



Dream News

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★ **IMPORTANT ANNOUNCEMENT FROM THE CONFERENCE COMMITTEE** ★

2021 IASD ANNUAL INTERNATIONAL DREAM CONFERENCE

Now a VIRTUAL Conference
with Global Reach via Zoom

June 13 - 17, 2021
(Sunday - Thursday)

"A multidisciplinary conference for dream studies and dream work."
Host: Angel Morgan
Conference Director: Bob Ross

For details about the conference: <https://iasdconferences.org/2021/>

2021 IASD ANNUAL CONFERENCE NOW VIRTUAL

In order to ensure the safety of our attendees and to avoid the risk of having to cancel our conference once again due to ongoing pandemic conditions, IASD has found it necessary to hold our full 5-day conference virtually via Zoom. It will be live and interactive, with the same symposia, panels, workshops, morning dream groups, and special events offered as had been planned for the onsite program. This not only ensures the safety of participants but increases global access to the full event.

Please join us, along with five world-renowned keynote speakers and more than 130 presentations from over 100 presenters around the globe. It is more than just a conference; even in its virtual format, it will be 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. It is a multidisciplinary program that includes the scientific, psychological, spiritual, artistic, healing, lucid and extraordinary, ethnic and cultural aspects of dreaming; plus a lot of fun events including opening receptions, a virtual Dream Art Exhibition with a Meet the Artists reception, the annual Psi Dreaming Contest, and even a virtual gathering for the ever-popular Costume Parade and Dream Ball. This year's featured tracks include Dreams and Ethnicity and Dreams and The Arts.

See the updated website for the call for presentations, volunteers, new preliminary schedule layout, and other information at these links:

- **Registration** – new deeply discounted fee structure
- **Program & Schedule** – the same Sunday through Thursday, June 13 through 17 schedule on Pacific US time, featuring the same keynotes and invited presenters and the same live interactive symposia, panels, workshops, morning dream groups, and special events as had been planned for the onsite program – but in a virtual Zoom format. See the latest schedule of presentations,
- **Call for Presentations** – the Poster session (submissions now due March 15, 2021) has been converted to a Hot off the Press format of short talks (10 minutes plus 5 minutes Q&A).
- **Volunteers** – virtual volunteer positions are open for approval or wait list in two areas: Room Monitors and Help Desk.
- **Art Exhibit** – the Art Exhibit will continue, but as an online exhibit. Submission deadline is **March 15, 2021**
- **Podcasts** - Check out the podcasts featuring our keynotes and presenters

WE ARE PROUD TO ANNOUNCE THE FOLLOWING KEYNOTE AND INVITED PRESENTERS



Fanny Brewster, PhD



Eduardo Duran, PhD



Tore Nielsen, Professor



Keith Salmon



Michael Nadorff, PhD

Fanny Brewster, PhD - *Dreams: Letting My Heart Be Broken*

Dr. Fanny Brewster is a Jungian analyst and Professor of Depth Psychology at Pacifica Graduate Institute. She is a writer of nonfiction including *African Americans and Jungian Psychology: Leaving the Shadows*; *Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss*; and *The Racial Complex: A Jungian Perspective on Culture and Race*. Her poems have been published in *Psychological Perspectives Journal* where she was the Featured Poet, as well as in other journals.

Eduardo Duran, PhD - *Dream Entity Bringing Form from the Blackworld to the Plantworld*

Eduardo Duran, PhD has been working as a psychologist in Indian country for over 30 years. He integrates western clinical theory with Indigenous theory as a method of exploring the psyche. Teachings from his Indigenous teachers inform all of his writings and clinical work. His books include *Native American Postcolonial Psychology*; *Buddha in Redface*; and *Healing the Soul Wound: Counseling with American Indians and Other Native Peoples*.

Tore Nielsen, Professor - *DIY Dream Research: The Case of Sleep Onset Dreaming*

Professor of Psychiatry, U Montréal; Director, Dream & Nightmare Laboratory (Center for Advanced Research in Sleep Medicine). Tore's research concerns sleep onset microdreaming, dreaming's role in learning/memory, and nightmare pathophysiology. His research methods include introspection, polysomnography, targeted memory reactivation, cognitive and personality testing, REM sleep deprivation, EEG/ECG spectral analysis, VR exposure, and internet-based dream collection.

