

Dream News

August 2020 Volume 18 Issue 7

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IASD'S ONLINE LUCID DREAMING CONFERENCE - PRESENTERS ANNOUNCED

IASD's first ever *The Many Worlds of Lucid Dreaming* online conference features 12 exceptional IASD lucid dreamers (names and presentation titles below). Hosted by **Robert Waggoner** and **Ed Kellogg**, this online conference lasts for two weeks, beginning October 31, 2020.

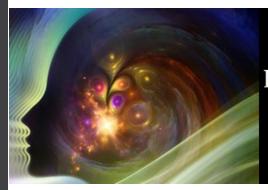
To receive special IASD member pricing of \$79 (and less expensive pricing for students/low income), please register here: https://www.glidewing.com/iasd/lucid_dreaming_conference.html

Presenters and Topics:

- 1) Fariba Bogzaran, PhD Lucid Art and Creative Consciousness
- 2) Dale E. Graff Lucid Aspects of Precognitive Dreaming
- 3) Robert Hoss, MS The Wisdom Within

- 4) Ryan Hurd Shamanistic Realms of Lucid Dreaming
- 5) Clare Johnson, PhD From Nightmares to Healing through Lucidity
- 6) Ed Kellogg, PhD Beyond the Matrix: A Lucid Dreaming Workshop
- 7) Linda Mastrangelo, LMFT Portals to Other Dimensions
- 8) Angel Morgan, PhD Developmental Lucid Dreaming for Children and Teens
- 9) pasQuale Ourtane-Krul, MSc, MA Goal Oriented Lucid Dreaming (GOLD)
- 10) Melinda Powell -The Fullness of the Void
- 11) Karim Bou Said -Lucid Healing
- 12) Robert Waggoner Lucidly Exploring the Depths of Creativity





Click here

CALL FOR RESEARCH GRANT PROPOSALS

DEADLINE: 15 October 2020

Grants are offered through a partnership between IASD and the DreamScience Foundation (DSF)

CALL FOR 2020 RESEARCH GRANT PROPOSALS - DEADLINE OCTOBER 15, 2020

Grants are offered through a partnership between IASD and the DreamScience Foundation (DSF)

Go to www.dreamscience.org for instructions and submission forms

Submission Areas • High quality quantitative and qualitative research proposals are invited in areas related to dreams and dreaming, including but not limited to: the biology or neuroscience of dreaming; phenomenological and psychological studies of dreaming; and such fields as anthropological and cultural studies. Note that we still retain a small amount of dedicated funding for PTSD related research proposals as an incentive for submissions in that area of study.

Submission Deadline • October 15, 2020 for your proposal. Submissions are reviewed by a research board and selection is based on our funding limits, plus ratings on each proposal which take into account: a) value to advancing dream science; b) a solid hypothesis and research methodology; and c) risk factors related to the success of the study as proposed and Institutional Review Board (IRB) approval where appropriate. Awards are typically announced in December and include a scholarship to present the results at an upcoming IASD conference.

Instructions • Go to www.dreamscience.org/grant-opportunity/ or to the IASD web site www.asdreams.org and click on the "Dream Science Foundation" icon at the bottom of the welcome page, for instructions and a submissions outline. All communication is by email and ALL SUBMISSIONS MUST BE ELECTRONICALLY SUBMITTED to bob@dreamscience.org.

Grant Donations • Grant funds come from DSF donations matched by a combination of IASD funds plus individual donations. Our ability to advance dream research is therefore limited by the funds we receive. You can help advance dream research by going to www.dreamscience.org and clicking on the "Donate to Research" link or button for instructions that take you to the IASD Donation form, where you will fill in the

amount, then proceed to a dropdown menu to select the direction of donation – please select "Support Dream Research."

Special June Online Offerings Wrap Up

Jean Campbell, Past President and Executive Committee Advisor

IASD would like to thank the 223 members and nonmembers who registered for the Special June Online Offerings, held on June 14-15. These online events enabled us to offer presentations originally scheduled for the 2020 IASD Conference in Scottsdale, Arizona, which had to be canceled due to the COVID-19 pandemic.

Beginning on June 14, Leslie Ellis, PhD facilitated a special Webinar presenting scheduled Keynote events by Dr. Ellis, Robert J. Hoss and Michael Nadorff, PhD. All three presenters spoke on aspects of dreams and trauma.

