



Dream News

February 2020
Volume 18 Issue 2

Visit our Website

IN THIS ISSUE

2020 Annual Conference in Paradise Valley, Arizona

- Call for Research Poster Submissions open until February 15
- Submission Wait List open online until February 15
- Special Lucidity Track
- Preliminary Schedule now Posted
- Call for Volunteers – Wait List open
- Call for Art – OPEN online

IASD 2019 Pledge Drive Results

IASD Dream Study Groups Program – Starts March 1

Support Patricia Garfield

The Ernest Hartmann Award for Student Research

Membership News

Regional News – Two Upcoming Regional Events

Members in the Media

Hot Off the Press

Dream Toons (Illuminated Cosmic Dream Voyages)

Total January New and Renewing Memberships - 59

Contact:

office@asdreams.org
209.724.0889

Linda H. Mastrangelo, Editor
Joy Fatooh, Copy Editor
Laura Atkinson, Design & Layout
Richard Wilkerson, Office Manager
Jean Campbell, Executive Committee Advisor
Robert P. Gongloff, Editorial Consultant
Delia Puiatti, Dream Illustrator



2020 IASD Annual International Conference in Paradise Valley, Arizona

37th Annual IASD International Conference

Saturday through Wednesday, June 13-17, 2020

<http://iasdconferences.org/2020/>

- [Preliminary Schedule now posted](#)
- Call for Research Poster submissions deadline February 15
 - Note: Poster session is scheduled for Sunday June 14, presenters to be present 9:00 am to noon
- Submission Wait List open until February 15

- Call for Volunteers – wait list OPEN online
- Call for Art – OPEN online, deadline March 15

Robert Hoss, MS: Dreams, Our Source of Resilience in Times of Stress and Trauma

Leslie Ellis, PhD: Combining Focusing and Jung: An embodied-experiential approach to working with dreams and nightmares

Stephen LaBerge, PhD: Lucid Dream Research, Then and Now

Ronald Keith Salmon, PhD: To Walk in Beauty (a visual and sensory experience)

Michael Nadorff, PhD (Invited): Bad Dreams and Nightmares: Causes, Correlates, and Interventions

Rubin Naiman, PhD (Invited): Integrative Health Model of Dreaming



2020 KEYNOTES AND INVITED SPEAKERS



The Program • Mark your calendars and plan to join us along with world renowned keynote speakers and more than 130 presentations from over a dozen countries around the globe. It is more than just a conference but an extravaganza of fascinating presentations and special events. Everyone is welcome – whether you are a professional, a dreamworker, or just a curious or interested dreamer. The conference features peer reviewed presentations, workshops and film events, in a multidisciplinary program including the scientific, psychological, spiritual, artistic, healing, lucid, extraordinary, and cultural aspects of dreaming; and a lot of fun events such as an opening reception, a Dream Art Exhibition and reception, special music and dance events, the annual Psi Dreaming Contest, and the ever-popular costume Dream Ball.

Featured Lucid Dreaming Track • The program features a special Lucid Dreaming track with pioneer of lucid dream research Stephen LaBerge as a keynote. *Lucid Dreaming* author Robert Waggoner will host the track which will begin with an opening day special event for lucid dreamers to meet, share experiences and ask questions.

The Venue • **Doubletree Resort Paradise Valley Scottsdale, 5404 Scottsdale Road, Scottsdale, Arizona 85250.** The venue is a beautiful resort hotel at a very low \$94.00 cost per room night. It is also a perfect location for attendees who want to stay over a few days to visit the many unique and exciting destination sites in Arizona such as the Grand Canyon, the old Western towns and Native American historical sites. 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.



CALL FOR POSTER PRESENTATIONS

Call for Poster Presentations OPEN as is the wait list for general presentations - deadline February 15, 2020

If you missed the December 15 Submission Deadline there may be room on the wait list for late regular submissions, on a space available basis. The Call for Presentations will remain open for online wait list submissions until February 15, 2020 as well.

For Submission Instructions and Forms go



CALL FOR VOLUNTEERS

While positions have filled or are filling fast, the wait list is open, so applications are welcomed online for all positions.

The duties include 4 categories: Registration/Info Desk, Room Monitor, Audio Visual Support and Art Exhibition. You may address any volunteer related questions to [Julie Sparrow](#)



SEEKING ARTISTS FOR 2020 CONFERENCE DREAM ART EXHIBITION

DEADLINE FOR ENTRIES: Midnight March 15, 2020, GMT

Art is another great way to explore and express the depths of dreaming. Are you a practicing artist who creates works inspired by dreams, or do you know

one? Submissions are still open for the Juried Dream Art Exhibition held at IASD's 2020 annual conference, for original art work about or inspired by dreams.

