



Dream News

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VIRTUAL

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Total March New and Renewing Memberships = 44

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International Association for the Study of Dreams

★ **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 Hess

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](#) – See the latest schedule and full program, abstracts and bios now online. It is “virtually” the same 5-day schedule as we had planned onsite, with the same keynotes and invited presenters and the same live interactive symposia, panels, workshops, morning dream groups, and special events. Note also that the times of day for the events remain Pacific US time.
- [ed very shortly.](#)
- [Entry Portal](#) – since we are “virtual” there are no badges. Instead, a few days before the conference, registrants will be sent a private link to an online “Entry Portal.” The Schedule at a Glance will be used to find all sessions by time of day in each Zoom meeting room. The portal will provide the entry codes to those meeting rooms. It will list all meeting rooms and events and allow registrants to click on an active button and go right into the meeting room. The Schedule at a Glance is a downloadable PDF. The Entry Portal will also be downloadable as a PDF with the Zoom IDs and URLs that you can store or print out in order to enter a particular meeting with the Zoom app on your computer.
- [Recordings](#) – since it may not be possible, accounting for global time differences, to attend all events you might wish to. As with our onsite conferences, all lecture-based sessions (Keynotes, Symposia, Panels, and some special events) will be video and audio recorded on Zoom and made available also on a private link to registrants. We hope to be able to post the recordings within a day or so after the sessions so that you can download the ones you want. Note that Workshops will not be recorded due to privacy considerations for the personal dream sharing that takes place.
- [The Art Exhibit](#) will continue, but as an online exhibit.
- [Podcasts](#) – Check out the podcasts featuring our keynotes and presenters (see below)

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.

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

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.

THE VIRTUAL DREAM BALL

After days and days of cerebral activity and learning on Zoom screens, it is time to jump inside our dreams and lose ourselves in the catharsis of dance and music. Although we will be physically separate, grab a partner at home and dance with the music of Ed Mays Groove Kitchen, a Seattle-based red hot dance band made up of some of the finest musicians in the Pacific Northwest area. This band will rock your soul. Check them out at this link, or just join us all virtually as we dance in front of the camera while chatting with each other using the Zoom Chat function.

[Groove Kitchen link](#)

We will have our customary costume parade where you dress up as a character from one of your dreams and have a chance to BRIEFLY tell the dream the costume came from. What will a virtual costume parade and dream ball be like on Zoom, you ask? Whether you wish to enter the parade or just attend in costume, you can dress in a costume or mask. The Zoom "video filter" function even gives you the option of wearing a virtual mask.

PLEASE NOTE: Cultural Appreciation

If your dreams are diversely populated, that's a beautiful thing. However, IASD members sharing the virtual dance floor will appreciate your awareness that cultural and/or racial appropriation is harmful to other members in waking life. The IASD Principles of Community statement says we value "Diversity: A constructive educational environment for participants at conferences and other activities, that welcomes the multiplicity of different approaches to dream studies, and strives to create an open, inclusive atmosphere of mutual respect." We hope you enjoy exploring the multiplicity of creative possibilities for dream costumes that won't offend other members. Here's some valuable information that might help you decide what *not* to wear:

["We're a Culture, Not a Costume" Poster Campaign](#)

["We're a Culture, Not a Costume" Video](#)

ART COMMITTEE ANNOUNCEMENT

Thank you to all who submitted artworks for the IASD dream art exhibition. This year's virtual art show will be truly international, exhibiting works of 48 artists from Austria, Australia, Belgium, Brazil, Canada, India, Italy, South Africa, Switzerland, Trinidad and Tobago, the United Kingdom, and the United States.

Conference attendees will be provided an opportunity to meet with twelve of the artists and learn about their processes at the Meet the Artists Panel on Wednesday, June 16, 4:30-6:00. Don't miss the Art Reception after the panel when the Visual Arts Committee will present selected artists with special awards, including the People's Choice Award.

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 interviews.



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.

The interview with IASD President **Angel Morgan** is available on the Shrink Rap site as of April 29. And an interview with Keynote Presenter **Tore Nielsen** will be available on the Shrink Rap site on Thursday, May 6.

