



# Dream News

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The Venue is the spectacular Loews Ventana Canyon Resort, in Tucson, Arizona, USA. High above Tucson in the Catalina Mountains, this stunning natural retreat features nature trails and waterfalls, multiple pools, a spa and exercise facility, golf, world class restaurants and a delightful, relaxing experience <https://www.loewshotels.com/ventana-canyon>. We have negotiated a special discounted rate of \$115 per room night (with complementary Wi-Fi and parking) for a block of rooms. It is accessible from the Tucson International Airport in Arizona, which has direct flights from such international hubs and cities as Atlanta, Chicago, Denver, Dallas-Fort Worth, Los Angeles, Salt Lake City, San Francisco and more. Make it a Vacation: Arizona is a destination area, so we negotiated 3 days before and after the conference at the same discounted room rate (based on space available). Go to <https://iasdconferences.org/2022/attractions-around-tucson/> for a sampling of the Tucson and Arizona attractions and register early with the hotel for available rooms for extra days.

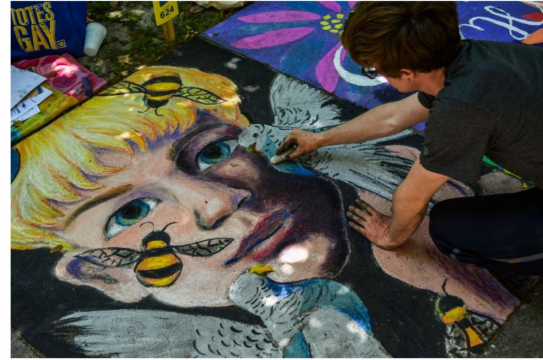
## Keynotes and Featured Presenters

We are pleased to announce the confirmation of our Keynotes and Featured Presenters:

- **Edward Bruce Bynum, PhD – *African Mysticism and the Dreams of Modern Science*.** Dr. Bynum is a clinical psychologist, a student of Swami Chandrasekharan and Saraswati, a winner of

the Abraham H. Maslow award from the APA, and author of several books, including *The Dreamlife of Families*, *The African Unconscious*, and *Dark Light Consciousness*.

- **Jeannette Mageo, PhD - *Metaphors and the Self in a Zombie Pandemic Dream***. Dr. Mageo is Professor of Anthropology at Washington State University. Her manifold writings on dreams show that cultural models tie personal experience to politics and public culture. Her books include *Dreaming and the Self*, *Dreaming Culture* and *The Mimetic Nature of Dream Mentation*.
- **Rubin Naiman, PhD – *The Impact of Dream Loss on Collective Consciousness***. Dr. Naiman is a psychologist, author and sleep and dream specialist at the University of Arizona's Andrew Weil Center for Integrative Medicine. He is a pioneer in the development of integrative approaches to sleep and dreams, integrating scientific with depth psychological, transpersonal, and spiritual perspectives.
- **Michelle Carr, PhD – *From Nightmares to Lucid Dreams: How Dreams Impact Our Mental Health***. Dr. Carr is President of IASD, Postdoctoral Associate in Psychiatry at the University of Rochester, and Assistant Director of the Sleep and Neurophysiology Research Laboratory. She studies the relationship between dreams and mental health, with particular interest in nightmares and lucid dreams. She also studies dream engineering — new techniques and technologies designed to influence dreams to benefit well-being.
- **Catherine Shainberg, PhD – *Turn on the Light: Kabbalah, Dreaming, Co-creation and Enlightenment***. Dr. Shainberg is an internationally renowned transpersonal psychologist, lecturer, and award-winning author. She created the School of Images® where her work integrates timeless wisdom with modern Western traditions to catalyze creative manifestation. Her books include *Kabbalah and the Power of Dreaming*, *DreamBirth* and *The Kabbalah of Light*.
- **Deirdre Barrett, PhD – *Pandemic Dreaming***. Dr. Barrett is a Past President of both IASD and Div. 30 of the American Psychological Association, Editor in Chief of the journal *Dreaming* and author or editor of 8 books, among them *The Committee of Sleep*, *The New Science of Dreaming*, *The Encyclopedia of Sleep and Dreams*, and *Trauma and Dreams*.



