catégories de rêves et démontre cinq approches pour décoder les images de la nuit. Le but est d'accéder à l'information privilégiée que l'activité onirique met à la disposition du rêveur. Selon le type de rêves, différentes approches seront utiles pour formuler une piste d'analyse.

Symposium: Cross-Cultural Perspectives on Dreaming

Coubertin

Dreaming of Animals

Jacquie Lewis (Chair)

This session will offer a slide presentation on the history of animals in dreams. The presenter will also explain her research on the dream reports of animal rights activists. This will be followed by an open discussion where audience members can share their animal dream experiences.

Dream Time as Play Time: Rehearsing Post-feminist Superhero Mythology Cross-Culturally

Meela Chen

Superhero archetypes recognize their cross-cultural narratives through erotic latent dreams. Although a generic masculine ideal, feminist reinterpretation of symbolic interaction guides content analysis, theorizing girl power as healing potential. Play therapy recommendations are reviewed within dream plots. I argue that dream erotica mirrors the search for a superheroic relational self.

Tikkun, Jorbor, Beseta: Three Dream Words from Beyond Borders

Gloria Sturzenacker

The mystery of three unfamiliar words, one each in three dreams, has only intensified with the dreamer's follow-up research. The words were found used by speakers of a variety of waking-reality languages, and the dreamer finds that the associations hint at two common themes unfolding: environmental sustainability and healthy personal boundaries.

Symposium: Across Disciplinary Borders: First-Person Dream Reports, Neurophilosophy and Neuroscientific Research

Olympique

CE

The Status of First-Person Dream Reports in Philosophical Theories of Dreaming and Empirical Dream Research

Jennifer M. Windt, (Chair)

What can subjective dream reports reveal about the objective nature of dream consciousness? And what role do they play for scientific theories of dreaming? By reviewing classical philosophical arguments on the phenomenology of dreaming, we will try to assess the epistemic status of dream reports and formulate a constructive critique.

Understanding Dreams in Ancient Egypt: The Beginnings of Dream Reporting

Ahmed A. Karim

Ancient Egyptian medicine was highly advanced and included surgical and pharmacological interventions as well as the extensive use of dream reports for therapeutic purposes. By reviewing several examples, we assess the function of dream reporting in Ancient Egypt and its impact on Greek and Roman culture.

Talking about Oneself: Notes on the Transdisciplinary Controversy over First-Person Data in Contemporary Dream Research

Nicolas Langlitz

This historical and social scientific presentation examines the epistemological status of first data in dream research. Against the background of the recent renaissance of introspection in cognitive neuroscience, the transdisciplinary debate between neuroscientist Allan Hobson and philosopher Thomas Metzinger over the employment of their own experiences will be analyzed.

How Can the Phenomenology of Dreaming Be Integrated with Electrophysiological Measurements of Sleep?

Valdas Noreika

Based on examples from recent research, we discuss the two basic methods for investigating the electrophysiological correlates of dreaming: (1) comparison of dream samples that are different in subjective content, and (2) contrast between dreaming and dreamless sleep from the same sleep stage.

Towards a Neurophilosophy of Dreaming

Jennifer M. Windt (Chair)

Based on the arguments presented, it will be argued that progress on understanding dream consciousness can only be made by integrating systematic first-person phenomenology with scientific research data. This, in turn, can only be achieved by transcending traditional disciplinary borders to form a new neurophilosophy of dreaming.

Symposium: Christian Dreamwork: An Ancient Tradition Flourishing Today Without Boundaries Sherbrooke

PART 2: Current Practices

Rita Dwyer (Chair)

Dreamwork as a Focus Activity for Church Small Groups

Patricia Davis

Dreamwork can be a useful focus of activity for church small groups. Church small groups can engage in sharing dreams in a group as a form of spiritual direction. Searching cooperatively for the

patterns, themes and metaphorical layers of meaning in dreams can further discernment and implementation of God's will.

Divine Dreams from a Catholic/ Passamaquoddy (Miq Maq) Viewpoint

Mary Whitefeather Joyce

I will share some of beliefs and dreams which seem to draw upon my mixed Celtic Catholic and Native American heritage, dreams which have informed me of upcoming events and instances in which I can provide assistance to others through my life and my work. I believe some of these are truly messages from God/Great Spirit, divine dreams!