Keith Salmon (Closing Film Event) - *To Walk in Beauty*

Keith Salmon interweaves original videography, poetry, prose, sound, and song to explore the intimate relationship between the Natural World and the World of Dreams. His work represents a constellation of the insights and revelations gained through his lifelong exploration of Nature's mysteries through the lenses of both biological science and art—and his 35-year apprenticeship in the study of dreams.

Dr. Michael Nadorff is an associate professor of psychology at Mississippi State University. His research focuses on the association between sleep difficulties, particularly nightmares, and suicide. He has published more than 65 peer-reviewed manuscripts and received more than \$4.5 million in external grant funding from NIMH, SAMHSA, and the CDC.

CALL FOR PRESENTATIONS



CLOSED for main submissions since December 20 Deadline.
Wait List remains OPEN on a space available basis.
Due date for Hot Off the Press submissions:
extended to March 15, 2021
All submissions must be made online

For instructions and Online Submission Forms

Poster Deadline Extension to 15 March 2021 The original poster format is now converted to Hot Off the Press sessions where you would present your material as a short 15-minute talk (10-minute talk + 5-minute Q&A).

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 "VIRTUAL" VOLUNTEERS

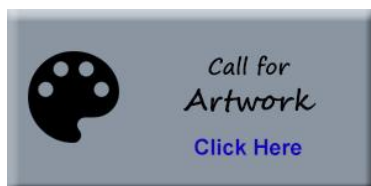


Now Open - Apply Online

Virtual Volunteers may now attend the conference for \$0 fee in return for performing volunteer duties for roughly 50% of the conference session hours. The initial registration fee is \$200 which will be returned after volunteer duties are completed. This fee covers conference attendance (other than any added fee based special events), all receptions, the Psi Contest, recordings, and the virtual costume parade and dream ball.

The virtual duties include two categories: Help Desk and Zoom Room Monitor. If you wish to volunteer, click the link above to apply. Existing volunteers who were approved for the onsite conference will have a chance to convert initially; however, new volunteers are invited to fill, or be wait-listed for, any remaining openings. You may address any volunteer-related questions to Julie Sparrow (jrsparrow22@gmail.com).

CALL FOR ART



Calling all artists: there's still time to submit dream-inspired art for IASD's 2021 Dream Art Exhibition, also now going virtual!

DEADLINE FOR ENTRIES: Midnight March 15, 2021, GMT.

Eligibility: We are accepting original artwork about or inspired by dreams. You do not need to be a member of IASD or a conference attendee to participate. Media: All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. We are not able to accept performance art.

Submissions and full prospectus available at <https://iasdconferences.org/2021/call-for-artwork/>

Know an artist who would be interested? Pass on our link!

PODCASTS WITH CONFERENCE KEYNOTES

AND PRESENTERS

Interviews with 2021 Conference Keynote speakers and other presenters are being scheduled between now and June. Podcast hosts will schedule and air the interview



Shrink Rap Radio with Dr. Dave

David Van Nuys, PhD is past chair and professor emeritus in Psychology at Sonoma State University.

In 2018, he received an award from the American Psychological Association for his pioneering podcast, Shrink Rap Radio.

On March 28, IASD Conference Keynote presenter Michael Nadorff, PhD will be interviewed on Shrink Rap Radio. The interview will be aired in early April.



The Dream Journal with Katherine Bell

Katherine Bell is a member of the IASD Board of Directors and the founder of Experiential Dreamwork.

The Dream Journal airs live Saturdays from 10 to 11 a.m. Pacific Time, streaming live at KSQD; podcasts are available within a few days of broadcast at iTunes, Google Play and Stitcher.

Upcoming guests on the show include:

March 6 - Scott Sparrow
March 13 - Bill St. Cyr
March 20 - Lauren Schneider
April 3 - Angel Morgan
April 10 - Alaya Dannu



IASD DREAM STUDY GROUPS PROGRAM (DSGP) IN ITS THIRD LAUNCH

The IASD Dream Study Groups Program (DSGP) has just begun its third launch, with students from around the world registered to follow one of our unique DSGP Series over the course of the next year. We are currently offering two DSGP Series:

The **DSGP Foundation Series** brings together courses on *A History of Dreaming*, *The Science and Psychology of Dreaming*, and *Dreamwork Methods*.

