



Dream News

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**Total January New and Renewing Memberships =
69**

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2023 IASD ANNUAL CONFERENCE IN ASHLAND OREGON

- HYBRID CE (Onsite & Virtual) Track Announced
- Registration OPEN
- Call for Poster Presentations OPEN – March 1 Deadline
- Call for Art Submissions OPEN – March 15 Deadline
- Call for Volunteers OPEN
- Lodging Instructions
- Updated Schedule at a Glance



Please join us in 2023 for a celebration of 40 years of IASD in Ashland, Oregon, home of the Oregon Shakespeare Festival! You will be in good company with world-renowned keynote speakers and over 100 presenters sharing their work with dreams from 20 or more countries around the globe. This is more than just a conference; it is an extravaganza of fascinating presentations and special events. Everyone is welcome – whether you are a professional, a dreamworker, researcher, student, artist, performer, author, or simply a curious, interested dreamer.

The Venue is the spectacular Ashland Hills Hotel and Suites <https://ashlandhillshotel.com/> in beautiful Ashland, Oregon, at the base of the Siskiyou Mountains, just north of the California state line. The hotel is nestled on a quiet side of town, just 3 miles from downtown Ashland and 19 miles from the International Medford Airport with direct connections to many US western hubs ([see Travel link](#)). Relax in the intimate courtyard patio, pool and 14 acres of open spaces surrounded by nature and inspiring views of the surrounding Ashland Hills.

Lodging Instructions: We have been offered a limited block of rooms, available to conference registrants only: 110 rooms at the Ashland Hills Hotel & Suites in the \$110 to \$115 range, and 20 overflow rooms in the adjacent Windsor Inn at \$150 per night. The Ashland Hills Hotel & Suites rate is good for up to 3 days after for those who want to make it a vacation. You will receive the booking codes when you register. Book only through the hotel (take care NOT to use third parties). Online is best; or, if you want to stay beyond the June 17-23 discounted dates, phone the hotel and let the receptionist know that you want the IASD discounted room block but want to extend your stay. See the [lodging link](#) for information on these and other lodging options in the Ashland area.

The program features peer-reviewed presentations, workshops, and morning dream groups, in a multidisciplinary program including the scientific, psychological, spiritual, artistic, healing, lucid, extraordinary and multicultural aspects of dreaming. There will be many fun events, such as an Opening Reception, a Dream Art Exhibition/Reception, our annual Dream Telepathy Contest, the ever-popular costume Dream Ball, and – in honor of the arts and the location – a special night and ticket availability to Oregon Shakespeare Festival. Go to <https://iasdconferences.org/2023/conference-program/> to view the preliminary schedule at a glance.

KEYNOTES & INVITED SPEAKERS

Mark Blagrove PhD, Nataki Garrett, Andras Jones, Jayne Gackenbach PhD, Jean Houston PhD

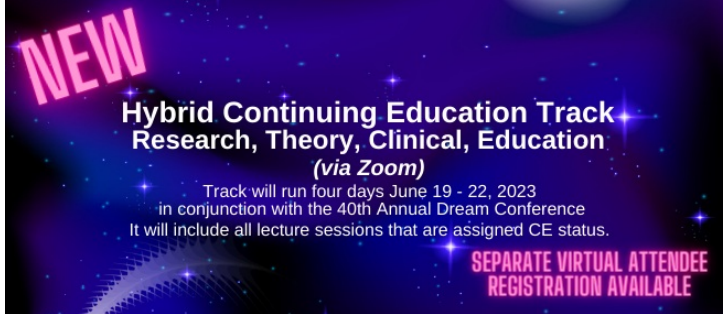
<https://iasdconferences.org/2023/>

Keynotes

- **Mark Blagrove, PhD**; Professor of Psychology and Director of the Sleep Laboratory at Swansea University - ***The Science and Art of Dreaming and Dream-Sharing***
- **Nataki Garrett**; Interim Executive Artistic Director of the Oregon Shakespeare Festival - *Theater, Dreams, and Creativity*
- **Andras Jones**; writer, musician, actor, producer - ***Radio8Ball: The Pop Oracle***

Invited Speakers

- **Jayne Gackenbach, PhD**; Emeritus Professor MacEwan University - ***Dream Meaning Through Art Making: The Personal Journey of a Dream Researcher***
- **Jean Houston, PhD**; teacher, author of over 36 books and past consultant for the United Nations - ***Epidaurus Reborn***



Announcing the Hybrid CE Track

IASD is organizing a Hybrid track (onsite plus Zoom) as part of the 40th Annual International Conference. The Hybrid track will run during the four main days of the Conference and will include all lecture sessions that are assigned **CE** status, along with the addresses by the Research speakers (Mark Blagrove, Keynote and Jayne Gackenbach, Invited). The track will be open to all onsite participants as well as those joining us virtually via Zoom. If you cannot join us in person in Ashland, the Hybrid conference track is for you! More information about scheduling and registration will be coming this month.