Dreams that Transform and Guide in Light of Ultimate Values

Rev. Joseph Sedley

I will cite examples of dreams from my own life, my ministry and faith tradition that were perceived as sent from God as an overture for deepening one's ultimate life values, and providing contact with God. These dreams are transformative guides in spiritual growth.

Dreamwork in Spiritual Direction and Spiritual Formation

Bonnelle Lewis Strickling

Dreamwork can be helpful to practicing Christians by deepening their inner work and enriching their connection to their own tradition, but can also be uniquely helpful in spiritual formation for people who have not yet found an inner path.

Panel: Recording Dreams as We Age: A Long-Term Journal Keeping Panel

Viau
CE

Cynthia Pearson (Chair)

Numerous studies have shown that dreams and dreaming change as we grow older. In this journaling panel discussion, we explore what is currently known about these alterations and provide a forum in which journal keepers can share their experiences, approaches and adaptations to changes through the life span.

Cracking the Case of the Disappearing Dreamlife

Marcia Emery

Marcia will share her thoughts on what has caused this struggle to reel in even fragments from her dreaming pool; and what she has been learning about how to hook her dreams again.

Dreams and Aging

Art Funkhouser

Art will cite research showing how the themes of our dreams, along with daily concerns, change with age: fewer nightmares, less frequent aggressive dreams, shorter average length of dreams, and less frequent dream recall.

Change Over Time and Frequent Recall of Dreams

Ernest Hartmann

Ernest will discuss changes in his own dreaming over the years and present the results of his survey of frequent dream recallers.

Changes in the Aging Brain

David Kahn

David will review pertinent research, including changes that occur in the normal aging brain. Recently, diffusion tensor brain imaging has shown a large-scale reduction in communication between front and back regions of the aging brain.

An Octogenarian's Observations about Personal Experiences with Dreaming Over His Life Span

Robert Van de Castle

Robert will report on reviewing his personal transcripts (from laboratory awakenings in four different sleep laboratories) as well as his personal dream journals to learn whether his dream recall has changed over four decades.

6:15-7:45 PM Dinner Dining Room & Il Giarvino

Pre-reserved tickets will be required for the Dinner Buffet. Dinner on your own may be obtained in the hotel restaurant, a la carte, if there is space, or at local restaurants (See the restaurant suggestion sheet included in your conference package, or the conference website.)

7:45-9:30 PM Keynote Presentation: Guy Corneau Sherbrooke
CE

Introduction: *Daniel Deslauriers*

Dreams of Meaning: A Personal Experience

All my life long I've searched the meaning of dreams and finally found that dreams give meaning to our lives. I plan to devote this lecture to the meaning of sickness and dreams that come along. Every sickness of the body is a soul sickness as well. The link between psyche and matter is weakened and the suffering body makes this clear. To find meaning in our dreams is not always an easy task. Dreams are helpful when attempting to understand what was constellated at the psychic level that has sunk into the body.

This lecture will not bring up any results of studies nor laboratory research. It will be about my own passage through cancer and focus on some significant dreams that came along with it, giving meaning to the sickness and the treatments when sometimes there didn't seem to be any. I will also talk about conscious visualizations that helped me to heal as well as imaginary reality I've used to transform my inner states during this dangerous journey.

9:30-11:00 PM Social Time Lobby Bar

Informal gathering with cash bar. Presenters are invited to enjoy some complimentary drinks in appreciation for their support for the conference (see tickets in registration packet).

9:30-11:00 PM Universal Dream Dance Circle Terrasse

Craig Sim Webb

A warm welcome to all dear souls for an interactive community song and dance circle that blends various traditions and celebrates life and dreams through movement and music. It's a fun opportunity to enjoy

friendly faces and charge up physical and dream bodies with lots of lucid energy. In this easy-going, supportive atmosphere, absolutely no previous experience is required (so please ignore your inner critic!)

Saturday – July 12th

7:30-9:00 AM **Breakfast** Dining Room & Il Giarvino

Breakfast is provided *only* for IASD Conference participants staying at the Hôtel Auberge Universel.

8:00-9:00 AM **Morning Dream Groups**

See schedule for Wednesday, 9 July, 8:00-9:00 AM for information and rooms.