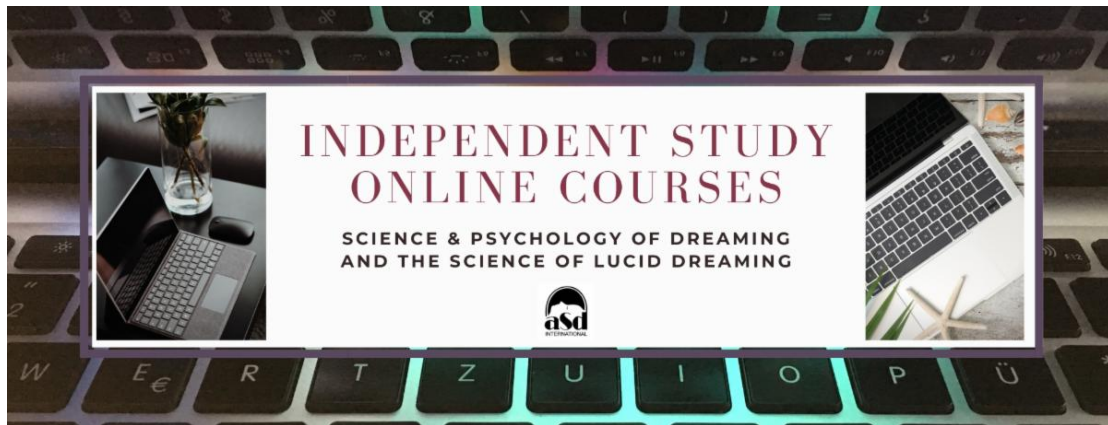
The **DSGP Research Series** brings together presentations gathered from IASD's First Online Dream Research Conference, which featured some of the best-known dream researchers in the world.

Both the DSGP Foundation Series and the Research Series include video presentations and discussion forums to prompt conversation with other DSGP members. Students take a quiz after each presentation to earn a certificate of completion.

Students follow course content together over the period of one year in an engaging and interactive way,

with access to forums and written material. The cost for participation in the DSGP is \$50 for IASD members and \$75 for non-members.

The next round of all DSGP Series will start September 1, 2021. Registration will open July 1, 2021. For more information [click here](#).



IASD ONLINE COURSES ANNOUNCED

The online course committee (OCC) intends to offer online courses on various aspects of dreams and dreaming to those IASD members and non-members who would like to take these as part of an independent study program. The initial offering will be the foundation series courses titled *The Science and Psychology of Dreaming* and *The Science of Lucid Dreaming*. While these courses are offered as part of the IASD Dream Study Group Program, the OCC is responding to requests to also offer them as stand-alone independent study courses, which should appeal to those who prefer to take courses on their own.

The Science and Psychology of Dreaming course is a mini-tutorial which covers:

- The Basics
- The Psychology
- Exceptional Dream Experiences

The course is taught by Robert Hoss, who chairs our research grant committee, and is co-editor of IASD's book *Dreams: Understanding the Biology, Psychology and Culture* from which much of the course is derived. It is designed for anyone interested in a summary of some of the theories and research findings related to our basic understanding of dreaming. Although there is still much still being researched about the nature of dreaming, this course offers a snapshot of some of the general practices, recent research and theoretical thinking.

The Science of Lucid Dreaming course covers the history of the first scientific evidence that lucid dreaming is a valid and distinct state of dreaming, and then surveys cutting-edge findings in the field. The course is taught by Robert Waggoner, an internationally known lucid dream pioneer and author of *Lucid Dreaming*. It is based on his presentation at the 2018 IASD Conference in Scottsdale, Arizona.

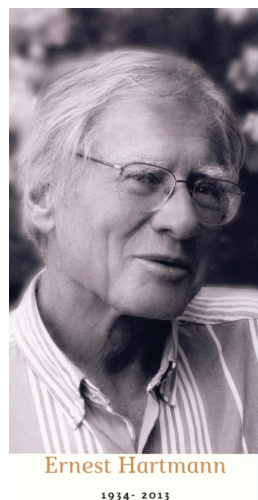
To enroll in either or both of these courses, please [click here](#).

ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS

DEADLINE MARCH 15, 2021

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 (2) \$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.



Ernest Hartmann Award for Student Research

Attention Students / Academics:
The Student Research Awards Committee is seeking 2021 submissions! Award money is available for original student quantitative research or qualitative research on dreaming, including history, literature, theory, and the creative arts.