Click the 'Call for Artwork' button for full terms and guidelines. You can exhibit whether you are competing for a prize or not. You do not need to be a member of IASD or a conference attendee to participate in the IASD Juried Dream Art Exhibition.

Media: All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. Art works that are unusually large or require extensive installation may not be accepted but will be considered. We are not able to accept performance art.

Know any artists who are often inspired by dreams? Pass this info on!



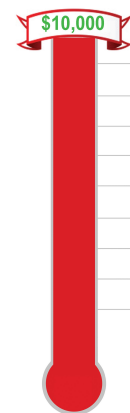
THANK YOU FOR YOUR CONTRIBUTION TO THE PLEDGE DRIVE

Thank you very much to the contributors to IASD's 2019 Pledge Drive. We could not do what we do without our dedicated members.

The 2019 Pledge Drive ended on January 31, with donations from nearly 50 members and others.

Our Pledge Drive goal this year was \$10,000. Thanks to your support, we made that goal and collected program funding for the IASD Dream Science Awards, the Art Awards, the Rev. Jeremy Taylor Memorial Education Fund (funding conference scholarships and low-income memberships), the Ernest Hartmann Student Awards, and IASD's General Operation Fund.

Donations can be made to IASD throughout the year. IASD is a 501(c)3 US Nonprofit Organization.



HOW CAN YOU CONTINUE TO SUPPORT IASD ALL YEAR ROUND?

Support IASD Through Facebook Fundraisers

Do you know that Facebook makes it easy to ask

Support IASD With a Smile

Would you like to continue to support IASD all year long? Try AmazonSmile, an easy way to

for money as a birthday fundraiser? If you want to make IASD a recipient for your birthday fundraiser, you can ask your friends to donate to our great organization.

IASD's Laurel Clark did this for her birthday, and raised \$371 in donations for IASD. All you need is a Facebook profile. Facebook walks you through how to set it up, does not charge a fee, and gives the money to the organization you designate.

give money without the stress. Click on this link and sign up. Every time you make a purchase on Amazon, 0.05% goes to our organization.

<https://smile.amazon.com/>



IASD Dream Study Groups Program Registration Now Open

For the first time in IASD's history, members and non-members alike can join the IASD Dream Study Groups Program (DSGP), where like-minded individuals will be able to meet and interact in our "DSGP Tea Room" and will be assigned to small Dream Study Groups with one of IASD's Regional Representatives as a host.

Dream Study Groups will follow IASD's DSGP Foundation Series over the course of a year in an engaging and interactive way, with access to forums and discussion questions every week.

The DSGP Foundation Series brings together courses on *A History of Dreaming*, *The Science and Psychology of Dreaming*, and *Dreamwork Methods (Parts 1 and 2)*. Each course includes video presentations and weeks of discussion questions to talk about in forums with your regional Dream Study Group. You will take a quiz after the forums end to earn a certificate of completion.

The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-members, will include:

- Access to the "DSGP Tea Room," a global forum where dreamers can connect
- Access to our three Foundation Series Courses
- A one-year membership in a hosted Dream Study Group where members will interact on forums and discuss course content over the year

The Dream Study Groups Program will start March 1, 2020.

Registration is open now.

For more information [click here](#).



Send a Note to Patricia Garfield

One of IASD's founders, Dr. Patricia Garfield is currently in physical rehabilitation following some medical complications.

Although she is recovering well, she would love to hear from you at:

IASD
ATTN: Patricia Garfield, PhD
PO Box 206
Novato, CA 94948

THE ERNEST HARTMANN AWARD FOR STUDENT RESEARCH

Curtiss Hoffman, Student Research Awards Chair

We are pleased to 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 2020 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 details and submission instructions.

All participants must submit their presentations in electronic format, preferably through email, to office@asdreams.org; or if necessary by mailing the files on a CD or a DVD to the IASD postal address (go online for instructions) by March 1, 2020. Participants may also electronically submit videos in AVI formats, or music in MIDI or MPS formats.

Winners will be announced during the General Membership Meeting at the 2020 IASD Annual International Conference at Scottsdale, Arizona.



Membership News - Badges

Sherry Puricelli, Membership Chair

Hello Dreamers,

Did you know that your membership entitles you to an IASD Membership Badge?

You can show your audience that you are an active member of the International Association for the Study of Dreams. Just post your IASD Membership Badge on your blog, website, or other social media. Badges can also be embedded into emails that can be sent to your personal network.

Displaying your Membership Badge is a great way to demonstrate your professional affiliation and also provide increased visibility for IASD. If you would like your Membership Badge, please use the following link: <https://www.asdreams.org/membership-badge/>

Directions are provided for Windows and Mac users. If you need further assistance, Laura Atkinson can help you. Together we can share IASD all around the world.