9:00-9:15 AM **Coffee Break** Mezzanine & Lower Level

9:00 AM-2:30 PM **Dream Art Exhibit** Hochelaga

9:15-11:15 AM **Morning Sessions**

Workshop: It's All in the Cards: Tarot, Dreams and the Universal Psyche Salle 3

Lauren Z. Schneider

This experiential workshop offers an innovative method, Tarotpy[®], to explore dreams and life issues. The rich symbolic images of Tarot, Dream Cards, Soul Cards, etc., can actively engage unconscious process, and enhance deeper connections between dreaming and waking consciousness. These archetypal images represent a universal language and collective human experience.

Atelier: À la recherche du sens des rêves: une approche intégrative Promenade

Nicolas Pesant

Cet atelier aborde la question de l'interprétation des rêves en considérant savoir, savoir-faire et savoir être. Au programme : survol des connaissances actuelles sur le sens des rêves ; présentation sommaire de deux modèles (cognitif-expérientiel et appréciation du rêve) ; mise en situation avec le rêve d'un(e) volontaire.

Symposium: Visionary Paths Terrasse

Quantum Dreaming: The Dream's Place in the Universe

Nicholas E. Brink (Chair)

Changes in scientific thinking as described by Jean Gebser and Fritjof Capra suggest that dreaming will play a more central place in understanding life. I will describe these changes and how dreaming fits into this new thinking. Then I will push the limits to describe where I think dreaming can go.

Dreams, Allegory and Dream Vision

Mark Hagen

The poet's imaginative vision, much as the dreamer's, expresses the dramatic myths of literary periods. Allegory, an ancient form of religious literary expression, is understood and read as a story that "speaks otherwise," having a surface meaning and a deeper hidden archetypal meaning. There are many examples of literary allegory, including Dante's *Divine Comedy*, Bunyan's *Pilgrim's Progress* and Melville's *Moby Dick*. The parables of Christ are also discussed as forms of Scriptural allegory.

Dream as Moral Parable

Jacob Kaminker

Dreams are messages from the higher Self leading toward wholeness. They can be seen as parables from our internal divinity, teaching stories leading us towards greater authenticity. G-d images are transmitted through parables in traditions all over the world. What do the patterns of transmission imply for dream studies?

Dreaming Across the Border between Potential and Manifest Life

Judith R. Larsen

Building on David Bohm's philosophy, dreams are a bridge between potential life (implicate order) and manifested life (explicate order). The bridge is possible because in dreams, as in quantum physics, time dissolves and space is fluid. When a profound dream changes us, it may shift the implicate potential as well.

Symposium: Dreaming Across Borders

Coubertin
CE

Dream Societies in South America

Rosa Anwandter (Chair)

This cross-cultural study about three ancient ethnic groups from South America describes how these communities have ruled their lives through the wisdom of dreams and visions.

"Hearts Full of Dreams" – Icelandic Fishermen and their Dreams

Björg Bjarnadóttir

Icelandic fishermen hold a perilous job. They counteract that peril by sharing a special culture in which dreams play a strong role. Similar dream practices - be they intuitively/indirectly learned or not - are known among other nations of the Nordic countries and the Arctic North. How modern technology has affected these dream beliefs is still not known but is being researched.

The Three Cauldrons of Poesy: Dreams, Visions and Ancestry

Mary Pat Lynch

Dreams and visions offer a path of connection to our cultural heritage, even if the lands of our ancestors stopped using dreams many generations ago. This paper explores an ancient Irish manuscript as one such path, and discusses this example within a framework of anthropology, vision and myth.

Call of the North: Peregrine's Pilgrimage

Patricia Schmieg

In dreams, phoenix and peregrine falcon call me North, to migrate from a self-involved soul to a universal soul. How do dreams map our soul's pilgrimage to heal the universe? I follow falcon, swan and heron North in Celtic, Japanese, and Inuit lore. I trace my pilgrimage from Montreal and back.

Research Symposium: Special Features of Dream Recall

Olympique
CE

Hall and Van de Castle Content Analysis of Video Game Players' Dreams

Jayne Gackenbach (Chair) and Beena Kuruvilla

Relatively recent dreams were collected online from high-end gamers. These were content analyzed using the Hall and Van de Castle system and the results compared to another sample of less recent dreams of high-end gamers collected in interviews. Some findings were replicated while others were not. Of note was less aggression than in the original content analysis.

The Transformation of Dreams across Time and its Implications for Dream-related Practices and Research

Dominic Beaulieu-Prévost, Co-authors: Catherine Simard-Charneau, Antonio Zadra

In this presentation, (a) the transformations of dream content from the nightly production to long-term representations of our dream experiences will be described, (b) the factors influencing these transformations will be explained, and (c) the implications for dream-related practices, research and theories of dreaming will be discussed.

