

Ernest Hartmann Student Research Award Celebrates its 10th Year

Curtiss Hoffman, Student Research Awards Committee Chair



The inception of the Student Research Awards Committee was a result of an inspiration from the late Dr. Ernest Hartmann at the 2004 IASD conference. Since then, thanks to generous grants from anonymous donors supplemented by funds from the IASD Board, the committee has been able to offer two awards each year to outstanding student researchers: one for quantitative and one for qualitative research. Part of the awardees' commitment upon receiving the award is to continue to pursue dream studies by presenting their research in an IASD-approved format, either at a conference or as a journal article. Below is a follow-up study of the past 10 years' awardees.

2005 Awardees

Clare Johnson is the author of two lucid dream inspired novels, *Breathing in Colour* and *Dreamrunner*, and her PhD was the first to explore the link between lucid dreaming and creativity. She gives international workshops and presentations on lucid dreaming and her Lucid Writing technique, and is a creativity mentor. She writes the regular "Amazing Dreamers" feature in *DreamTime* magazine, where she interviews pioneers in the field of dream studies. She is currently writing her first non-fiction book, which is on lucid dreaming.

Gillian (Finocan) Kaag is currently working at the University of Denver. She is a licensed psychologist and senior staff member at DU's Health and Counseling Center (HCC). She is also the Director for the Center for Advocacy, Prevention, and Empowerment (CAPE), a department of the HCC. In her role at CAPE, she leads DU's prevention of and response to gender violence. In her psychologist role, she trains psychology trainees and provides therapy for members of the university community. Dreamwork continues to be a strong interest of hers and is routinely incorporated into her clinical practice.

2006 Awardees

Sheila McNellis Asato is currently working on writing her first book—something she has literally dreamed of doing—focusing on integrative health through dreaming and the arts; in particular what she has learned from working with clients at Pathways Health Crisis Resource Center who face life-threatening or chronic disease, or are caregivers. She has found that her work in the arts and dreaming has provided tremendous support for their healing journeys. Her goal is to share the process and the healing stories with others. To start this project, she

asks her dreams for guidance and support: each night, she focuses on the intention that they "show me my book." She is eager to see how they will respond.

Lana Nasser is "hermit-ing" as she works on her first book, about the crazy dream of peace. Meanwhile, she continues to do theatre, performing mainly in the Netherlands where she made a home for herself in 2014; leading theatre-creativity workshops in refugee camps when she's in Jordan; and taking the year to re- envision Aat Network, which she co-founded and directed through four International Women's Day festivals. Dreams continue to guide her, especially as a source for creativity. Previous dream publications since the award include articles in the book *Dreaming in Christianity and Islam: Culture, Conflict and Creativity* (eds. Bulkeley, Adams & Davis), and the *Encyclopedia of Dreams*, eds. Barrett & McNamara.



2007 Awardees:

Peter Simor's success in the IASD competition was instrumental in encouraging him to stay in the field of sleep and dream research. He has finished his PhD and started an academic career as a sleep researcher. He has investigated the neurocognitive aspects of nightmare disorder, and currently, as an assistant professor in the Cognitive Science Department of the Budapest University of Technology and Economics, he is leading a "young" sleep laboratory. They investigate the role of sleep in memory consolidation, the psychological aspects of circadian rhythms in healthy and clinical populations, and the neurophysiological differences between phasic and tonic REM sleep.