All interviews can be seen at www.ShrinkRapRadio.com. Interviews are generally online the day following the interview.



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 am Pacific Time, streaming live at KSQD.org. It is released as a podcast on the Monday following the show on all major podcast platforms.

Recent and upcoming guests on the show include:

- May 1 Keith Salmon
- May 8 Michelle Carr
- May 15 Tore Nielsen
- May 22 Edward Bruce Bynum
- May 29 Bernard Welt
- June 5 Bob Hoss
- June 12 Michael Nadorff

The Ask Doctor Dream Show with Kelly Sullivan Walden



An active IASD member, Kelly Sullivan Walden is a dream expert, a certified hypnotherapist, a best-selling author and an inspirational speaker. She has interviewed IASD conference Keynote and Invited speakers and other presenters for many years.

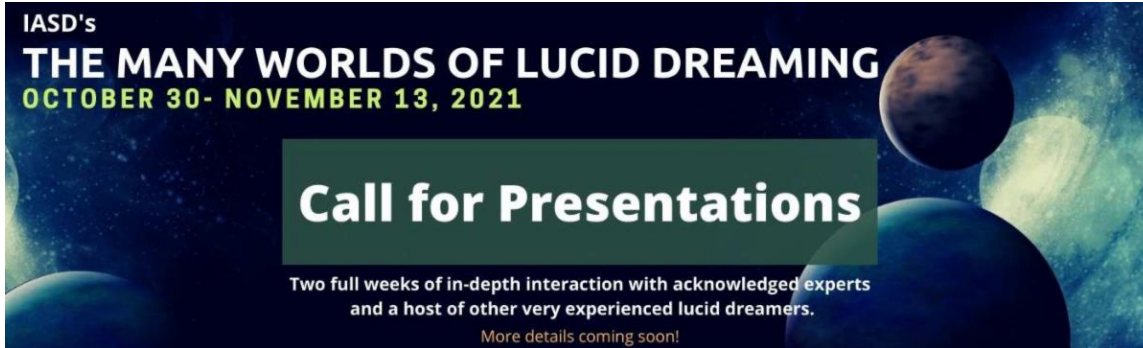
Recent and upcoming IASD guests on *Ask Doctor Dream* include:

- April 7 Michael Nadorff
- April 14 Bob Hoss
- April 21 Katherine Bell
- May 12 Keith Salmon
- May 19 Angel Morgan
- May 26 Tore Nielsen

The *Ask Doctor Dream* show airs LIVE on www.UnityOnlineRadio.com. Call-Ins are welcome.

After the show, each episode will be archived here www.unityonlineradio.org/ask-dr-dream and soon thereafter it will post to all podcast platforms, e.g. Apple iTunes, Spotify, Google Play (search for "Ask Dr. Dream").

For more, go to: www.KellySullivanWalden.com



THE MANY WORLDS OF LUCID DREAMING ONLINE CONFERENCE - CALL FOR PRESENTATION PROPOSALS

IASD will present its second annual online conference in October 2021, *The Many Worlds of Lucid Dreaming*, which Robert Waggoner and Ed Kellogg will co-host. The conference will offer presentations on the many facets of the lucid dreaming universe, ranging from practical "How To's" to explorations into psi, healing, philosophy, and spirituality, and the latest cutting-edge scientific research.

We invite IASD members to submit brief presentation proposals for consideration. As this event can accommodate only a dozen or so presentations, the conference co-hosts and reviewers will base selections on both quality and creating a balanced program covering a wide range of subjects and points of view, suitable for both beginners and advanced lucid dreamers.

Presentation proposals need to include the following: 1) a title for the presentation, 2) the name of the presenter, and 3) a brief (two paragraph) description of what the presentation will cover.

If this interests you – and we hope it does! –**please send your proposal(s) to co-host RobWaggoner AT aol.com by May 31.** The online conference will take place from October 30 to November 13, 2021.

VOTE FOR IASD BOARD MEMBERS NOW!