Relationship Analysis in Dreams for Continuity

B. Anne Frey

This paper discusses an in-depth study of characters and social interactions in a 17-year dream journal. The research tested claims that follow from a cognitive theory of dreams. Using the search capabilities of Dreambank.net, this in-depth analysis provides examples of the discontinuity between dream relationships and waking relationships.

Illness as Foretold in Dreams

Anita Leuthold

A Californian (Swiss) surgeon, very interested in Jungian psychology, eventually died from a brain tumor that was presaged in his dreams as much as 11 years beforehand. In hindsight the drawings and paintings he made from his dreams clearly showed what was happening but his Jungian perspective caused him to interpret them differently.

Symposium: Discovering Awareness Behind the Dream

Sherbrooke

Seeking the Dreamer of the Dream through Lucid Dreaming

Robert Waggoner (Chair)

Drawing upon 30 years of lucid dreaming, a series of profound lucid dreams led the presenter to question if one can lucidly contact an Inner Ego or "the dreamer of the dream." Examples suggesting that lucid dreamers are already in contact with an Inner Ego will be provided.

Amazing Grace . . . In Your Dreams

Louis Hagood

Dream incubation questions are answered by someone or something, perhaps divine—the dreamer who dreams the dream.

Conversing with Dream Figures in Lucid Dreams

Robert Waggoner

Consciously aware in the dream state, the lucid dreamer has the opportunity to converse with dream figures and begin to probe their understanding of the dreamer and dream environment. By all appearances, dream figures are not homogenous symbols, but vary in knowledge, awareness and ability to act purposefully.

Psychokinesis, Dreaming and Communication with the Dead

Carol D. Warner

I explore a series of dreams, psychokinetic events and communications with the dead that a family member and I experienced after a series of deaths. Before their deaths, we had frequent conversations about communication in the afterlife; there is a loving and often humorous quality to the communications.

Symposium: Dreams and Psychotherapy – International Perspectives

Viau
CE

Alan Siegel (Chair)

Working with Dreams in Brief Couples Therapy – A Symbolic Approach

Maria Silvia Costa Pessoa

Brief couples therapy helps partners achieve a better understanding of their conflicts. During the symbolic elaboration of conflicts, work with dreams helps to change attitudes that complicate the relationship. Expressive techniques, such as human sculpting and drawings, are used to understand the symbolic expressions provided in dreams.

Dreams Reported During Therapy: Examples of Memory Source Analysis

Umberto Barcaro, Pietro Rizzi

The study of the links among dream sources can be applied to patients' dreams during therapy. An interaction schema is described including the Detector of Links (who uses an automatic procedure for the analysis of text files including dream reports and associations), the Interpreter (who provides plausible explanations for the existence of the detected links), the Dreamer, and the Therapist. Examples of application of this schema are given.

Dreams in Jungian Psychology: An Instrument for Research, Diagnosis and Treatment in Clinical Practice

Siamak Khodarahimi

The present study incorporated dreams as an instrument for assessment of etiology, psychotherapy process, and treatment outcome in social phobia in a clinical case study. However, dream interpretation conducted with respect to Jungian model indicates that the dream is an instrument for diagnosis, research and treatment of mental disturbances in clinical setting.

11:15-11:30 AM Transition

11:30 AM-1:00 PM Late Morning Sessions

Poster Paper Discussion with Authors

Salle 1&2

The posters will be available in these rooms all day. Presenters will be available for discussion during this Late Morning session.

A Proposition for a Structural and Linguistic Analysis Model for Dream Narratives

Laura Cariola

This presentation proposes the application of a structural and linguistic analysis model to dream narratives, employed for the first time in "A structural and functional analysis of dream narratives" (Cariola, 2008). Through structural and linguistic analysis it is possible to establish firstly, cross-cultural and linguistic differences, and secondly, individual differences, various underlying operating cognitive processes, and mental health issues.