#### Call for Presentations

**Submissions beyond January 10 will be placed on a wait list** pending schedule availability, so do not delay if you want to be considered. We have already been receiving submissions for 2 months.

The poster submissions deadline is March 15, 2022.

Instructions and online Submission Forms can be found at <https://iasdconferences.org/2022/call-for-presentations/> along with a preliminary Schedule at a Glance planning template.

**The program is multidisciplinary;** therefore, high-quality proposals are invited that fall into any of the following tracks: Research and Theory; Clinical Approaches; Dreamwork Practices; Research; Dreams and Ethnicity; Dreams and the Arts; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health; Culture and History; and Mental Imagery. Submission categories include Pre-organized Symposia and Panels; Individual talks to be combined within Symposia; Special Events; Workshops; Morning Dream Groups; and Poster Presentations. 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

#### Call for Art – Open

**Juried Dream Art Exhibition DEADLINE FOR ENTRIES:  
Midnight March 31, 2022, GMT.**

**Eligibility:** We are encouraging artists to submit your original artwork about or inspired by dreams, to be exhibited and displayed at our conference Juried Dream Art Exhibition. In addition to the exhibit, the conference features an Art Reception, and a chance to sell your art and perhaps even win a cash award.

**Media:** All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. Artworks that are unusually large or require extensive installation may not be accepted but will be considered. We are not able to accept performance art. Performance artists may wish to consider submitting a proposal for a special event for the conference program (deadline for those proposals is January 10, 2022 as noted above). Although artists are permitted to attend all or part of the conference for the discounted Presenter rates, you do not need to be a conference attendee to participate in the [IASD Juried Dream Art Exhibition](#). There is a \$40 non-refundable jury submission fee, however, for those not attending the conference.

orientation or various forms of disability.

**CEs:** The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. The International Association for the Study of Dreams (IASD) maintains responsibility for this program and its content.



### Registration – Open

Go to the conference site <https://iasdconferences.org/2022/> for instruction and forms for Registering for the Conference as well as instructions to register for one of the discounted rooms in the limited block of **Lodging rooms at the Loews Ventana Resort**. We also have special discounted rates for students, limited income and volunteers, and a few partial student and Diversity, Equity and Inclusion scholarships.

**COVID-19 Precautions:** Although the conference is over 6 months from now, we want attendees to feel safe in attending – so we are requesting that all attendees be vaccinated or have been tested before attending. If a positive test prevents you from attending, your conference fee will be fully refunded.



### Call for Volunteers – Open

Volunteers are able to attend the conference for \$100 by working about half the conference session hours (roughly 14 hours). The initial registration fee is \$200 and half (\$100) of the fee is returned after the duties are completed.

Volunteers must arrange for their own travel as well as lodging and meals. The duties are consolidated into four categories: Registration/Info Desk; Room Monitor; Audio Visual Support; and Art Exhibition. For more information or to apply go to <https://iasdconferences.org/2022/call-for-volunteers/#>

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## In Memoriam



Sleep research pioneer Allan Rechtschaffen passed away November 29, 2021, at the age of 93. Born in New York City in 1927, Dr. Rechtschaffen earned his PhD in clinical psychology from Northwestern University in 1956. As a researcher at the University of Chicago, Rechtschaffen joined other pioneers in the sleep field, including physiologist Nathaniel Kleitman and graduate student Eugene Aserinsky.

In 1963, Rechtschaffen, along with colleagues William Dement and Gerald Vogel, first described narcolepsy in the landmark paper Nocturnal Sleep of Narcoleptics. Rechtschaffen went on to become one of the most respected basic and animal sleep investigators. His research included the earliest laboratory studies of insomnia, narcolepsy, sleep apnea and napping, and he was known for his experiments demonstrating the lethal consequences of sleep deprivation in rats. In 1968, Rechtschaffen and Anthony Kales of

UCLA developed a standard scoring system for human sleep stages, “A manual of standardized terminology, techniques and scoring system for sleep stages of human subjects,” which was used for nearly four decades until the AASM published The AASM Manual for the Scoring of Sleep and Associated Events in 2007.

