February Volume 16 Issue #2

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35th IASD Dream Conference
Scottsdale, Arizona
June 16 - 20, 2018
http://iasdconferences.org/2018/ for more information
- Preliminary Schedule Posted
- Call for Poster Submissions: Feb 15,2018
- Registration for the Conference Open!!
Call for Volunteers  Positions Filled but Wait List still open

The Venue  • is the beautiful Doubletree Paradise Valley Resort; a resort hotel in a Frank Lloyd Wright style architecture, near the heart of Scottsdale Arizona at a low $89 per room night. It is also a perfect location for attendees who want to stay over for a few days to drive the cool high country loop to the many destination sites in Arizona (see below). The hotel is 12 miles from the Phoenix Sky Harbor international airport. We have negotiated the same discount rate for 3 days before and after the conference for attendees who want to take advantage of the local attractions or a high country trek.

PLAN A TREK TO THE ARIZONA HIGH COUNTRY

Bring your family or organize a group of friends to drive the scenic loop and cool rim country of Arizona (see the map and pictures). The Grand Canyon is only a 4 hour drive but you will want to stop along the way to see the many sights: the red rocks and mystic vortexes of Sedona; Flagstaff and Oak Creek canyon with its natural water slide, Meteor Crater, the massive Indian cliff dwellings of Walnut Canyon; and drive back via the backroads through the Ghost Town of Jerome; stop off at the cliff dwelling of Montezuma’s Castle or the fantastic architectural vision of Paolo Soleri at Arcosanti. Continue your visit to include the Painted Desert, the Petrified Forest, the ribbon canyons of Lake Powell in Page AZ, or re-capture the 50’s on Old Route 66 in Seligman.

Robert Stickgold, PhD  – associate professor of psychiatry at Harvard Medical School.

Fariba Bogzaran, PhD  – founder of the Dream Studies Program at John F. Kennedy University and author of Extraordinary Dreams;

Lee Irwin, PhD  – Professor of Religious Studies at the College of Charleston and author of The Dream Seekers;

Katja Valli, PhD  – Senior Researcher at the Department of Psychology, University of Turku, Finland; IASD Research Committee Chair;

35th Annual Dream Conference
Doubletree Resort Paradise Valley | Scottsdale, Arizona
iaasconferences.org/2018 | June 16 - 20, 2018
JOIN US & 140 PRESENTERS FROM AROUND THE GLOBE!

CALL FOR DREAM ART ENTRIES

Application Open Online

The 2018 Juried Dream Art Exhibition will be held in conjunction with the annual conference at Scottsdale.


We are now accepting original art work about or inspired by dreams (visionary or emotional experiences that occurred during sleep). Two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. You do not need to be a member of IASD or a conference attendee to participate. Click for entry information.

ATTENTION ACCEPTED SPEAKERS FOR THE 2018 DREAM CONFERENCE:

We encourage IASD speakers to promote the conference event. The more attendees at the event, the more people that get to hear the awesome content you have to share!

NEW in 2018 – Customized Promotional Graphic! Add your photo and presentation title, and send to your personal social media network on Facebook, Twitter or personal email.

Send your photo to Laura Atkinson by 1 April 2018. She will email your customized graphic within 48 hrs. This customization service is available only until April 1, 2018 due to schedule and demand; but you are welcome to assist with promoting the conference until the last day!

2017 IASD PLEDGE
CONTRIBUTIONS SOAR OVER GOAL!
A final tally of donations to the 2017 IASD Pledge Drive, which ended the last day of January, beautifully demonstrates the care that dreamers give to the world’s top dream organization. Over $18,000 arrived during the Pledge period, significantly topping the Pledge Drive’s $10,000 goal and exceeding last year’s total by nearly $1,000.

There were two special aspects initiated in the Pledge Drive this year: a Facebook challenge run through Facebook’s Network for Good, and our request that all members help with the Pledge Drive by remembering at any time of year to include IASD in the Amazon Smile program. These two programs netted $900.

And finally, a big thank you and acknowledgement goes to the individuals who donated to the Jeremy Taylor Dream Education Memorial Fund. These donations, with a combined total of nearly $1,000, will be utilized for conference scholarships and other aspects of IASD’s dream education program.

Thank you to all the dedicated IASD members who keep this dream organization operating through volunteer hours, love and programs like the annual Pledge Drive.

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**SUPPORT IASD WITH A SMILE**

Would you like to continue to support IASD all year long? Try AmazonSmile, an easy way to give money without the stress. Click on this link and sign up. Every time you make a purchase on Amazon, .05% goes to our organization.

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**IASD HEADQUARTERS HAS NEW LOCATION**

Our IASD office is moving! Effective immediately.