Development of an Automatic Analysis Technique for the Classification and Modeling of Dreams' Emotional Content

Presenter: Joseph De Koninck; Authors: A.H. Razavi, R. Amini, C. Sabourin, J. Sayyad Shirabad, D. Nadeau, S. Matwin, J. De Koninck

Human coding of dreams is time-consuming and subject to human inconsistencies. We report on the development of an automatic tool that would facilitate coding and analyzing of large dream banks and could be reproduced across laboratories. Word modifiers are detected for accurate emotion detection and evaluation. We model dreams as vectors that represent emotional content and progression.

Temporal Distance of Memory Sources during Multiple Sleep-onset Awakenings

Kieran Fox, Co-Authors: Philippe Stenstrom, Elizaveta Solomonova, Tore Nielsen

We show that memory sources identified from sleep-onset dreaming can originate anywhere from immediately prior to sleep to up to 15 years ago. Recent memories tend to occur earlier and distant memories later in the night, suggesting the influence of a circadian process. Recent and distant memories rarely co-occur.

Vestibular Imagery during Multiple Sleep-onset Awakenings

Kieran Fox, Co-Authors: Philippe Stenstrom, Tore Nielsen, Elizaveta Solomonova, Jessica Lara-Carrasco

We show that vestibular imagery (floating, flying, accelerations, and head rotations) is a common feature of sleep onset dreaming. Head rotation imagery occurs far less frequently than imagery involving various types of accelerations, mirroring the dissociation in neuroanatomical structures mediating these two classes of vestibular sensation.

Thematic Content of Recurrent Dreams in 11-year-old Children

Aline Gauchat

This study examined thematic and affective content in recurrent dreams reported by 143 11-year-old children. These themes appear to be very different from those found in adults' recurrent dreams. These differences may reflect developmental aspects of cognitive and representational abilities.

Conditioning Helps Acquiring Consciousness during Dreams

Olivier Jaar

Results of a pilot study introducing an experimental protocol to induce lucid dreams via conditioning.

Emotional Intensity in Dreaming: Associations with Reflective Awareness in Dreaming and Waking Cognitive Style

Tracey L. Kahan, Emily Luther, Jenny Imberi, Megan Thompson

92 participants each provided narrative reports of two dreaming and two waking experiences and rated their subjective qualities. This study considers two questions: Does the intensity of dream emotion predict reflective awareness in dreaming? Are there reliable associations between emotion in dreaming and waking cognitive style?

Threat Simulation Theory and Video Game Play

Beena Kuruvilla, Jayne Gackenbach

Revonsuo's evolutionary theory of dreaming suggests that dreams allow us to simulate threatening situations in the safety of a virtual environment. This study examines the effects of video game play on threat simulation dreams, hypothesizing that frequent game players will experience a lower frequency of these dreams.

REM Sleep Deprivation after a Negative Emotions Induction Task Produces a Different Pattern of Dream Incorporation and Dream Emotions across a 10-day Period

Jessica Lara-Carrasco, Tore Nielsen, Elizaveta Solomonova, Philippe Stenstrom, Katia Lévrier, Ani Popova

This study shows that fluctuations in incorporations of emotional pictures across a 10-day period followed a circaseptan morphology in the Low-REMD group, but not the High-REMD group. REM sleep deprivation may have selectively disrupted delayed incorporations of visual stimuli.

Temporal Delays in Non-incorporated Dream Content Following a Virtual Experience

Katia Lévrier, Tore Nielsen, Ani Popova, Sébastien Saucier, Vanessa Guérin, François Rabbat

This study shows differences in non-maze specific content for groups between day residue and dream-lag dream incorporations. This underlines the importance of considering non-specific changes in dream content in relation to subjective and specific events in dream content grids.

Interactivity in a Virtual Maze Task Produces Day-residue and Dream-lag Incorporation Effects

Tore Nielsen, Ani Popova, Katia Levrier, Christine Brochu, Kieran Fox, Isabelle Godin, Aïda Annick Ndiaye, Sébastien Saucier

Participants allowed to actively navigate a virtual maze demonstrate both day-residue and dream-lag incorporations of maze features, whereas participants who passively view the maze demonstrate only day-residue incorporations.

Dreams of Adult Nightmare Sufferers are More Anxious and Inhibited

Tyna Paquette, Tore Nielsen, Ani Popova, Katia Levrier, Christine Brochu, Kieran Fox

We show that adult nightmare sufferers not only differ in quality of sleep (slept less well and felt less refreshed) but also in dream features (had more anxious dreams and felt more inhibited or ineffective in their dreamed actions) than their nightmare-free counterparts.