On Monday, June 15, the Annual IASD Membership Meeting was facilitated by Board Chair Anna-Karin Björklund. In addition to approving the minutes from the 2019 Membership Meeting, those attending the first-ever online Membership Meeting were given a special treat. Members were able to view the 2020 Presidential Address, given by IASD President Angel Morgan (see below) and, for the first time since 2009, the IASD Executive Committee granted a Lifetime Achievement Award. This is an award given to members who not only have valued IASD's work by active participation in the organization, but who have contributed to scholarly research on the subject of dreams. This year's award went to Conference Committee Chair Robert J. Hoss who, in addition to his research work and his support of the Dream Science Foundation grants for dream research, has managed IASD's annual conferences for many years. Bob Hoss's award was announced by fellow Executive Committee advisor David Kahn, PhD.





Also, newly-elected Board members were presented at the Membership Meeting. Each year, five members retire from the Board and five new members are elected by the IASD membership. This year's votes went to Katherine Bell, Linda Mastrangelo, Harry DeBont, Jeanne Van Bronkhorst and Isaac Taitz (see Board News for more details).

Two other events were presented during the Special June Online Offerings, in order to give attendees a feel for the in-person conferences generally held. Although there were no prizes awarded to artists due to the arts jury not being able to see the works in person, almost all of the artists who had submitted work to the annual Dream Art Exhibition agreed to have their works shown in a video presentation which remains online here. These widely-varied pieces of art work are a beautiful contribution.

And finally, co-facilitators Robert Waggoner and Cynthia Pearson provided a Precognitive Dreaming Contest, formulated to resemble the contests held at each annual conference as well as the online PsiberDreaming Conference. This contest hosted over 70 people, with a number of correct "hits" on the randomly-selected dream target.

Reports from many attendees at the Special June Online Offerings indicated that these events provided an opportunity for people to get together via Zoom and other online formats, and were, some said, "even better" than a physical meeting. However, plans are already underway for the 2021 Conference, scheduled to be held in Ashland, Oregon.



BOARD NEWS – ELECTION RESULTS Your Devoted VP and Nominating Committee Chair, Michelle Carr Each year, five Board members complete their three-year term as IASD Directors and our members vote to elect five new Directors. At the June 2020 Board meeting, the IASD Board of Directors announced the five individuals who are starting new terms this year. Let's give a warm welcome and congratulations to our new IASD Board Directors:

Katherine Bell (USA), Harry de Bont (Netherlands), Linda Mastrangelo (USA), Isaac Taitz (USA), and Jeanne Van Bronkhorst (Canada).

And, a big thank you to those Board directors who finished their three-year terms this summer: **Walter Berry, George Leute, Julie Sparrow,** and **Tadas Stumbrys.**

We also have a few individuals who were asked to fill Board-appointed positions as Directors **Anna-Karin Björklund** will fill a Board-appointed position to continue the Officer position of Board Chair **Bob Hoss and David Kahn** will also serve as Board-appointed Directors, to continue their integral roles in leading the organization and serve as advisors on the Executive Committee.

Finally, this year the Board discussed the benefits of asking Officers if they are willing to serve a second year on the Executive Committee in order to maintain a continuity of leadership, and to overcome a steep learning curve in the first year that Officers take up their positions. Gratefully, this year the Board voted to approve a second term for all five Executive Officers.

IASD's 2020 returning Executive Officers are:

President, Angel Morgan; Board Chair, Anna-Karin Björklund; Vice President, Michelle Carr; Secretary, Bob Krumhansl; and Treasurer, Robert Waggoner.

On behalf of the IASD Nominating Committee, I would like to express deep appreciation for the Directors who are retiring in 2020 and for the incoming Directors and Officers.



International Association for the Study of Dreams

President's Address Angel K. Morgan, PhD

General Membership Meeting Online

JUNE 15, 2020



PRESIDENTIAL ADDRESS FROM ANGEL MORGAN

Click for a video message from Angel Morgan.

STUDENT RESEARCH AWARDS-WINNERS ANNOUNCED Curtiss Hoffman, Chair

The Student Research Awards Committee has considered the three submissions received this year, and we have agreed on the following:

Quantitative Research Award: **Katharina Luth**, "Effectiveness of the Imagery Rehearsal Therapy for Nightmares in a Telephone Counseling"

Qualitative Research Award: Lana Sackwild, "The Healing and Transformative Potential of Lucid Dreaming for Mitigating Depression: An Interpretive and Phenomenological Analysis"

Qualitative Research Honorable Mention: Wania Shakeel, "What Are Dreams?"