Submit by March 15, 2021

[http://www.asdreams.org/
student-awards](http://www.asdreams.org/student-awards)



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, and of papers deserving honorable mention, will be announced at the 2021 IASD conference in June 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*.

For more information, please contact Curt Hoffman at teximus@comcast.net



REGIONAL NEWS YOU CAN USE

Michelle Carr and Jeanne van Bronkhorst, Co-Chairs of the IASD Regional Events Committee

We would like to introduce Jeanne Van Bronkhorst as a new Co-Chair of the Regional Events Committee! Jeanne is focused on building and strengthening the Regional Representatives Network, a group of over 60 individuals who help IASD connect with dreamers around the world, supporting and growing their local dream communities. They are researchers and clinicians, dreamworkers, academics and small business owners, and all want to be involved in the life of this organization. And we are looking to expand. If you are a member of IASD and interested in learning more, you can find your local Regional Rep here, or look for the Regional Rep Role Guidelines to see if this is something you might want to try.

We would also like to share with you an invitation to a dream event occurring in Russia:

Dear Colleagues!

We are pleased to invite you to participate in the 3rd International Exhibition and Conference “GALLERY OF DREAMS,” which will be held in Moscow April 6-9, 2021. The conference will include a scientific program (April 6-7), master classes (April 8-9) and an exhibition that will last two weeks.

The goal of the project is to spread scientific knowledge about dreams for health, dreams as an inexhaustible source of creative ideas, and dreams in Russian and world culture. This information will be interesting for professionals (scientists, doctors, psychologists, art historians) and for the general public. The speakers are leading scientists in the field of medicine, psychology, linguistics, art history and other areas.

The exhibition will feature works created from dreams (paintings, drawings, installations), the authors of which are both professional artists and children.

Art shows, creative workshops, discussions, seminars (including webinars), an interview with creative people and specialists working with dreams, and a concert of musical works written from and about dreams, will all be featured at this exhibition-conference.

More information can be found on the conference website: dreamconference.ru

Kind regards,

Elena Korabelnikova,
President of the Russian Society of Dream Researchers



Dream painting created by Alaya Dannu

IASD ANNOUNCES DREAMS AND ETHNICITY PORTAL

The Dreams and Ethnicity track explores dreams through traditional worldviews and welcomes dreamers of all ethnicities to submit presentation proposals of high quality that reflect their experience with dreams in relation to their self-identified ethnicity. In this track, the meaning of dreams is of spiritual significance to the waking reality of human life and identity. The Dreams and Ethnicity track supports IASD's growth within a supportive multi-ethnic environment, and brings forward people who have a different contribution to make to the study of dreams, in order to open up everyone's perspective.

This portal includes photos and bios of IASD's Diversity Task Force Advisory Committee (DAC) members; a "Diversity Response" contact email; resources in the form of websites, publications, podcasts; and links to Diversity-related exercises for dreamers such as the powerful and healing dream-incubation exercise Dolores Nurss has initiated in the IASD Facebook Group.

With active updates from the IASD DAC, this portal is a means to advocate for greater BIPOC representation in the organization's positions of responsibility and leadership, to reflect the rich diversity of traditions and perspectives in dream studies worldwide, and to engage in the practical application of our [Principles of Community](#) to all of IASD's mission and work.

This portal provides fundamental resources to inspire further research in the areas described by the new Dreams and Ethnicity track for IASD International Conferences.

To access portal please [click here](#)



COVID-19 DREAMS PORTAL



COVID-19 AND DREAMS PORTAL POPULAR ADDITION TO IASD WEBSITE

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 page on the IASD website. 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/>

In Memoriam Rosalind Cartwright, PhD 1922 – 2021

IASD grieves the death of long-time member Rosalind Cartwright, PhD, who died January 15, 2021 at her home in Chicago.



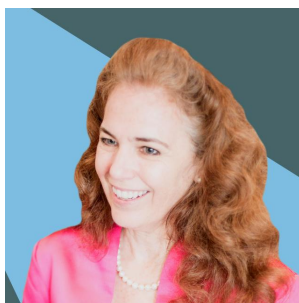
Author of four books, including *The Twenty-four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives* (Oxford University Press, 2010) and hundreds of papers, Dr. Cartwright was a pioneer in the field of clinical sleep medicine. She was a Contributing Editor to IASD's scholarly journal, *Dreaming*, until 2020.