Virtual Maze Task Exposure Produces both Day-residue and Dream-lag Effects

Ani Popova with Tore Nielsen, Tyna Paquette, MSc, Katia Levrier, Sébastien Saucier, Kieran Fox, Josianne Perron

We show that overall dream incorporation level is higher for days 1 to 4 and 9 to 12 following exposure to a virtual maze stimulus, thus supporting the suggestion that a single memory consolidation process extending over time underlies both day-residue and dream-lag effects.

Effect of Dreams on Psychiatric Patients in a UAE Study

Mohamed Omar Salem

This study examines dream experiences and attitudes among patients attending psychiatric facilities in the UAE. Our results are based on a descriptive cross-sectional epidemiological survey of all new patients attending the psychiatry outpatient clinic, and all patients admitted to the psychiatric wards of Al-Ain and Al-Amal Hospitals, for one and a half years starting from October 2005.

Enhanced Dream Reports and Better Identification of Dream Memory Sources following Training in an Introspective Technique

Elizaveta Solomonova, Tore Nielsen, Philippe Stenstrom, Jessica Lara-Carrasco, Christine Brochu, Marie-Eve Ross

This study shows that training research participants in an introspective technique produces more detailed home dream reports and enhances their capacity to identify specific memory sources linked to particular dream elements.

Recurring Elements in Dreams Elicited from Multiple Sleep-onset Awakenings

Philippe Stenstrom, Kieran Fox, Tore Nielsen, Elizaveta Solomonova, Jessica Lara-Carrasco, Isabelle Godin

We demonstrated that visual hallucinations occurring at sleep-onset dreaming contained highly related (recurring) elements (theme, setting, object, etc.). Recurring elements were found within single dreams and between dreams across a single night but not across nights. Furthermore, recurring elements could be traced to distinct and unrelated memory sources.

Atelier: L'Odysée d'Homère: une carte du voyage intérieur Promenade

Claude Desloges

Au cours de cet atelier, nous ferons l'expérience d'une approche dans laquelle nos propres rêves, les mythes et les événements de notre quotidien créent un fascinant jeu de miroirs qui nous révèlent à nous-mêmes. L'Odyssée d'Homère sera utilisée comme métaphore de la quête spirituelle et nous guidera dans notre propre voyage de retour à Soi.

Workshop: Mandala Drawing Techniques as a Method of Understanding Dream Symbols Salle 3

Ann Bengtsson

For thousands of years the Mandala has been used in different cultures to focus awareness. Jung used the Mandala drawing technique to come closer to the Self showing itself. This workshop gives you an amazing method of revealing the meaning of your most energy-laden dream symbols in a creative way.

Symposium: Spiritual Insights in Personal Dreams

Coubertin

The Problematical True Dream

Iain R. Edgar (Chair)

The fact that Islamic militant Jihadists relate to some of their dreams as true, inspiring and legitimating confounds our common IASD understanding that dreams are beneficently true. This paper attempts to articulate some of the issues that emerge from this situation and suggests possible criteria by which true dreams can be universally measured.

The Archetypal Dimension of Bereavement Dreams

Geri Grubbs

Bereavement is a collective experience revealed as profound images in our dreams. The focus will be on precognitive and visitation dreams, and how the grief process is supported through our dream encounters with the spiritual and archetypal realms of the unconscious. Includes a slide presentation of archetypes of death and transformation.

Dream of the Golden Boy Buddha in Water

Fred Jeremy Seligson

What is the significance of the golden boy Buddha floating on his back, smiling under the rectangular pond of clear water in the cave? Life on its own gave me evidence in other dreams and in the waking reality of scenes in dreams replicated in Seoul and India.

Symposium: Psi Dreaming in Stressful Environments

Sherbrooke

Psi Dreaming in Stressful Military Missions

Dale Graff (Chair)

Psi dreams and synchronicities leading to the presenter's involvement in an intensive search activity for a US General held hostage in Italy are described. The dreams that occurred while in Italy are summarized and illustrated with photographs. These dreams had relevant information about the General's secret location.

Psi Dreams During Hazardous Journeys on Remote Canadian Rivers

Dale E. Graff

Dreams that occurred during arduous canoe journeys on Canadian rivers are described and evaluated. Some of the dreams provided useful information for the next day's travel. One dream led to potentially life saving action. Procedures for seeking psi/precognitive dreams in stressful environments are reviewed.