Call for Presentations

Due date for poster submissions: March 1, 2023

For instructions go to: <https://iasdconferences.org/2023/call-for-presentations/>

Poster Submissions Solicited: Theory or research paper by single or multiple presenter(s) or co-authors to be posted on a 30"x 40" foam board and easel with presenter(s) available for discussion during a 2-hour session currently planned for Monday afternoon, June 19, 2023. Deadline is March 1, 2023.

General Wait List Open: The schedule is presently full, but the wait list for submissions received after the December 31, 2022 deadline will remain open until April timeframe on a space-available basis.

Call for Volunteers

For application form go to: <https://iasdconferences.org/2023/call-for-volunteers/>

Seeking Volunteers: Volunteers attend the conference, which includes all video/audio recordings, for \$150 by working about half the conference session hours (roughly 14 hours). A special complementary fee and compensated option for Zoom experienced AV Volunteers is also available. The following duty categories remain open: Registration Desk, Room Monitor, Audio-Visual Support. If you want more information or wish to volunteer, [click here](#) to apply.

CALL FOR ART – Prospectus

2023 Juried Dream Art Exhibition

DEADLINE FOR ENTRIES:

[11:59 p.m. GMT, Wednesday, March 15, 2023](#)

<https://iasdconferences.org/2023/call-for-art/>

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 in the IASD Juried Dream Art Exhibition. You can exhibit whether you are competing for a prize or not. Each artist may submit up to five (5) art pieces. The entry form also allows you to upload two (2) additional detail images, total, to show detail.

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 or entries that are strictly sound-oriented (e.g., music). However, performance artists and sound artists may consider submitting a proposal for a special event for the conference program (see Call for Presentations above).

Art awards: Cash awards will be offered for works chosen from among those accepted for display at the conference. In your submission form, you can indicate that you do not want your works to be considered for the awards.

HOW TO ENTER: All works must be submitted using the Online Entry Form. Go here for information and the entry form:

<https://iasdconferences.org/2023/call-for-art/>

Questions? Please contact the IASD Arts Committee at this address

vac@asdreams.org (Subject line: *IASD Conference Art Entry Questions*)

2022 TUCSON CONFERENCE AUDIO RECORDINGS AVAILABLE

Audio recordings are NOW AVAILABLE for the 2022 Tucson conference. Conference attendees should have received an earlier link for full Zoom recordings; if not, please call the office. For non-attendees, audio recordings are available by [clicking here](#) and making a \$40 credit card payment - you will receive the link in the confirmation email. If you are unable to pay by card you can contact office@asdreams.org for payment instructions. Recordings include most lecture sessions (Symposia, Panels, Keynotes, Invited) but do not include workshops or sessions where personal dream sharing took place.



2022 IASD/DSF and DEI DREAM RESEARCH GRANT AWARDS

IASD is proud to announce the Research Grants awarded during the Grant Cycle which ended mid-October 2022. Funding of these grant awards depends entirely on donations received from you, the Dream Science Foundation and others interested in funding research grants to help student researchers and advanced research teams. This last year we had enough funding to provide partial awards to five of the 18 excellent proposals received. Those receiving grants included the following:

Tore Nielsen, PhD, Tobi Matzek, BA and Claudia Picard-Deland, BSc, affiliated with the Center for Advanced Research in Sleep Medicine, Hôpital du Sacré-Coeur de Montréal, and the following universities respectively: Université de Montréal, Department of Psychiatry & Addictology; University of Ottawa, School of Psychology; Université de Montréal, Department of Neuroscience. The study is titled “A closer look at flying dreams: building a dataset and scoring criteria for furthering flying dream research.”

Wojciech Owczarski at the University of Gdansk, Research Unit for Dream, Memory and Imagination Studies. The study is titled “War-related dreams of Ukrainian female refugees to Poland after February 24, 2022.” This grant was also supported by a special donation from Ryan Hurd and Lee Adams for proposals that have a direct relationship to Post Traumatic Stress Disorder (PTSD) dream studies.

Lluís Fuentemilla, PhD and Alberto Brocchetta, MSc, affiliated with the University of Barcelona Department of Cognition, Education and Developmental Psychology. The study is titled “Examining the neural mechanisms supporting the retrieval of past autobiographical, imagined and dreamed events from the past.”

Dr. Sophie Boudrias, of the Université du Québec en Abitibi-Témiscamingue. The study is titled “Updating emotional memory through reconsolidation using visual dream reports in psychotherapy.”

Aazim Lawson, MSW, LMSW; Andrusa Lawson, BA; Sahlah Lawson Dubel, BS, MPH, P.M.P. affiliated with the Social Benefit Corporation and the Institute of Dream Studies. The study is titled "Trauma and BIPOC Dreaming Culture." This new DEI dream research grant was funded by donations to support IASD Diversity.