Members in the Media



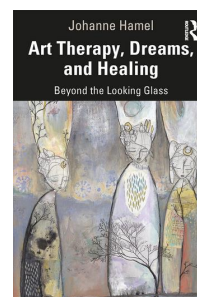
WEB SERIES ON DREAMS GETTING LOTS OF ATTENTION

This past summer, IASD member Kelly Sullivan Walden was a part of a web series entitled Dream Stream on the [Twitch network](#). The show featured one dreamer per webisode, in a bizarre, highly interactive type of sleep/dream experiment. Viewers (sometimes as many as 100k at a time) were asked to vote on what kind of "sleep/dream interference" they wanted to subject the dreamer to (i.e. rotten egg smell, sounds of sirens, colors flashing in the room and movement to the bed, and so much more). The show was entertaining but, in the end, informational for all of us involved. It has been getting lots of attention – nominated for a LOVIE award (for outstanding digital content) and now it's up for an ARTA (American Reality Television Award).



ARTICLE FEATURING IASD MEMBER ON WELLBEING AND DREAMS

Melinda Powell published an article on "Waking Up to the Health Benefits of Dreams" in the United Kingdom Council of Psychotherapists' magazine, *New Psychotherapist*, Issue 76, which explores the connection between dreams and wellbeing.



NEW BOOK ON ART THERAPY

IASD member Johanne Hamel has written a new book. *Art Therapy, Dreams, and Healing: Beyond the Looking Glass* synthesizes methods to work with one's dreams through art therapy and introduces the reader to brief creative methods, Gestalt and Jungian experiential methods, and research on lucid dreaming and dream re-entry. If you'd like to learn more, please [click here](#).



In this issue Hot Off the Press focuses on the science of dreams and external stimuli, featuring one of our 2021 Conference keynotes, Tore Nielsen. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

SCIENTISTS TALKED TO PEOPLE IN THEIR DREAMS. THEY ANSWERED

Researchers say two-way communication is possible with people who are asleep and dreaming. Specifically, with people who are lucid dreaming — that is, dreaming while being aware you're dreaming.

SOURCE: [NPR](#)

EFFECTS OF SOMATOSENSORY STIMULATION ON DREAM CONTENT IN GYMNASTS AND CONTROL PARTICIPANTS: EVIDENCE OF VESTIBULOMOTOR ADAPTATION IN REM SLEEP BY TORE NIELSEN

Somatosensory stimulation of the leg muscles in REM sleep appears to perturb virtual orientation in dream experiences. According to the model of vestibulomotor adaptation, the dreaming mind attempts to compensate for such destabilizing

stimulation by increasing eye movement activity or modifying dream content, among other possible reactions. Effective compensation is thought to be more easily achieved by subjects who are adapted to the disruptive stimulation or who possess highly developed vestibulomotor skills. To further examine this possibility, there was a study of the effects of somatosensory stimulation on the dreams of 6 gymnasts and 6 control subjects aged 9 to 16 years.

SOURCE: [ACADEMIA](#)

TOTAL FEBRUARY NEW AND RENEWING MEMBERSHIPS – 47

Total new and renewed members = 47

New members = 17

Pawl Borgen
Sophie Boudrias
Bei Linda Tang
Jonny Lewis
Mary Branche
Cecilia Stancell
Janet Piedilato
Sharon Sieber
Claire A. Johnston
Brian B. Pinter
Mark Bodnarczuk
Allan Gould
Richard Kaye
Anonymous = 4

Renewed members = 30

Joshua Suri
Dale E. Graff
Deb M. Irvine
Kathryn Belicki
Laura Payne
Ryan D. Hurd
Rachel G. Norment
Cordell Jacks
Patti Allen
Jolene Gardner
Line Salvesen
Vivienne H. Dutzar
Susannah Benson
Will Sharon
Richard Gilbar
Beatriz E. Ledesma
Patricia Schmieg
Paul Kiritsis
Steven E. Pilgram
Melissa Grace
Worldwide Indigenous Science Network
Vereniging voor de Studie ver Dromen
Bernard Welt
Kelly Bulkeley
David Cielak
Melinda Powell, nee Ziemer
Anonymous = 4

Dream Toon with Delia Puiatti Dream Illustrator



STAY CONNECTED