The last of these submissions, remarkably, was by a 10-year old girl! This occasioned a lively discussion at the Annual Board Meeting about providing a special category for "young oneironauts." It had been part of Ernest Hartmann's original vision for the awards program that it be open not only to undergraduate and graduate students but also to younger dreamers. To achieve this, we will need to expand the awards committee to include evaluators who have a background in early and middle level childhood education. I welcome input from members who may be interested in developing an innovative program in this area! Contact me at text-area. Contact me at text-area.

The 2021 Ernest Hartmann Research Awards submission deadline is March 15, 2021. Results will be announced at the General Membership Meeting at the 2021 annual conference.



REGIONAL NEWS YOU CAN USE

Michelle Carr, Chair, IASD Regional Events Committee

6th IASD European Regional Event, Vilnius, Lithuania "Waking Up to Dream" organized by Tadas Stumbrys, Katja Valli, Michelle Carr

European Regional Status: Postponed to April 2021.

We want to provide you an update on our plans for the IASD European Regional Conference in Vilnius. As there is still quite some uncertainty about the global situation with COVID-19 in the forthcoming months, we feel that the best decision will be to host the conference in April 2021. The exact dates will be confirmed in the fall. All the submissions that have already been accepted will remain on the program and all the registration fees paid will be transferred accordingly.

Waking up to Dream 6™ IASD EUROPEAN REGIONAL CONFERENCE APRIL 25-26, 2020 VILNIUS, LITHUANIA

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



The presenters will also be granted a possibility to revise their submission or to submit a new presentation instead of a previous one (should they wish to do so). All further details will be announced in the fall once a new date is confirmed. Thank you for your understanding and your patience and we hope you will be able to join us at the European Regional in April 2021. As we receive more information, we will post updates on the homepage of our website and on the regional website. We will continue to get in touch via Dream News and emails to our registrants in order to communicate our plans for the postponed European Regional Event.



COMING SOON IN THE FALL 2020 ISSUE OF IASD'S DREAMTIME MAGAZINE

Expect the Fall 2020 issue of IASD's *DreamTime* magazine to be available by mid-September.

Dr Clare Johnson's "Amazing Dreamer" column will feature the Jungian analyst Dr. Fanny Brewster. They'll talk about archetypes, death, the collective unconscious, and the pandemic. Excitingly, Dr. Brewster plans to create a new series of online workshops on *Dreaming in Color: Race and the Unconscious*, where she'll work with participants' dreams in areas such as

ew around ethnicity. She would lews for sign-up details when

ancestral dreaming, consciousness around racism, and archetypal energies around ethnicity. She would love for IASD members to join her on this journey! Keep an eye on Dream News for sign-up details when they arrive.

Fanny Brewster is the author of *The Racial Complex: A Jungian Perspective on Culture and Race*, and *Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss* She is also a poet. You can listen to her talk about the racial complex on this episode of the podcast <u>This Jungian Life</u>.

DreamTime is a publication of IASD and an IASD member benefit.

This year, 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 forum discussions end to earn a certificate of completion.

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

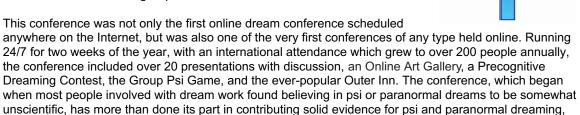
- Access to the "DSGP Tea Room," a global forum where dreamers can connect;
- Access to our three Foundation Series Courses;
- A one-year membership in a hosted Dream Study Group where members will interact on forums and discuss course content over the year.

The next round of the DSGP will start September 1, 2020. Registration is now open. For more information **click here**

WHERE IS MY PSIBERDREAMING CONFERENCE?

POPULAR CONFERENCE CONCLUDES AN 18-YEAR RUN

IASD is sad to announce that, due to staff changes and technology changes, the popular annual PsiberDreaming Online Conference has been discontinued this year. The conference, which began in 2002, was held for two weeks each fall during September and October.



This year, however, due to obstacles caused by the labor-intensive php discussion board and the need for long-term conference staff to meet other commitments, a decision was made in February 2020 that the conference needed to be retired.