Our new mailing address is:

IASD
PO Box 206
Novato, CA 94948

Boxes and other oversize flat mail can be sent to:

IASD
1537 South Novato Blvd #206
Novato, CA 94948

(Note: must have the hash tag/pound sign #206, DO NOT use "UNIT" 206)

Over the next few months you will start to see our new address in IASD Publications such as *Dreaming, DreamTime* and *Dream News*, in correspondence, in ads and on the IASD web site. Remember though that this is only a geographical move. IASD’s web site, email and phone numbers will not be affected by the change.

Please join us in thanking Meredith Sabini, PhD, of The Dream Institute of Northern California, for providing space and being our landlord. For more than ten years now she has made IASD welcome in Berkeley. However, as our organization has achieved a greater geographical spread, our need for physical office space has decreased. Our Facebook pages will still be open to the Dream Institute to provide information on programs.

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**THE ERNEST HARTMANN AWARD FOR STUDENT RESEARCH**

*Curtiss Hoffman, Student Research Awards Chair*

We are pleased to announce the recipients of the 2017 Ernest Hartmann Award for Student Research.

Participants may also electronically submit videos in AVI formats, or music in MIDI or MPS formats.

IASD-Student Research
PO BOX 206
announce that the anonymous donor who generously provided funding for the Student Research Award last year has graciously agreed to provide matching funds for the 2018 competition! The IASD Board of Trustees will provide the balance of funds.

As in previous years, there will be two $500 awards. The first is for the best student submission of original scientific research on dreams and dreaming. The second is for the best student submission of original historical, literary, artistic, or theoretical research. Undergraduate and graduate students are eligible to submit papers. See http://www.asdreams.org/student-awards/ for additional details.

All participants must submit their presentations in electronic form, preferably through email to: office@asdreams.org, or if necessary by mailing the files to the address below, copied to a CD or a DVD, to the IASD office by March 1, 2018.

Alternatively, a copy can be faxed to the IASD Office at 1-209-724-0889, or scanned and emailed as an attachment to office@asdreams.org. A note or cover letter should be included to indicate that this is for the IASD Student Research Award. Participants must specify which of the two awards they are applying for. In the case of papers with multiple authors – in terms of the ideas presented as well as the description of the results – the contestant must indicate clearly, in either the text of the paper or in an accompanying letter, what portions are the submitter’s work.

Research that has been published prior to the submissions deadline is not eligible for this award.

Submissions must include a copy of the participant’s student ID.

Winners will be announced during the General Membership Meeting at the IASD annual conference, which will be held at the Doubletree Resort Paradise Valley, Scottsdale AZ, June 16-20, 2018. Check the schedule of conference events to find out the exact date and time.

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**REGIONAL NEWS YOU CAN USE**

**Susanne Van Doorn, Chair, IASD Regional Events Committee**

I hope that the new year started out well for you and that your health and dream life are flourishing. This month I want to present to you the Regional Representative of Northern California: Christian Gerike.

If you want to join our regional team, you are welcome. You would need to become a member of the IASD if you are not already registered.

At the moment we have 52 regional representatives – IASD members living in all continents of the world. They are the people who greet the new and renewing members online and who are actively involved in promoting dream work in their region. At the moment we are looking for a new representative for England.

Please check the IASD website for up-to-date names and contact information for the regional representative in your area. The Regional Representative webpage is divided into regions, making your search more user-friendly.

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**Regional Representative of Northern California:**

**Christian Gerike**

Christian Gerike is a Northern California regional representative for IASD. He holds a master’s degree in anthropology and is currently completing a master’s degree in psychology, both from Sonoma State University, California. Christian writes blogs, holds workshops, and teaches. He writes *The Dream/ing* which presents excerpts from the wide range of dream literature and appears four times a week on IASD’s Facebook page.

Christian has taught courses on *The Psychology of Dreaming* and is currently a teaching assistant for *Myth, Dream, and Symbol* courses at Sonoma State University. Through these classes, he teaches appreciation of the value of dreaming as providing insight to our lives and how dreams promote our mental and physical wellbeing.

An enthusiastic supporter of IASD, he actively uses social media to promote the annual international IASD conference and the online PsiberDreaming Conference. He also promotes the IASD through the classes he teaches and the dream groups and
If you would like to become a representative, or for further information, please contact Susanne Van Doorn, Chair of the Regional Events Committee, at susanne@mindfunda.com.

Christian believes that, “The more that people consciously pay attention to and work with their dreams the better place the world will be.”

**WINTER 2018 DREAMTIME HITS THE STANDS (AND YOUR COMPUTER)**

Within days the Winter 2018 issue of IASD’s *DreamTime* magazine will be arriving at the doorsteps and computer screens of IASD members. This magazine is one of the many benefits of IASD membership.