Michelle Carr, PhD, Vice President and Chair of the Nominating Committee



It's time to vote! Each year, five Board members complete their three-year term as IASD Directors and our members vote for five new Directors. At the February 2021 Board meeting, the IASD Board of Directors approved a wonderful slate of seven candidates recommended by the Nominating Committee to run in IASD's election: **Kiran Anumalasetty (India), Jean Campbell (USA), Maria Carla Cernuto (USA), Jordi Borràs García (Spain), Remington Mallett (USA), Kimberly Mascaro (USA), Angel Morgan (USA).**

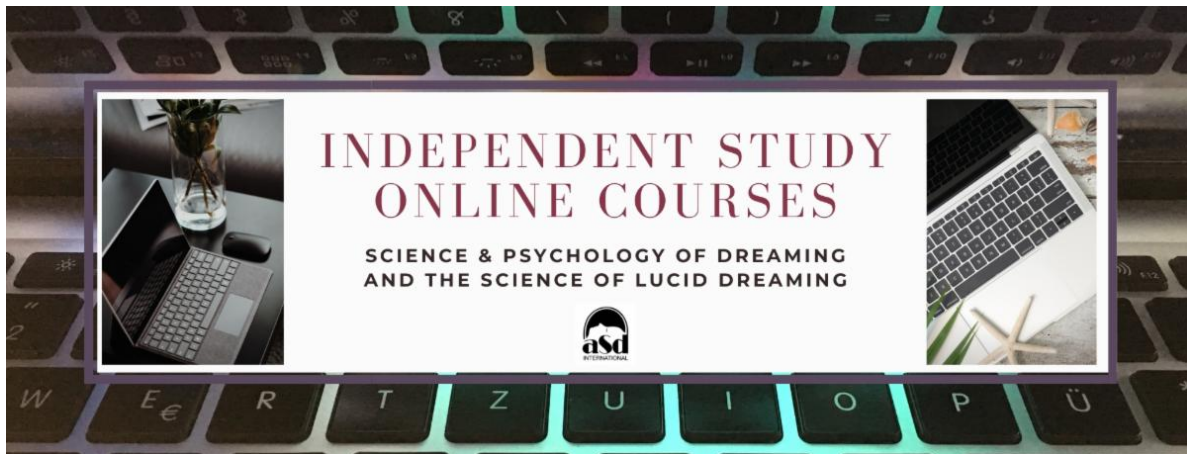
From these seven candidates, the five with the most votes will be elected to begin their three-year term in June 2021.

PLEASE NOTE: Only current members of IASD can vote for Board 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 2021 Time to Vote, where you will find bios and photos of the candidates.

The slate of Executive Officers for 2021 has also been approved: **President, Michelle Carr; Board Chair, Maureen Boyd Biro; Vice President, Leslie Ellis; Secretary, Kelly Lydick; and Treasurer, Robert Waggoner.** All Board Directors and IASD Executive Officers will begin their new terms in June 2021.

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.



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 Groups 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 on

<http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1>



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](#)



REGIONAL NEWS YOU CAN USE

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

Regional dream events have been slowed by the global pandemic, but the Regional Representatives continue to plan for when the world opens back up again.

The Regional Representatives are more than seventy IASD members representing thirty countries. Regional Reps help the organization keep in touch with members around the world, and act as ambassadors by organizing dream-related events. These events can be as simple as hosting an afternoon conversation with local IASD members, and as elaborate as organizing a one or two-day dream conference for the larger community.

If you are looking for a way to be more involved in the life of IASD, becoming a Regional Rep is a good first step. Contact Jeanne at vanjvb@gmail.com. Jeanne is also hosting an informal reception for Regional Reps on the first night of our June conference. If you want to learn more about this role, you are welcome to join us!



Dream painting created by Alaya Dannu

IASD ANNOUNCES DREAMS AND ETHNICITY PORTAL AND DAC FEATURING VICTOR LEE LEWIS

(INSERT Dream painting created by Alaya Dannu)

After working with the IASD Board this year, Social Justice Educator and new IASD member Victor Lee Lewis has volunteered to join the IASD Diversity Task Force Advisory Committee. More about Victor's work with the Board coming soon in the Spring edition of *DreamTime Magazine*.