Rechtschaffen was a founder of the Association for the Psychophysiological Study of Sleep, which is now the Sleep Research Society (SRS). In 1985, he received the AASM's Nathaniel Kleitman Distinguished Service Award in honor of his significant contributions to the sleep field. In 2003, Rechtschaffen was recognized at the 17th annual meeting of the Associated Professional Sleep Societies (APSS), which



celebrated the 50th anniversary of the 1953 discovery of REM sleep. The other honorees were contemporary sleep research pioneers Kleitman, Dement, [Michel Jouvet](#) and Aserinsky. At the time of his death, Rechtschaffen was professor emeritus in the department of psychiatry and psychology at the University of Chicago. He is survived by his wife, Karen, three daughters, Amy, Katherine and Laura, and four grandchildren.

Learn more about the career of Dr. Allan Rechtschaffen in a [video conversation](#) on the SRS website. Read [memorial tributes to other sleep medicine leaders](#)

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## THE VISUAL ARTS COMMITTEE NEEDS VOLUNTEERS

**Kim Virgil, Co-Chair, Visual Arts Committee**

The IASD Visual Arts Committee needs volunteers to be part of our committee. I would like to ask you: What do you feel about the continued existence of the Dream Art Exhibitions during the conference? Have you considered what the conference would be like without a Dream Art Exhibition? Do you value the Dream Art Exhibition enough to decide to be a part of making sure it will continue?

Let me introduce us properly to all the IASD community. The Visual Arts Committee is in charge of making the Dream Art Exhibition happen every year within the context of the IASD conference and all that entails. This means a full year of work and preparation before the conference even starts. The day it starts, an entire exhibition is installed for all to enjoy for the duration of the conference.

I have been the Visual Arts Committee Chair now for well over 13 years. I took over from Richard Russo who had taken over from Fariba Bogzaran who was the initial artist to start the Dream Art Exhibition way back when (that is another story to be told). We now have online submissions from artists around the world, and local artists in the Conference location who are invited to participate each year. The Visual Arts Committee team meets once a month to share what has been done and what is left to do, with a summer break; so, about 10 meetings a year on Zoom from around the world.



As you can imagine, none of this happens by itself. We are now a small team: Julie Naumen-Mikulski (co-chair), Robert Gongloff (technical support), Walter Berry (chief organizer and Artist liaison), Delia Puiatti (social media), and myself, Kim Virgil (co-chair). This year, during the COVID-19 pandemic, we were able to put together the stunning arts exhibit that so many saw online. Right now, we need volunteers who can join the committee and help with writing, proofreading, and technical support; IASD meeting liaisons; and on-the-ground exhibition support.

Please consider joining our team on a trial basis, if you believe in the continuation of the Dream Art Exhibition within the IASD conference. We NEED YOU. Please contact me at [KIMvirgilDREAM@gmail.com](mailto:KIMvirgilDREAM@gmail.com) with any questions or to join the team. We look forward to hearing from a diverse group of art-loving Dreamers who can bring their support to our group in any way they can imagine. Artists are welcome but the only requirement is a love of Dream Art that has touched you in some way.

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## ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS, 2021-2022

**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 2021-2022: 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



Papers must be emailed to the IASD Office at [office@asdreams.org](mailto: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 1, 2022**. 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.

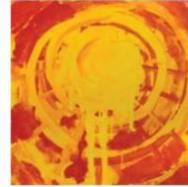
the originator of the program.

**New Award Announced!** With the intent of promoting the IASD commitment to diversity, equity, and inclusion (DEI), starting with the 2021-2022 contest a new annual \$500 award for quantitative or qualitative student dream research related to cultural diversity has been added, open to student applicants who identify as members of ethnic groups that have been underrepresented in dream research. To learn more about the DEI Student Research Award, see the [IASD Dreams & Ethnicity Portal](#).

Authors of winning papers, and of papers deserving honorable mention, will be announced at the 2022 IASD conference in July and in the Fall 2022 issue of *DreamTime*. Winners must agree to make their papers available for presentation either at a regional meeting of IASD or at the 2023 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](mailto:teximus@comcast.net).

## DONATE



**Support the**  
**International Association for the Study of Dreams**  
**THE WORLD'S PREMIER DREAM ORGANIZATION**

## ANNUAL PLEDGE DRIVE

There is still time to contribute to IASD's annual Pledge Drive, which will end on January 31, 2022 in order to allow time to complete the year's taxes. Please help to support your favorite dream organization. We need your support more than ever due to the expenses that will be incurred in hiring a new Central Office Manager.

