



# Dream News

April Volume 16 Issue #4

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March Membership Total: 42

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## 35<sup>TH</sup> ANNUAL INTERNATIONAL DREAM CONFERENCE

**Doubletree Resort Paradise Valley**  
**Scottsdale, Arizona**  
**June 16 - 20, 2018**

- Over 150 Presenters from 22 Countries!
- Continuing Education Credits Available
- Dream Ball • Juried Dream Art Exhibit
- Morning Dream Groups...

**WWW.IASDCONFERENCES.ORG/2018**  
 for conference information and registration instructions.

**and so much more!!!**

**35th IASD Dream Conference**  
**Scottsdale, Arizona**  
**June 16 - 20, 2018**

<http://iasdconferences.org/2018/> for more information

- Early Bird Discount Registration Extended to May 1
- Preliminary Schedule, Program Listing and Abstracts Posted
- Post-Deadline Poster Submissions: accepted until April 15
- Registration for the Conference is Open!
- Meal Menus posted for each day, vegan and



## CE CREDITS AVAILABLE

IASD's 2018 Annual Conference features approximately 25 available credits for peer reviewed presentation proposals. The content of presentations designated for CE were selected

gluten free entrees available on request

• Call for Volunteers wait list open

Up to 25 CEs Available

• Dream Art Entries – post-deadline extended to April 30

• Advertise in our Conference Booklet

**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.

based on direct relevance to the acquisition of new skills by the continuing postgraduate and professional education of mental health or health care professionals with primary focus on clinical, theoretical, research or academic topics, such as the following:

- clinical use of dreams in psychotherapy,
- the biology and science of dreaming,
- research on the nature, function or meaning of dreams,
- cross-cultural issues in working with dreams,
- content analysis of dreams,
- comparative theories of dream function or interpretation, or
- comparative analyses of theories of dreams.

The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. IASD maintains responsibility for this program and its content. Many licensing boards for psychologists, social workers, marriage and family therapists and counselors will accept credits from an APA-approved sponsor. Check with your licensing board to make sure that credits from an APA sponsor, such as IASD, can be applied for your license renewal.



### Keynote Speakers

**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



CALL FOR DREAM ART ENTRIES



ADVERTISE WITH US



Post Deadline applications will be accepted until **April 30, 2018**

[Application Open Online](#)

We are now accepting original artwork for the 2018 Juried Dream Art Exhibition to be held in conjunction with the annual conference at Scottsdale. You do not need to be a member of IASD or a conference attendee to participate. [Click](#) for entry information.

Last few days of extension to get Dream Art submission in before the jury meets to select this year's Artists for the Dream Art Exhibition. Over \$2,000 of awards to be Jury selected for the Artist that best reflects the world of Dreams in their work and process.

Please share this with all your Artist friends and Dreams that you can reach. Looking forward to another amazing Show put together with Dream visions from around the world.

Highlight your presence at the 2018 IASD Conference by advertising in the annual conference program.

Do you have a product or business to promote? Do you host a dream group? Are you an artist who would like to reach out to an international audience? Do you offer ongoing workshops?

Are you one of the many published authors who are also members of IASD?

If your ad has not yet been included in the program, don't get left out this year. You can provide us with camera-ready artwork – or with advance notice and for an additional fee, we will assign a designer to create your ad for you.

Final materials and payment deadline is **MAY 18, 2018**. Sorry, we cannot offer deadline extensions due to strict printing deadlines!

For additional information and size specifications click here: <http://iasdconferences.org/2018/buy-an-ad/>

If you have any questions or to submit your advertisement please contact [Laura Atkinson](#)

## It's Time To Vote

**Clare Johnson, PhD, Vice President and Chair of the Nominating Committee**

Your vote counts! The following seven candidates have been invited to run in IASD's election, and the five who receive the most votes will become IASD Board members: **Michelle Carr (UK), Athena Kolinski (USA), Jordi Borrás (Spain), Angel Morgan (USA), Kim Mascaro (USA), Loren Goodman (South Korea), Peter Ribbens (USA)**. The new Board members will be announced on Monday, June 18 in the Membership Meeting at the Arizona conference. (Come along and support them!)

Only current members of IASD can vote for Board of Directors members. You will receive a password for the vote and once you've signed the electronic consent form, you can go ahead and vote.

To cast your vote please visit **2018 Time to Vote**, where you will find bios and photos of the candidates and Officers.

We look forward to receiving your vote. Thank you for helping us to create a wonderful and engaged team of people to head up IASD and enable our dream community to continue to grow and thrive.



## REGIONAL NEWS YOU CAN USE

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

Now that spring has arrived in the Northern Hemisphere, the increase in vitamin D from the sunshine will probably cause more vivid dreams. It would therefore be no big surprise if your dream recall improves. Sunshine, dreams and a new conference in just a few weeks: the 35th Annual International Dream Conference in Scottsdale, Arizona.

For the Regional Representatives who attend the conference, there will be a luncheon meeting on Monday June 18, from 12:30 - 2:00 in NE Forum. You need to bring your own lunch from the buffet along with you. Since I will not be attending this conference, the meeting will be led by Regional representative **Susannah Benson**.

The last few months I have been introducing regional representatives to you. This month I will introduce **Jordi Borràs García**, one of three Global Representatives as well as the Regional Representative for Spain.