Since **Patricia Spangler's** award (for her master's thesis on therapist dreams about their clients), she's continued to pursue both research and clinical work with dreams. Her dissertation compared Hill's cognitive-experiential dream model (in group modality) with interpersonal process group for sorority women with body image and eating issues. With the research team at the Maryland Psychotherapy Clinic and Research Lab and the University of Maryland, she investigated working with dreams in long-term interpersonal psychotherapy research funded partially by IASD. She has since adapted the Hill model for use with PTSD-related nightmares. The adapted model, Nightmare Deconstruction and Reprocessing (NDR), has been tested in individual and group modalities with good results. Now a Clinical

Research Psychologist at the Center for the Study of Traumatic Stress at Uniformed Services University, she has submitted proposals to compare NDR with Imagery Rehearsal Therapy in active-duty service members and veterans with refractory PTSD nightmares. They're investigating the role of biomarkers EGR1, BDNF, and Val66Met in PTSD nightmare frequency and severity, and nightmare treatment process and outcome. Her private practice specializes in trauma-related nightmares.

2008 Awardees

Ryan Hurd's award was for his paper "A Treatise on Lucid Nightmares." Newer versions have been published in Deirdre Barrett and Patrick McNamara's *Encyclopedia of Sleep and Dreams* (2012), and incorporated into an essay "Unearthing the Paleolithic Mind in Lucid Dreams," published by Praeger in a reference collection that he edited with Kelly Bulkeley, *Lucid Dreaming: New Perspectives on Consciousness in Sleep* (2014). He's remained particularly active in dream education. His blog Dream Studies Portal at www.dreamstudies.org reaches over 100,000 people monthly, with topics ranging from sleep hacks to dreamwork to altered states of consciousness. He is a current IASD board member, and has lectured at University of California Berkeley, Stanford, the Rhine Research Center, and Bryn Athyn College. He has published articles in anthologies, popular blogs and magazines, and journals including *Anthropology of Consciousness* and *Paranthropology*; and also three books on dream-related topics: *Sleep Paralysis*,

Lucid Immersion Guidebook, and *Dream Like a Boss* (Books 1 and 2). The last two are self-published through Dream Studies Press, www.dreamstudies.com

Eva Murzyn completed her PhD at Dundee University in 2010, defending a thesis on “Individual differences in visual memory, imagery style and media experience and their effect on the visual qualities of dreams.” She attended three IASD conferences (2009, 2010 and 2011), presenting research she carried out during her PhD. In 2011, she started working as a Lecturer in Psychology at University of Derby in England, and in 2013 moved to online teaching within the University of Derby Online. In 2014, she accepted a teaching position at Glasgow University, where she currently works. Her research interests have moved towards investigating the effects video games have on the visual form of dreams, and on how virtual worlds are represented in our dream—a topic on which she collaborated with Dr Jayne Gackenbach.

2009 Awardees

Amy Blume-Marcovici recently finished her PsyD in clinical psychology from Alliant International University, San Diego. She did her clinical APA internship at Harvard Medical School’s Cambridge Health Alliance in Boston. She is also working on several articles and a book based on her dissertation research, which focused on the topic of when therapists cry in therapy. One of these articles has been published in the journal *Psychotherapy*; two are currently under review. She is also in the process

of putting together an edited volume entitled *When Therapists Cry*, which she hopes to have published in the coming year. She plans to return to clinical work in the near future, in her new home city of Portland, Oregon.

Melanie Rosen continues to study dreams from an interdisciplinary philosophical and cognitive scientific perspective, focusing on what dreams tell us about consciousness and cognition, presenting at conferences in the USA, New Zealand, Australia, Germany and England. She completed her PhD in 2013, with the thesis “Dream Pluralism: A Philosophy of the Dreaming Mind.” The paper for which she won her award was updated and published in *Frontiers of Consciousness Research* as “What I make up when I wake up: anti-experience views and narrative fabrication of dreams”—with over 1600 views, among the best performing articles in *Frontiers*. She has also published the paper “Self-Representation and Perspectives in Dreams” in *Philosophy Compass*, coauthored with her PhD supervisor Professor John Sutton. She is currently working on an invited paper about sense of agency over thought in dreams, and working as a casual lecturer at Macquarie University while applying for post-doctoral fellowships.