Thank you so much for your generosity.

Feeling inspired by IASD's  
Diversity Initiative and  
Wanting to participate?  
Then join us for...



## IASD DIVERSITY FUNDRAISER

### *The Color of Fear*

Viewing and Q&A with Social Justice Educator  
and DAC member, Victor Lee Lewis, MA

January 23, 2022

12pm – 3pm Pacific Time

On Zoom.us



How to get there?

When you make a Donation  
Of any size to the "IASD Diversity"  
Part of the IASD Pledge Drive  
<https://www.asdreams.org/donate/>  
You will be contacted with the  
Zoom information prior to the  
Viewing/Q&A/Discussion

Many thanks to Victor Lee Lewis,  
And to You for participating in this  
Very important, enriching DEI discussion  
with IASD and the global dream studies community!

IASD's Diversity Advisory Committee (DAC)

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

**CLICK TO DONATE**



## INDEPENDENT STUDY ONLINE COURSES

SCIENCE & PSYCHOLOGY OF DREAMING  
AND THE SCIENCE OF LUCID DREAMING



The online course committee (OCC) offers online courses on various aspects of dreams and dreaming to

those IASD members and nonmembers who would like to take these as part of an independent study program. The initial offerings are 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 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>



## **IASD Dream Study Groups Program (DSGP)**

***Michelle Carr and Angel Morgan, DSGP Co-chairs***

**Enroll in the IASD online Dream Study Groups Program (DSGP), featuring two new series: Dreams and Ethnicity, and Dreams and the Arts!**

In the third year for IASD, 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" forum, and will follow course content together over the period of one year in an engaging and interactive way, with access to review questions and discussion forums.

- 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 for dreamers.
  - Access to either the DSGP Dreams and Ethnicity Series, or the DSGP Dreams and the Arts Series.
  - A one-year membership in either course, where members will interact on forums and discuss course content over the year.

The **DSGP Dreams and Ethnicity Series** and the **Dreams and the Arts Series** bring together presentations gathered from IASD's 2021 Annual Conference, which featured global leaders on these topics. Both of these series include video presentations, written abstracts, and quiz review questions to prompt conversation in forums with other DSGP members. You will take a quiz after each presentation to earn a certificate of completion.

**These new series will start March 1, 2022. Registration is now open.**  
**For more information [click here](#).**







About seventy-five dreams are collected in *The Third Reich of Dreams*, a strange, enthralling book by the writer Charlotte Beradt. Neither scientific study nor psychoanalytic text, *The Third Reich of Dreams* is a collective diary, a witness account hauled out of a nation's shadows and into forensic light. The book was released, in Germany, in 1966; an English translation, by Adriane Gottwald, was published two years later but has since fallen out of print. (Despite ongoing interest from publishers, no one has been able to find Beradt's heir, who holds the rights.) But the book deserves revisiting, not just because we see echoes today of the populism, racism, and taste for surveillance that were part of Beradt's time but because there's nothing else like it in the literature of the Holocaust.

Major Kenneth Hopkins, a Ph.D. student in psychology who served as an officer in the British Army during World War II, was captured during the fall of France in 1940 and sent to Laufen, a Bavarian castle that the Nazis used to house prisoners of war. Hopkins intended to keep on working on his dissertation, and began interviewing his fellow imprisoned officers about their dreams every morning. Over two years, he filled a series of notebooks with 640 dreams from the 79 subjects who agreed to play along.