Psi Dreams of USA Military Personnel in the Middle East

Christian J. Hallman

Dream reports were solicited from US Army military personnel while on duty. These dreams are reviewed, categorized and evaluations made. Some of the dreams were precognitive of future military situations and of unexpected incidents at home. Recommendations are made for follow-on dream collection efforts in combat zones.

The Practice of Precognition

Craig S. Webb

The science and art of precognition are reviewed with a variety of examples. The implications of precognition are discussed and practical techniques provided for experiencing precognition.

Panel: Les rêves pour clarifier la mission personnelle

Viau

Paule Boucher (présidence), Denise Cardinal, Micheline Bacon

Comment les rêves permettent-ils d'identifier, de vérifier ou de solidifier la mission personnelle? En période de changement planifié ou imprévu, les rêves sont un outil pour comprendre les causes passées, s'adapter aux conditions présentes et opter pour les meilleurs choix futurs. Ils offrent une vision globale éclairant la route vers la raison d'être de chacun.

Dreams and the Life Cycle: Videos on Childhood Dreams and Dreams Near Death Olympique **CE**

Alan Siegel

Two videos will be presented and discussed including the enchanting and multiple award winning HBO film, *Goodnight Moon and Other Sleepy Time Tales* and the poignant saga of an extremely creative man's dreams while facing death, *Appointment with the Wise Old Dog*. A discussion will follow each video to highlight developmental issues and potential relevance to working with dreams.

1:00-2:30 PM Lunch & Telepathy Award Announcements Dining Room & Il Giarvino

1:00-5:30 PM Board Meeting Promenade

Lunch will be served at the Board Meeting.

2:30-4:30 PM Early Afternoon Sessions

Atelier: Les symboles de rêves, vecteurs puissants dans la sacralisation du quotidien Terrasse

Manon Lévesque

L'institution n'est plus productrice de sens et laisse un vide. Pour les individus, ce vide se nomme souffrance et se traduit par un manque de cohésion identitaire. La spiritualité peut être utilisée comme outil clinique précieux et les symboles de rêves sont des vecteurs puissants dans la sacralisation du quotidien.

Symposium: Dreams in Literature

Coubertin

Literary Books of Dreams in English and French

Betsy Davids (Chair)

A number of 20th and 21st century literary writers in English and French have produced nonfictional books from their own dream experience. This paper presentation will discuss several such books,

including works by Marguerite Yourcenar, Michel Leiris, and Jack Kerouac.

Text as Dream in Kafka's *Metamorphosis*

Barbara Bishop

This paper explores Kafka's novella, *Metamorphosis*, as a literary text that reflects some qualities of a dream. The bizarreness of dreams and their tendency to literalize metaphors allow us to see how "unsettling dreams" unmoor us from the familiar, and launch us into uncharted seas, transforming us out of bug-like existences.

Harry Potter, A Power Creature for Helping Children Overcome Nightmares

Ghazaal Bozorgmehr and Hooshmand Ebrahimi

Describes the systematic tasks of the "Kids' Skills" method. The task of choosing a power creature is discussed. Shows Harry Potter as a power creature for helping children to learn the skill of converting nightmares into goodmares.

Un/Common Territories: Dreaming and Poetry

Jan L. Hitchcock

Integrating psychological and literary perspectives, this presentation explores convergences between poetry and dreaming in origin, form, process, and content. These include commonalities in use of image and metaphor; in appreciation of the role of unconscious processes, reverie, and multiple meanings; and in their potential as vehicles for psychological integration.

Research Symposium: Dreaming and Sleep-Dependent Memory Processing

Olympique
CE

Memory Reactivation and Dreaming during NREM Sleep

Erin J. Wamsley (Chair)

It is now well established that during sleep, recent experiences are "reactivated" in the brains of animals. Data will be presented which suggest that memory reactivation occurs similarly during human NREM sleep, and that this memory "replay" is reflected in both the emotional tone and specific content of concomitant dream experiences.

Emotional Memory Trade-Offs Occur Preferentially during Sleep

Jessica D. Payne

We examined the development of the components of emotional scene memories across 12 hours including waking or sleeping. While wakefulness led to forgetting of entire emotional scenes, sleep preserved memory for emotional objects, but not their backgrounds, suggesting that the two components undergo differential processing during sleep.

Do Dreams Reflect Memory Processing?

