OCTOBER 2020
VOLUME 18 / ISSUE 9

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Begins October 31 – There is Still Time to Register!

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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 lower 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
2021 IASD ANNUAL INTERNATIONAL DREAM CONFERENCE
Ashland Hills Hotel & Suites
Ashland, Oregon
June 13-17, 2021
(Sunday to Thursday)
"A multidisciplinary conference for
dream studies and dream work."
Local Host: Angel Morgan
Conference Director: Bob Hoss
http://iasdconferences.org/2021

2021 IASD ANNUAL CONFERENCE IN ASHLAND, OREGON

Registration Now Open
Early Registration Discount deadline January 1, 2021
Mark your calendars, register and plan to join us, along with world-renowned keynote speakers and over 130 presenters from dozens of countries around the globe. It is more than just a conference; it’s 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 Program: The program is organized around a variety of multidisciplinary themes, aimed at engaging most everyone’s interests: scientific, psychological, spiritual, artistic, healing, lucid, extraordinary, and the ethnic and cultural aspects of dreaming. Fun special events include receptions, a Dream Art Exhibition, a Psi Dreaming Contest, and the ever-popular costume Dream Ball. This year’s featured tracks include Dreams & Ethnicity and Dreams & The Arts.

The Venue is the Ashland Hills Hotel and Suites in beautiful Ashland, Oregon, nestled on a quiet side of town just three miles from downtown. It is on a 14-acre property, where you can rest in the intimate courtyard patio and pool or relax in the open spaces immersed in nature amid inspiring views of the surrounding Ashland Hills. We have reserved a limited block of rooms and suites at discounted conference rates in the $100 to $115 range.

CALL FOR PRESENTATIONS
Due date for submissions: December 15, 2020
(Due date for poster submissions: February 15, 2021)

All submissions must be made online
For instructions and Online Submission Forms go to:
http://iasdconferences.org/2021/call-for-presentations/

Submissions Solicited: High-quality proposals are invited that fall into any of the following tracks: Dreams and the Arts; Dreams and Ethnicity; Research and Theory; Clinical Approaches; Dreamwork Practices; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health; Culture and History; and Mental Imagery. Note the special emphasis this year on Dreams and Ethnicity, and on Dreams and the Arts – Ashland being a center for the arts. Categories include: Pre-organized symposia or panels; individual talks for a symposium; special events; workshops; morning dream groups; and poster presentations.

Note on Pandemic Impact: Since IASD had to cancel the 2020 conference, we are making it easier for those presenters who had an approved proposal that they wish for us to consider (unchanged) for 2021. You will only have to identify that 2020 submission (using a special form) and we will re-enter it into the 2021 approval process. Also, if we find out early next year that due to conditions surrounding the pandemic we are once again unable to convene onsite, our contingency plan is to convert the overall program to a live virtual conference – so feel comfortable in submitting your proposal.

IASD encourages presenters of all backgrounds to apply and to be sensitive to matters of diversity and disability in their submissions and presentations. IASD does not discriminate in accepting proposals with respect to race, culture, gender, age, sexual orientation or various forms of disability.
CALL FOR VOLUNTEERS
Now Open - Apply Online

Volunteers may attend the conference for $100 in return for performing roughly 14 hours of conference work. The initial registration fee is $200; half ($100) of the fee will be returned after volunteer duties are completed. This fee covers conference attendance, all receptions and the Dream Ball. Volunteers must arrange for their own travel, lodging and meals, CE fees, recordings, and any special events they wish to attend.

The duties include four categories: Registration/Info Desk; Room Monitor; Audio Visual Support; and Art Exhibition. If you wish to volunteer, click the button above to apply (open on September 15, 2020). Once you apply you will be sent a letter of acceptance if there is a position open. That letter will have a deadline in it by which you must register and pay the volunteer fee. Apply early, since acceptance is determined by a combination of application date and available positions. You may address any volunteer-related questions to Julie Sparrow (jrsparrow22@gmail.com)

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CALL FOR 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.”
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.

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.