**SOURCE:** [\*ATLAS OBSCURA\*](#)

**SOURCE:** [\*The New Yorker\*](#)

## IASD December 2021 Membership

*Misa Tsuruta, Membership Committee*

**Total New and Renewed Members = 46**

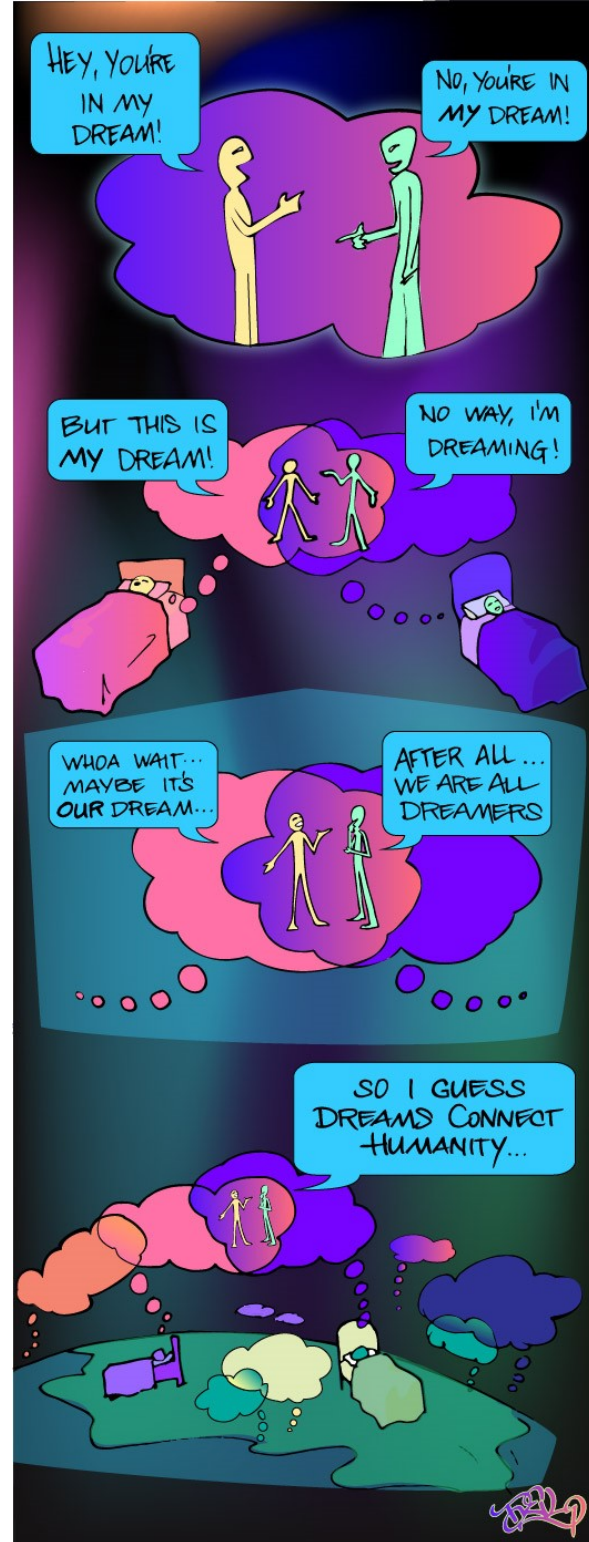
### **New Members = 8**

Thomas Whalen  
Sky Richarde  
Lesley Rosenberg  
Diane H. Hardy  
Marzia Mazzavillani  
Jason A. Morrow  
Debbie C. Borek  
Annette C. Moll

### **Renewing Members = 38**

Mary Kay Kasper  
Suzanne Saldarini  
Mohamed Omar Salem  
Azima Lila Forest  
Ralf Penderak  
Megumi Yama  
Matt Watters  
Ron Bugaj  
David Billington  
David Kahn  
Debbie Spector Weisman  
Karim Bou Said  
Kiran Anumalasetty  
Laura M. Smith-Riva  
Ted Hiebert  
Martha Anne Taylor  
Jill E. Fischer  
Margaret Marion Bowater  
Robert P. Gongloff  
Donna M. Mazzola  
Umberto Barcaro  
Don L. Kuiken  
Jay Joslin  
Jayne I. Gackenbach  
Matthew Hugh Erdelyi & Diane M. Zizak  
Karen E. Melady  
Nicole Gratton  
Johanne Hamel  
Juhani Kaariainen  
Francesco Gazzillo  
Aneta Koleva  
Donna Glee Williams  
Dan Gilhooley  
Geoff G. Nelson

## Dream Toon with Delia Puiatti Dream Illustrator



# Happy New Year

The Dream News team would like to wish  
our IASD community a  
very happy New Year!

STAY CONNECTED