2010 Awardees

Linda Mastrangelo likes to keep many projects going at once. Her immediate attention has been working on a paper “Meeting the Psychopomp: An Oneironaut’s Journey into the Underworld” for the





PsiberDreaming Conference, a virtual gathering of dream enthusiasts like herself. When she's not busy editing *Dream News* for IASD, she contributes articles and blogs at thedreamtribe.com and the Examiner at www.examiner.com/dream-research-in-san-francisco/linda-mastrangelo, or at her own website www.lindamastrangelo.com. Professionally, she has an MFT private practice internship, teaches Psychology in San Jose, and facilitates trainings and workshops on grief and dreams, including hospice and other healing institutions. She also sits on the IASD board of directors since 2012 and enjoys creating her 'alchemical creatures' in the Santa Cruz Mountains.

This fall **Connie Svob** will be graduating with her PhD in Psychology from the University of Alberta. She spent last year as a Visiting Student at Oxford University, where she extended her research on dream memory to memory of aesthetic and religious experiences. She plans to continue her research on memory by exploring the ways in which the internal and external dimensions of experience interweave.

2011 Awardees

Juan Miguel Marin is currently finishing his dissertation at Harvard Divinity School. While he specialized in the history of mysticism and religious experience, he's now moving towards studying the influence of ancient religion and philosophy on modern science and mathematics.

Tadas Stumbrys has just completed his PhD at

Heidelberg University in Germany. His dissertation, entitled "Motor learning in lucid dreams: Prevalence, induction, and effectiveness," explored the questions of lucid dream induction and its application in sports. His research on lucid dreams has already been published in several journals, including *Consciousness and Cognition*, *American Journal of Psychology*, *International Journal of Dream Research* and others.

2012 Awardees

Nils Sandman's award was granted for a study of the prevalence of nightmares in Finland. That study was published in journal *Sleep* in the summer of 2013, and sparked a lot of media interest in Finland when it came out, proving that dreams do interest a wide audience. Currently he is continuing his PhD project on epidemiology of nightmares in the consciousness research group of the University of Turku. Further studies will investigate risk factors for having nightmares and associations between frequent nightmares and seasonal affective disorder.

Isaac Taitz has been riding the momentum towards the clinical application of dreams: attending Nova Southeastern University for graduate school in clinical psychology, working with Dr. Ana Fins in her sleep lab and with Dr. Steven Gold in his Trauma Resolution and Integration Program (TRIP). He presented a poster on the protective factors of social networks against nightmares of child sexual abuse survivors at the 2013 conference for the International Society for the Study of Trauma and Dissociation (ISST-D). At the 2014



IASD conference, he presented his review of clinical applications of lucid dreaming. Meanwhile, he has been refining his dissertation regarding the protective features of lucid dreaming; has been seeing clients as a psychology trainee; and has given guest lectures on dream analysis.

2013 Awardees

Josie Malinowski has continued to carry out dream research at the University of Bedfordshire as a Lecturer in Psychology. The paper for which she received her award, “The preferential incorporation of emotional and ‘important,’ but not stressful, waking-life experiences into dreams,” was published in *Dreaming* in 2014. She received a Dream Science Foundation grant to continue the research, and will present the results at the IASD conference in Virginia in 2015. Current research includes how different factors affect which parts of our waking lives we dream of; how dreams can be metaphorical and hyperassociative; how waking-life memories play out in our dreams; using dreamwork for personal insight; whether the way in which we manifest wake-dream continuity may be a stable trait of dreaming associated with other traits such as personality; and an emotional memory assimilation theory of dreaming.

Laurentiu Malomfalean, after successfully defending his thesis on hypermodern oneiric imaginary (how dreams appear in post-1968 and pre-2001 literature), is preparing his postdoctoral scholarship with a project entitled “Oneirofiction: From the New Novel to Neoromanticism.”



Winners of the 2014 Ernest Hartmann Awards have been announced. Congratulations to Polly A. McCann and Hye Joo Han.