Carlyle Smith

Memory enhancement has been achieved by a special cuing method that involves presenting a cue during acquisition and again (softly) during REM sleep. An examination of subsequent dream activity shows that, compared to controls, cued subjects had longer dreams with a higher incidence of symbolically task related objects and activities.

To Dream, Perchance to Learn

Robert Stickgold

Recent findings on sleep-dependent memory consolidation and on dreams and memory will be reviewed, and methodological problems discussed, in an attempt to identify research paradigms that can effectively address the question of the role of dreaming in sleep-dependent memory processing.

Panel: Dreams and Soul-Making: Four Perspectives on Encountering the 'Other' Within

Sherbrooke

Robert Tompkins (Chair), Winnie Piccolo, Meg Pierce, Dawn Matheny

Dreams invite us consciously to "cross borders," to evolve a relationship to an archetypal "other" within ourselves, especially when it appears as an oppressor or seducer. Each panelist will discuss dreams as vehicles of soul-making, of deepening the experience of the sacred taken into the body to "ensoul" and expand consciousness: "Dreaming the Beloved: Eros, Life Energy and the Making of Soul," Robert Tompkins; "Dreams and the Work of the Threshold: Dwelling in Marginality, Ambiguity and Chaos," Winnie Piccolo; "In the Midst of Death We Are in Life: Dreaming through Depression," Meg Pierce; "Seeking Balance Across the Great Divide: Dreaming the Animus as the 'Other' Within," Dawn Matheny.

Séminaire: La recherche et les rêves

Viau

Les émotions comme constitutives de l'image onirique

Pierre Clément (présidence)

La présente hypothèse propose d'illustrer la nature composite du rêve, en particulier le rapport d'équivalence qui réunit ses constituants, c'est-à-dire les restes émotifs diurnes et les images mnésiques. Ce rapport a pour effet de déformer non seulement la qualité de l'image onirique mais aussi celle de l'enchaînement narratif.

Impact des émotions oniriques sur l'adaptation émotionnelle à des stimuli affectifs standardisés

Jessica Lara Carrasco

Présentation des résultats d'une étude portant sur l'impact des émotions oniriques et de la privation de sommeil paradoxal sur l'adaptation émotionnelle (c'est-à-dire, diminution de la réaction affective) à des stimuli négatifs, en l'occurrence des photos, lorsque ces stimuli sont présentés à deux reprises, soit le soir et le matin.

Que pensent les gens à propos des rêves? Identification de profils de rêveurs en fonction de leurs attitudes et croyances

Catherine Charneau Simard

La validation d'un instrument évaluant les attitudes et croyances envers les rêves a permis de dégager plusieurs dimensions d'intérêts. L'observation de liens différentiels existant entre ces dimensions et les variables relevant du rêve, de la personnalité et du bien-être, montre l'importance de cette évaluation multidimensionnelle.

Les rêves durant la grossesse et le post-partum: les défis d'un événement de vie majeur

Catherine Sabourin

Cette présentation discutera de l'impact de la grossesse sur le contenu des rêves et de l'utilité de ces derniers pour mieux comprendre l'expérience psychologique associée à cet événement marquant de la vie. Les thèmes prédominants des rêves de grossesse et du post-partum seront présentés, ainsi que leur relation avec les symptômes dépressifs et anxieux de l'éveil.

4:30-5:00 PM Transition

5:00-5:20 PM Closing Artistic Event: I'm Walking Around with No Clothes On Terrasse

Amber M. Hickey

What if we dreamed in sounds? If we could not see our dreams, how would they sound? How would they taste? How would they feel? This piece is an exploration of what happens when we dream in sounds. What happens when we blend these sounds and all of our dreams become one universal dream soundscape. This performance will include audience participation.

5:30-7:30 PM Dinner Dining Room & Il Giarvino

Pre-reserved tickets will be required for the Dinner Buffet. Dinner on your own may be obtained in the hotel restaurant, a la carte, if there is space, or at local restaurants (See the restaurant suggestion sheet included in your conference package, or the conference website.)

Take time to Dress for the Dream Ball

7:30 PM-Midnight Dream Ball Sherbrooke & Viau
Music by High Five with Erin Simms

You are encouraged to come dressed or disguised as a character from one of your dreams. The ball will include outstanding music, dancing, a costume contest, and a bit of dream mayhem. This event is always a favorite, so don't miss it! It is best to come early in order to get in on the costume contest.