REGIONAL NEWS YOU CAN USE

Registration is now open for two Regional Events occurring in April 2020:
in Vilnius, Lithuania, and Ashland, Oregon!



Waking up to Dream

6TH IASD EUROPEAN REGIONAL CONFERENCE

APRIL 25-26, 2020

VILNIUS, LITHUANIA

<http://www.asdreams.org/regionals/vilnius/>



6th IASD European Regional Event April 25-26, 2020, Vilnius, Lithuania Waking Up to Dream

Throughout history dreams have been a wellspring of inspiration, a source of creativity and insight, and a means of connection with the divine or of deepening bonds within families and communities. In modern culture, dreaming life has been largely neglected, yet recent advances in sleep and dream research highlight the importance of dreams to our emotional and mental health, learning and creativity; show the efficacy of therapeutic approaches to working with dreams; uncover the potentials of lucid dreaming and the most effective approaches to induce lucid dreams; empower nightmare sufferers; and disentangle the mechanisms of the dreaming brain. This event will bring together leading dream researchers, therapists, psychologists, philosophers, educators and other professionals working with dreams to reconsider the importance of dreams in our modern culture and accentuate their potential for personal, interpersonal and societal growth. By waking up to dream, we can be more awake to live.

KEYNOTE SPEAKERS:

- **Martin Dresler** (Donders Institute/Radboud University, Netherlands) on neuroscience of lucid dreaming
- **Audrius Beinorius** (Vilnius University, Lithuania) on dream theories in Indian philosophy

Early Bird Registration Deadline Extended until February 15th!

For more information, please visit:

<http://www.asdreams.org/regionals/vilnius/>



A Midsummer Night's Dream Gathering

Ashland, Oregon Regional Event

Co-sponsored by the International Association for the Study of Dreams

Saturday evening 4/25 and Sunday 4/26, 2020

Hidden Springs Wellness Center • 635 Lit Way, Ashland, OR 97520

and the

Oregon Shakespeare Festival • 15 S. Pioneer St. Ashland, OR 97520

Dreamers, Faeries, Beloveds, and Rustics! IASD and hosts Angel Morgan, PhD of Ashland, Oregon and Kelly Bulkeley, PhD of Portland, Oregon invite you to join us in Ashland for this **1 day regional gathering**

that includes **1 evening of the Oregon Shakespeare Festival (OSF) show *A Midsummer Night's Dream***. After registration, introductions, and dinner out with friends, you will see the play as a group on Saturday night. Then Sunday, immerse yourself in an enchanting morning filled with optional **morning dream groups**, a panel with ***A Midsummer Night's Dream* artists from OSF**, and ***A Midsummer Night's Dream* symposium**. After a delicious lunch in Ashland, explore your dreams creatively in **afternoon workshops** inspired by themes in *A Midsummer Night's Dream*; then, after dinner, conclude the day with a magical walk in **Lithia Park**.

Register here: <https://www.asdreams.org/regionals/ashland2020/>

Accommodations here: <https://www.osfashland.org/en/plan-your-visit/accommodations.aspx>

MEMBERS IN THE MEDIA

THE DREAM JOURNAL RADIO PROGRAM SHOWCASES IASD MEMBERS

The **Dream Journal** airs live 10-11am PST Saturdays, streaming at KSQD.org. Podcasts are available within a few days of broadcast.

**Broadcast on KSQD.org
Saturdays 10-11am PST**

UPCOMING IASD GUESTS

Feb 15	Linda Schiller
Feb 29	Justina Lasley
Mar 7	Laurel Clark
Mar 14	Bob Hoss
Mar 28	Bob Waggoner
Apr 18	Kezia Vida

The Dream Journal explores a range of topics relating to the healing aspects of night time dreams. I talk about my personal dream journey and share what I've learned as a dream coach. I have interviews with experienced dreamworkers and also take live call-ins from YOU! Dreams, they really can transform your life.



Katherine Bell of Experiential Dreamwork has worked with dreamers for over 20 years in the Santa Cruz area. She has found her life enriched through her personal dreamwork and is passionate about helping you become more truly you by tuning into the insights that your nightly dreams offer.



IDS FOUNDER JUSTINA LASLEY IS AWARDED AN HONORARY CERTIFICATION

After more than two decades of work in the field of dream group leadership and professional dream studies, the graduates and faculty at the Institute for Dreams Studies decided it was time for IDS founder Justina Lasley to receive the certification she has awarded to dozens of students in the past.

The Institute for Dream Studies was founded by Lasley in 2006 to introduce professional leadership into dream education. She offered the course in person until 2016

when she teamed up with Tzivvia Gover, an IDS graduate, to bring the course online so it would be more broadly accessible. Recently, Gover reflected on the fact that while Lasley had handed out dozens of certificates at IDS graduations through the years, she had not received certification herself, though Lasley holds a Masters in Transpersonal Psychology with an emphasis in dreams studies.