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 visit <https://www.asdreams.org/dreams-and-ethnicity-portal/>



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 OF MANLIO CAPORALI

From Marco Zanasi

With great regret I communicate to friends and colleagues of IASD the death of Professor Manlio Caporali, Neurologist, Psychiatrist, Psychoanalyst and Group analyst at the University of Torvergata in Rome, and a member of IASD for over 20 years.

He was a very special person, deep, sensitive, with a rare emotional intelligence, and for these qualities he had a great success in the care of his patients, from which he was reciprocated with great esteem and affection. Throughout his life he has dealt with the relationship between dreams and theater using his reflections in the development of original rehabilitation techniques for seriously ill patients characterized by the interplay of theater, music and dream analysis.

Many of you will remember his joyful smile at IASD meetings and dream balls that he has never missed since 2001, except for the last few years when his health began to decline. We will miss him very much.

Members in the Media



IASD BOARD MEMBER INTERVIEWED FOR INTERNATIONAL TELEVISION

Jordi Borràs García speaks on dreams for two new programs:

--- an interview for the TV show [En línia](#) where they also interviewed a student of the training I'm offering for psychotherapists (in Catalan):

--- another one for the TV show [Tierra de Sueños](#), which is broadcast throughout Spain, but also in Argentina and the United States via MiamiTV (in Spanish)



IASD MEMBER'S DREAM COMES TRUE TO WRITE FOR OPRAH

Layne Dalfen, author of *Have a Great Dream*, would like to announce that she is writing a bimonthly column, "Dream Catcher" for *OprahDaily*. What makes this story remarkable is that 49 years ago she had a series of dreams in which Oprah made an appearance in each dream. To learn more about the dream series visit [Layne's blog](#)

To read the column please visit Dream Catcher -- @OprahDaily <https://www.oprahdaily.com/>



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

DREAM TELLING BULLIED TEEN TO STAND UP TO BULLIES BY [LOWELL SUN](#)

The social pressure the average teen experiences today is not limited to gender or social status. It can be overwhelming and often leaves a teen feeling vulnerable. Keeping a constant open line of communication with them is far easier than you may have experienced in the past if discussed through their dream interpretations.

SOURCE: [THE SUN](#)

HELP YOUR TEEN GET MORE SLEEP BY SUZANNE PFEFFERLE TAFUR

According to the National Sleep Foundation (NSF), teens need about eight to 10 hours of sleep every day, but only 15 percent of them get more than eight hours a night. "Everybody's sleep needs are different," he says. "We say you need eight hours, which is a typical amount, but there are some people who can get by with a little bit less. Some people actually need more." But sleep is especially crucial for teenagers, since they're experiencing hormonal changes and facing a full day of studies, extracurricular activities and a heap of homework — not to mention the emotional hurdles they face along the way.

Total new and renewed members = 44

Dream Toon with Delia Puiatti
Dream Illustrator

New members = 13

Dulce Ruby Peralta
Maarten M. van Rootselaar
Jennie B. Meyer
Alice Cunningham
Katharine Donovan Kane
Terry Tang
Sahah Weldon
Jannifer Azarov
Lucille Bosco
Tyrell Blacquemoss
Kathy A. Schmidt
Anonymous = 2

Renewed members = 31

Gordon Membership
Karen F. Boileau
Diane E. Grieg
Alfio Maggiolini
David Jenkins
Gerhard Kloesch
Jane E. Carleton
Elizabeth Scanzani
Weaver Sjolander
Arnold J. Hook
Leslie Ellis
David P. Greene
Wojciech Owczarski
Judith Pascoe
Ed Kellogg
Marlise Brauchli
Maria Consuelo Lozano Celis
Gary L. Goodwin
Kim C. Bennet
Sheila M. Asato
Roser Camats Falip
Star Edwards
S. M. Svensen
Josie Malinowski
Sven Doehner
Deborah Armstrong
Robert Moss
Cynthia Bauman
Anonymous = 2



STAY CONNECTED