This Winter 2018 issue is one you will not want to miss, as it contains a very special article. We are happy to announce that we have received permission from Dr. Montague Ullman’s daughter Susan to release an excerpt from her father’s unpublished autobiographical writings. Thus a special article will appear in this issue containing, among other things, Montague Ullman’s notes on successful experiments in the paranormal that were conducted over a period of several years. We know you will want to read this issue of *DreamTime*.

**BRAIN AWARENESS WEEK**

**MARCH 12 - 18, 2018**

Help share IASD’s expertise on the dreaming brain!

IASD’s participation in Brain Awareness Week originated in the Regional Representatives Committee, but any member can help promote IASD and BAW. We hope you will!

Consider printing some copies of the IASD BAW handout, and delivering them locally (along with IASD conference info, of course) to school teachers, healthcare providers, reporters, scout troop leaders… anyone who might have a natural interest in the brain, in dreaming, or both. Download the PDF from [https://tinyurl.com/ydhnov2b](https://tinyurl.com/ydhnov2b). It can be printed two-sided on a single sheet of paper.

Then, during March 12–18, help spread IASD’s expertise online. Each day, an original IASD BAW article (some days two) will be posted. They’ll be in the Articles for Dreamers section of IASD’s home page, and on IASD’s Facebook page. Please share each day’s articles widely, wherever you’re active online!

BAW is a global campaign of the Dana Alliance ([dana.org/baw](https://dana.org/baw)). Questions? Email Gloria Sturzenacker at glsturz@cs.com.

**MEMBERS IN THE MEDIA**

**JORDI BORRÀS GARCÍA LATEST INTERVIEW**

For our Spanish speaking members, IASD Board Member Jordi Borràs García has been interviewed on three international radio shows on dreams, politics and alternate states of consciousness.

On the Catalan radio station, Catalunya Ràdio entitled "Dreams in Times of Uncertainty," the role of dreams

**GRIEF DREAMS PODCAST**

The Grief Dreams Podcast has been interviewing people for over a year now (with 55+ episodes). The podcast explores people’s life

**FEEDBACK REQUEST FROM IASD MEMBERS FOR DREAM JOURNAL BOOK PROJECT**

From Suzanne Saldarini:

I’d welcome dream workers/researchers’ comments or suggestions on a project I’ve undertaken: consultant to a dreamer hoping to publish his dream diary. Prompted both by curiosity about dreams and interests in creative writing, he’s recorded 145 dreams occurring
journey, their grief after a death (human or pet), and any dreams they have had about the deceased loved one that has died. The show is hosted by Joshua Black (PhD student researching dreams of the deceased) and Shawn Ram (with an occasional guest host). This podcast can be found on iTunes (Apple podcasts), Stitcher, Podbean.com, and many other podcasting platforms. For more information about this topic, please go to Griefdreams.ca

In this issue of Hot Off the Press we will be focusing on the latest research on sleep data. The intention of this column is to publish links to evidence-based scientific articles on the study of dreams that are written for a non-research audience.

WHAT FITBIT’S 6 BILLION NIGHTS OF SLEEP DATA REVEALS ABOUT US BY DAVID POGUE

Since Fitbit began tracking sleep stages in March 2017, it has collected data from 6 billion nights of its customers’ sleep. This is a gold mine — by far the largest set of sleep data ever assembled. (This data is anonymous and averaged; it’s not associated with individual customers’ names.)

SOURCE: YAHOO FINANCE

SLEEPING BOOSTS WOMEN’S BRAIN POWER BUT MEN BENEFIT MORE FROM NAPS

Previous research has suggested women need more sleep as their brains are 'more complex' than men’s. Getting a good night’s sleep boosts women’s brain power, while men benefit from shorter naps, research has suggested. Scientists at the Max Planck Institute in Munich analyzed the sleep patterns of 160 adults to consider how sleep affects intellectual capacity. Their study has been presented at the Forum of Neuroscience in Copenhagen.

SOURCE: PSYCH PEDIA

JANUARY NEW AND RENEWING MEMBERS = 40

JANUARY TOTAL RENEWING MEMBERS = 29

Victoria Freeman
Robert Freeman
Marlene King
Tallulah R Lyons
Judy Kolkin Kaplan
Alma M. Verbunt
Lisa B. Rigge
Deon Andre van Zyl
Jordi Borriàs García
Prof Paul Giurlanda
Laurel McCabe
Katy Kane
Katherine Bell
Doris Snyder
Dan Gilhooley
Barbara Koning
STAY CONNECTED