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ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS

For the Committee, Curtiss Hoffman, Chair

We are pleased to announce that, thanks to a grant from an anonymous donor which is being matched by the IASD Board of Trustees, IASD is able to offer full-time graduate and undergraduate students the opportunity to compete for two ($500 awards for the best student papers in the field of dream investigation in 2020-2021: one for quantitative research, one for qualitative research including history, literature, theory, and the creative arts. The award is named in honor of the late Dr. Ernest Hartmann, a pioneer in dream research and the originator of the program.

Papers must be submitted in electronic format to the IASD Office at office@asdreams.org – or, if necessary, by mailing the files on a CD or DVD to the IASD postal address, P.O. Box 206, Novato CA 94948, by March 15, 2021. Participants may also submit videos in AVI formats, or music in MIDI or MPS formats. All submissions will be judged by a panel of IASD faculty members. See http://www.asdreams.org/student-awards for details and submission instructions.

Authors of winning papers, as well as of papers deserving honorable mention, will be announced during the General Membership Meeting at the 2021 IASD conference in Ashland, Oregon, and in the Fall 2021 issue of DreamTime. Winners must agree to make their papers available for presentation either at a regional meeting of IASD or at the 2022 IASD Conference, and/or for publication in a future issue of DreamTime or Dreaming.

The Student Research Awards Committee is pleased to announce the awards for the 2020 competition:

- Quantitative Award: Katharina Luth, “Effectiveness of the Imagery Rehearsal Therapy for Nightmares in a Telephone Counseling”
- Qualitative Award: Lana Sackwild, “The Healing and Transformative Potential of Lucid Dreaming for Mitigating Depression: An Interpretive and Phenomenological Analysis”
- Qualitative 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 welcome input from IASD members who may be interested in developing an innovative program in this area! Contact me at teximus@comcast.net.

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**ANNUAL PLEDGE DRIVE, IN ADVANCE**

IASD would like to thank the member who donated early this year. A total of $108 was donated for "Dream Research for the Benefit of All."

This October donation predates the beginning of the 2020 IASD Pledge Drive, which will begin in mid-November. But donations to IASD are gratefully accepted at any time!

Make a donation at https://www.asdreams.org/donate/

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**IASD DREAM STUDY GROUPS PROGRAM UPDATE**

*Co-Chairs, Michelle Carr and Angel Morgan*

The second round of the IASD DSGP Foundation Series (FS) commenced on September 1 with 84 people registered from the United States, Canada, Brazil, France, Spain, Germany, UK, the Netherlands, Hungary, and Australia. Participants in four new Dream Study Groups (DSGs) have been introducing themselves in the DSGP Tea Room with anticipation and excitement about dreams, dream studies, and the wonderful community of IASD. The second round has almost doubled from the first round, and there are more non-members (aka future members!) than members in this cohort.

Behind the scenes we continue to improve the DSGP FS experience that launched in March of this year, incorporating helpful feedback from DSG members and IASD presenters so that each new cohort’s experience gets better and better. If you have been thinking about participating in the DSGP and inviting your dreamy friends to join you, we plan to open registration again on January 1, 2021 for the next cohort to start March 1, 2021. Also, in 2021 we will start to add more DSGP series options beyond the Foundation Series. Stay tuned!

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**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/

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

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**A CONTENT ANALYSIS OF DION MCGREGOR’S SLEEP TALKING EPISODES**

*BY DEIRDRE BARRETT*

This paper explores the content of the somniloquies of Dion McGregor, the most extensive sleep talker ever recorded, and compares these with dream content from normative male dreams on the Hall and van de Castle Content Scales (1966) and Hobson (et al., 1987) Bizarreness Scales.

**SOURCE:** ACADEMIA

**SLEEP TALKIN’ MAN**

*BY KAREN SLAVICK*
This blog was created in October 2009 by Adam's wife Karen as a fun way to record her husband's nightly sleep talking episodes.

**SOURCE:** [Sleep Talkin' Man](#)

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<th>Total August Renewing Memberships = 32</th>
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<td>Fiona A. Bell</td>
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<td>Natalia Belousova</td>
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<td>Nigel Ian Hamilton</td>
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The Dream News Team wishes you all a safe and happy Halloween. We hope to see you at The Many Worlds of Lucid Dreaming online conference!