### **Jordi Borràs García**



A few years ago, IASD was virtually unknown in Spain. When I discovered it, I felt so happy: at a time when exploring dreams therapeutically was seen as an eccentricity, I had just found my tribe. Over the years, dreams have been taken more seriously here and more and more people are not only participating in workshops and dream circles but are curious and interested in an organization like ours. As its Regional Representative in Spain, I've always taken every opportunity to speak about IASD, in conferences, in interviews for radio or television programs, in articles I've written, on social networks... and, particularly, to people who attend the activities I've been offering for almost 20 years from [www.mondesomnis.com](http://www.mondesomnis.com). Although there are still few members in Spain (in my opinion, this is largely due to the economic crisis that the country's experienced in recent years), more and more people are asking me about IASD and are considering the possibility of joining it.

As the Regional Representative for Europe and Latin America, I also regularly share information and reflections on the future of the association with members from different places and, with some of these dreamers, we're considering ways of making IASD better known in their countries. I am convinced that there are many dreamers around the world who, like me years ago, are willing to be part of an organization like ours. Maybe they don't know it already exists and they just need someone to tell them about it. Let's keep doing outreach; let's keep dreaming a bigger dream.

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.

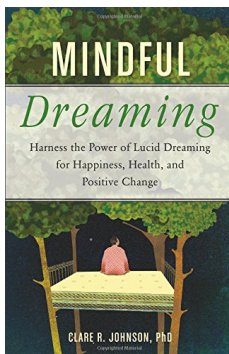
Please check the IASD website for up-to-date names and contact information for the regional representative in your area. The Regional Representative [webpage](#) is divided into regions, making your search more user-friendly.

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](mailto:susanne@mindfunda.com)

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## MEMBERS IN THE MEDIA

### **IS LUCID DREAMING THE NEXT BIG STEP IN MINDFULNESS?**



This question is explored in the latest book from Dr. Clare Johnson, *Mindful Dreaming: Harness the Power of Lucid Dreaming for Happiness, Health, and Positive Change*, which comes out in the US and Canada on April 1. [Her Psychology Today article](#) explores this.

On a San Francisco-based radio show (the Ethan Bearman Show on KGO) Clare discusses mindfulness, lucid dreaming, good sleep habits, and the transcranial stimulation of lucid dreaming in the sleep lab. You can listen to this short chat by [clicking here](#).

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## MEMBERS AROUND THE WORLD

## Dream Conference in Poland

The 2nd International Interdisciplinary Conference "Dreams, Phantasms and Memories" at the Hotel Premium Gdańsk Focus in Gdańsk, Poland on September 20-21, 2018 will encompass the problem areas of dream, imagination and memory in their broad contexts. IASD past President Katja Valli will be the Keynote Speaker; and Organizers/Scientific Committee include InMind Support, Wojciech Owczarski, Katja Valli, Paulo Endo and Marco Zanasi. They are inviting researchers representing various academic disciplines.

For more information please [visit the website](#):  
or contact via e-mail: [wowczarski1@tlen.pl](mailto:wowczarski1@tlen.pl)  
and [conferencedreams@gmail.com](mailto:conferencedreams@gmail.com)

## Lucid Dreaming in Fiji and New Zealand

Craig Webb was glad to recently perform dream-inspired music and present about lucid dreaming in Fiji and New Zealand. For more information contact <http://craigwebb.ca/home.php>

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In this issue, Hot Off the Press focuses on dreams and trauma. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.



### **NIGHTMARES ARE COMMON BUT UNDERREPORTED IN US MILITARY PERSONNEL BY AMERICAN ACADEMY OF SLEEP MEDICINE**

A new study shows that a high percentage of military personnel with sleep disturbances met criteria for nightmare disorder, but few of them reported nightmares as a reason for sleep evaluation. Those with nightmare disorder had an increased risk of other sleep and mental health disorders.

SOURCE: [Medical XPress](#)

### **NIGHT WARS BY DEIRDRE BARRETT**

In 2002 we had only begun to see the nocturnal aftermath of 9/11. But previous traumas had much to tell us: what the life-long impact will be on survivors and rescue workers from the Pentagon and World Trade Center, to what extent TV viewers should be seen as "traumatized," why nightmares are prone to recur a year after trauma, and how we can work with these dreams to alleviate other lingering symptoms.

SOURCE: [ACADEMIA](#)



## **ILLUMINATED COSMIC DREAM VOYAGES**

**TOTAL MARCH NEW AND RENEWING MEMBERS  
= 42**

**March Renewing Members = 32**

Milton Kramer  
Fradie Kramer  
Nancy F. Warfield  
Judith Lisa White  
Bhaskar Banerji  
Valerie T. Bigelow  
Mary-Therese Dombeck  
Guy Hall  
Athena Lou  
Ann Aaboe Bengtsson  
Wojciech Owczarski

Katie Mason  
Lauren Z. Schneider  
Jane E. Carleton  
Marco Zanasi  
David T. Saunders  
Luciano Arturo Morselli  
John T. Shaw  
Frances E. Kramer  
Sven Doehner  
Tracy A. Stone  
Joan Quilligan  
Diane Greig  
John E Beebe III  
Robert G. Krumhansl  
Justina Lasley  
Loren Goodman  
Joshua Black  
Katherine Mohr  
4 Anonymous

March New Members = 10

Dee Allen-Kirkhouse  
Clinton Marquardt  
RoseMarie Cappiello  
Dawn Stegelmann  
Helen Landerman  
Dorothy Nissen  
4 Anonymous



STAY CONNECTED