We would like to thank all the many volunteers who have worked on the PsiberDreaming Conference over the years – presenters, copy editors, layout staff, technical staff, thread (room) monitors, event hosts and many others – for their diligence and commitment to IASD.

After eighteen years of online presence, the PsiberDreaming Conference will certainly be missed.

For those who are looking for an online alternative during the Fall of 2020, please note that Robert Waggoner and Ed Kellogg will be hosting a new conference, "The Worlds of Lucid Dreaming," which will be held online from October 31 through November 14, 2020.



including dream lucidity.

IASD members Wojciech Owczarski wowczarski1@tlen.pl and Marco Zanasi, along with Paulo Endo and InMind Support would like to draw your attention to:

Dreams, Phantasms and Memories International Interdisciplinary Conference September 28-29, 2020 ONLINE https://www.dreamsconference.info/

Call for Papers – Deadline for Proposals is September 12, 2020



This conference will encompass the problem areas of dream, imagination and memory in their broad contexts. We invite researchers representing various academic disciplines: dream studies, psychoanalysis, psychology, anthropology, philosophy, sociology, neurophysiology, literary studies, theatre studies, film studies, consciousness studies, memory studies, gender studies, postcolonial studies, animal studies and other.

COVID-19 AND DREAMS PORTAL POPULAR ADDITION TO IASD WEB SITE

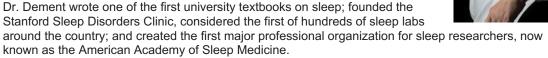
At this time, there are many people around the globe reporting "COVID-19 dreams" which reflect the unexpected situation in which we all find ourselves. Esteemed IASD members have been contributing interviews, articles and research on dreams during the pandemic



which we have collected to create a new page on the IASD web site. Dreamers have been finding this compilation of information to be useful. Updates are made on a regular basis. For an up-to-date list of links to articles and dream research opportunities go to https://www.asdreams.org/covid-19-dreams/

WILLIAM DEMENT, PSYCHIATRIST KNOWN AS "THE FATHER OF SLEEP MEDICINE," DIES AT 91 Harrison Smith

Dr. Dement conducted some of the earliest studies of rapid-eye movement sleep, known as REM, which he identified as the stage in which most dreams happen. He also revealed the phases of the sleep cycle, using electroencephalograms to monitor subjects' brain waves and polysomnography to track eye movements, blood oxygen levels, and other body functions during sleep.



His research and advocacy helped awaken the medical establishment to the dangers of sleep deprivation, which Dr. Dement and his colleagues linked to fatal car crashes and ailments such as diabetes. He also spotlighted the cardiovascular risks of disorders such as sleep apnea, in which a sleeper's breathing is repeatedly interrupted.

The full obituary can be found here

MEMBERS IN THE MEDIA

ROBERT P. GONGLOFF'S BOOK AVAILABLE IN SPANISH AND RUSSIAN

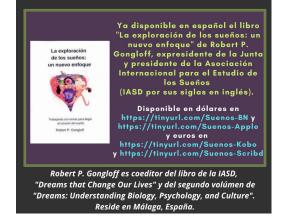
Former IASD board chair and president Robert P. Gongloff announces that his book *Dream Exploration: A New Approach* is now available as an ebook in Spanish. This version is available for US dollars at Barnes and Noble (https://tinyurl.com/y7wsvfon) and for euros in Europe at Kobo (https://tinyurl.com/ybda6uag).



Robert added the subtitle "Working with themes to get to the heart of the dream" to help identify the specific approach presented in the book.

The book is also available in Russian under the title Secrets of Dreams: New Interpretation Method at https://tinyurl.com/y8bl8n2n. Robert reports that the English version is going out of print, but he will soon make it available at his website for a free download: http://www.heartofthedream.com/

Robert is co-editor of the IASD book *Dreams that Change Our Lives*, and the second volume of *Dreams: Understanding Biology, Psychology, and Culture*. He lives in Málaga, Spain.



NEW DOCUMENTARY TO FEATURE CLARE JOHNSON

Dr Clare Johnson was visited at home by a film crew for a US documentary series on "Superpowers." The director was interested in the symbolic language of dreams, intuition, and the healing and transformative potential of lucid dreaming. They created dreamlike sequences with Clare in nature to accompany her interview.