"I feel it's time we honor Justina for all of her years of service to dreams, dreamwork, and dreamers!"

Although Justina created the Institute for Dream Studies and through it has trained dozens of people to become Dreamwork Professionals, Justina herself does not have a certificate of her own!" Gover said. "Technically, she was never a student at IDS, 'only' its founder, lead faculty, and more."

Lasley's students and graduates agreed. Betsy Grund, who graduated from IDS in 2011, said, "It is high time our leader receives her well-earned degree! Justina succeeded in bringing to life her vision of a holistic, rigorous academic and personal dream work institute. Her success honors the sustainable evolution and eclectic nature of the field of dreams and dreamers."

ARTHUR STROCK INTERVIEWED FOR NASW SOCIAL WORK TALKS PODCAST ABOUT DREAMS

Arthur Strock, Ph.D., a founding member of IASD and author of *Live By Your Dreams: Heartwarming Stories About Dreams and What They Tell Us*, was a guest on NASW Social Work Talks Podcast. He discussed dreams and how they can be used to improve our lives.

[Click to listen](#)

PREGNANCY DREAMS NEEDED FOR NEW BOOK

Calling pregnant women and new mothers who recall their dreams:

Are you currently pregnant or mothering a newborn, and recall a dream of your baby during the pregnancy? If so, Kim Mascaro would be very honored to include your dream in her upcoming book. Please contact her if you are willing to tell her about your dream and have it published. Your identity will be kept private and confidential. You can contact her through the site: consciouschimera.com



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

AN UNEXPLAINED SIDE EFFECT OF RADIOTHERAPY CAUSED A MAN TO DREAM IN COLOUR FOR FIRST TIME

When radiotherapy is applied to the brain, a cancer patient can experience a whole slew of uncomfortable and distressing side effects, from headaches and nausea to hearing loss and seizures. But one side effect doctors had never seen before cropped up in a 59-year-old Australian man undergoing treatment for eye cancer: after he had dreamed in black and white for his entire life, radiotherapy suddenly changed his dreams to full colour.

SOURCE: [Science Alert](#)

A MYSTERIOUS SLEEPING DISORDER THAT TURNS LIFE INTO A WAKING DREAM BY LISA SANDERS, M.D.

"I don't know what's going on," the 19-year-old exclaimed in a panicked voice as his parents entered the nearly deserted emergency room of a hospital in Eau Claire, Wisconsin. He was a freshman at the university there. A high school friend, now at the university with him, had called them with a strange story. She told them that their son had been uncharacteristically quiet for a couple of days — he had a terrible headache. But that morning, he felt well enough to go with her to pick apples. He had been a little out of it all morning, but suddenly he was totally gone — just standing in the orchard staring into space.

After many tests with no explanation of his symptoms, the teen's mother took matters into her own hands and remarkably discovered that her son may have Kleine-Levin, a rare sleep disorder that primarily affected male teenagers, causing periods of hypersomnolence that can go on for weeks.

SOURCE: [New York Times Magazine](#)

**TOTAL JANUARY NEW AND RENEWING
MEMBERSHIPS = 59**

Total January New Memberships = 9

Bonnie Settlage & Noah Lowenstein
Durelle L. Freeman
Karla Refoxo
John M. Spiesman
Betsy A. Conner
Christina M. Scott
Cynthia da Silva
2 Anonymous

Total January Membership Renewals = 50

Marlene King
Susannah Benson
Nancy Richter Brzeski
Pietro Rizzi
Lisa B. Rigge
Angel Kwan-Yin Morgan
Deon Andre van Zyl
Jordi Borrás Garcia
Kate Connolly
Bonnie Buckner
Laura M. Smith-Riva
Robert LeCates
Johanne Hamel
Tracey L. Kahan
Katherine R. Bell
Doris Snyder
Dan Gilhooley
John A. Davidson
Maria Carla Cernuto
Katarzyna Kaminska
Karen E. Melady
Talbert Kanigher
Maria A. Wattier
Vibeke Vagle
Kim C. Bennett
Sonia Lyra
Francesco Gazzillo
Denise E. Conner
Nancy Grace
Kevin P. Dobbyn
Tadas Stumbrys
Ms. Christine Tau
Robyn Hubbard
Melissa Grace Chianta
Robert G. Waggoner
Geoff G. Nelson
Walter R. Smith
Loren Goodman
Philip H. King
Robert Cole
Robert P. Gongloff
Chris Cuniffe
Sylvia G. Green-Guenette
Daniel Kennedy
Valerie V.P. Popowski Reichmann
Christina Knight
Devi D.P. Prem
3 Anonymous



STAY CONNECTED