Here's a link to the trailer







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

MIT DREAM RESEARCH INTERACTS DIRECTLY WITH AN INDIVIDUAL'S DREAMING BRAIN AND MANIPULATES THE CONTENT BY SARAH BECKMANN, MASSACHUSETTS INSTITUTE OF TECHNOLOGY

In a new paper, researchers from the Media Lab's Fluid Interfaces group introduce a novel method called "Targeted Dream Incubation" (TDI). This protocol, implemented through an app in conjunction with a wearable sleep-tracking sensor device, not only helps record dream reports, but also guides dreams toward particular themes by repeating targeted information at sleep onset, thereby enabling incorporation of this information into dream content. The TDI method and accompanying technology serve as tools for controlled experimentation in dream study, widening avenues for research into how dreams impact emotion, creativity, memory, and beyond.

SOURCE: SCITECH DAILY

INCEPTION'S DREAM-READING TECHNOLOGY IS BECOMING REALITY BY CASSIDY WARD

The protagonist of the film *Inception*, Dominick Cobb (Leonardo DiCaprio), is a thief who makes his living stealing corporate secrets by invading a target's dreams. Our dreams are meant to be safe, untouchable. They are constructed of our most private thoughts, unbidden even by our own conscious selves. To invade them is to invade the most sanctified halls of our minds. If we're not safe in our dreams, where are we safe?

Thankfully, our private internal narratives, both waking and asleep, remain safe. But scientists are working to change that.

SOURCE: THE WIRE

MEMBERSHIP TOTALS

PLEASE NOTE: Because we did not have a July issue we have combined new and renewing members for June and July.

Total June & July New and Renewing Memberships – 72

Total June New and Renewing Memberships =

Total June Renewing Memberships = 20

Gunnar Sundstrom

Geri P. Proctor

Marja Moors

Rose Inserra

Robert King

Rubin Naiman,

Athena F Kolinski

Mary Jo Heyen

Hans Ole Østergård

Jennifer E. Allen

Richard Schweickert

Margot Jewers

Andrea Lawrenz

Johanna Vedral

Mimi Pettibone

Chase Markovich

Katie Mosher

Fendel & Partner GbR

Rev Travis Wernet

1 Anonymous

Total June New Memberships = 11

Hollie Hannan

Royce Fitts

Margaret L. Dwyer

Christopher Mathews

Arlene M. French

Jason M. DeBord

Misha Crosbie

Cokorda Lesmana

Yuen King Pinky Leung

Justin Olmstead

1 Anonymous

TOTAL JULY NEW AND RENEWING MEMBERSHIPS = 41

Total July New Memberships = 11

Norwegian University of Science and Technology

Oxana Holtmann

Mickey DiSiena

Jorge M. V. Secco Caetano

Antonio Zadra

Natascha Steckel

Emily Edwards

Kalila Smith

Marella M. Svk Raju

2 Anonymous

Total July Renewing Memberships = 30

Boyd Brio Membership

Kristien Van den Borne

Fariba Bogzaran

Patrick Bertoliatti

Kathryn Ridall

Dawn Matheny

Merel M. Koopman Hak

Norifumi Kishimoto

Janet Wahl

Susan M. Tyburczy

Kelly Sullivan Walden

Kristoffer Appel

Toby Fesler Heathcotte

Pam Muller

Teresa D. Cullen

Valerie Beale

Glory Nelson

Patricia Eltinge

Anne M. Zulian

Nicole M. Rossiter

Tad Messenger

Rosa Lanas Anwandter

Kirsten Backstrom

Paul Sauers

Bea Salgado

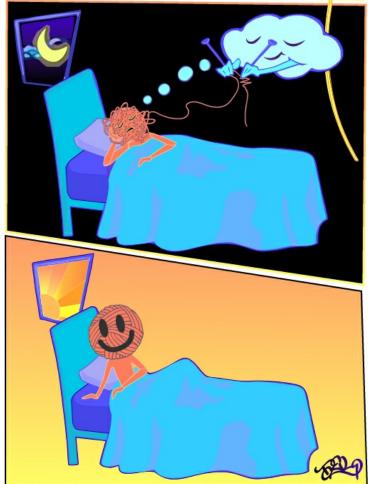
Carissa Marie Galgano

Alina Musiol

3 Anonymous

DREAM TOONS (Illuminated Cosmic Dream Voyages)





STAY CONNECTED