IASD BEGINS 40TH ANNIVERSARY CELEBRATION

WE'RE CELEBRATING!

Throughout 2023, IASD will be celebrating its 40th Anniversary: forty years of encouraging dream knowledge and wisdom. And we are inviting all dreamers, everywhere, to celebrate along with us.

You'll find events listed on the [IASD 40th Anniversary Calendar](#)

We have some special events planned, created by IASD members and committees. You'll want to read the new "Brief History of IASD" on these pages.

February is Dream-Sharing Month

IASD asks all members and others to **encourage communications** about dreams and dreaming. Share your dreams with a friend! You can also share dreams with other dreamers on the [IASD Facebook page](#) (a closed group you can join) and other places online.

March Events on the Calendar

And, in addition to a March 1 start for the fourth year of IASD's Dream Study Group Program, March will bring the first of four **Research Series Lectures**, which will be free and open to the public. On March 11, researcher Daniel Erlacher, PhD, will lead a Zoom lecture and discussion on lucid dreaming (details on how to join him will follow later in February.)

Music Throughout the Year

Dr. Curtiss Hoffman's Musical Dream Tarot

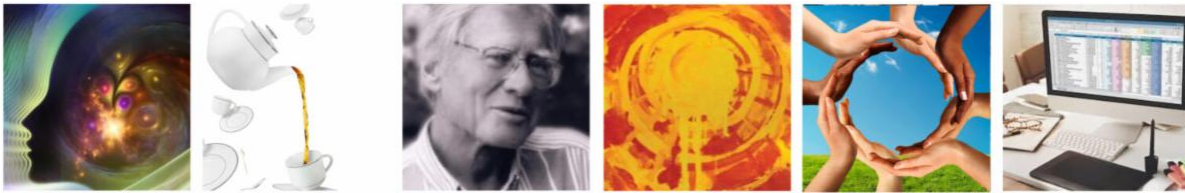
This month, and every month for the rest of this year, Dr. Curtiss Hoffman will be sharing his Musical Dream Tarot with *Dream News* readers.

"Since the 2021 IASD Conference," Curt says, "I have been working on a project to produce music for each of the 78 Tarot cards, derived from my dreams. The project is now relatively complete. To celebrate the 40th Anniversary of IASD, I am offering a musical selection every month from this set, with the cards which correspond to the 12 signs of the zodiac, starting with Aquarius."

Dr. Curtiss Hoffman is Professor Emeritus of Anthropology at Bridgewater State University in Massachusetts. He has been an IASD member since 1996, and has frequently presented papers at annual IASD conferences, often based upon his own database of dreams. He is Chair of the IASD Student Research Awards Committee.

For more information on this project, and this month's musical selection, [click here](#)

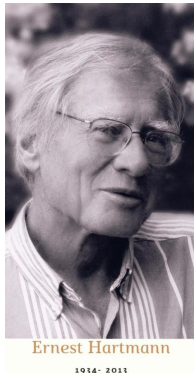
Thank you to all of these dedicated volunteers for giving generously of their time. You'll find the full calendar of scheduled Anniversary events on the [IASD web site](#). We hope you'll join us all year long!



IASD MEETS 2022 PLEDGE DRIVE GOAL

With the help of generous dreamers and donors, IASD was able to reach its 2022 Pledge Drive goal. The Pledge Drive began in mid-November, 2022 and ended on January 31, 2023. More about [Pledge Drive](#) donors and results can be found at

Were you aware that almost 100 percent of the dream-inspiring awards given by IASD, such as Research Grants, Dream Art Awards, Student Awards and conference scholarships, are provided by generous IASD members and their friends during our annual Pledge Drive? Donations, of course, can be made to IASD throughout the year. We rely on your support.



THE IASD ERNEST HARTMANN STUDENT AWARDS 2023 GUIDELINES

Curt Hoffman, Student Research Awards Chair

The IASD Student Research Awards are given to students (undergraduate and graduate) in two areas: best original quantitative research on dreams and dreaming; best original historical, literary, artistic, or theoretical research on dreams. There will be three awards in the amount of \$500 each. We are pleased to announce that two anonymous donors have graciously agreed to provide matching funds for the 2023 competition! IASD will provide the balance of funds.

Award 1:

Best student submission of original quantitative research on dreams and dreaming.

Award 2:

Best student submission of original qualitative (historical, literary, artistic, or theoretical) research on dreams.

Submissions in both categories will be evaluated on the basis of four criteria: originality, relevance, coherence, and significance of contribution to the study of dreams.

Award 3:

The Diversity, Equity, Inclusion (DEI) Award has been newly instituted by the IASD Board to lift up and amplify the voices of dream researchers from ethnic groups that have been underrepresented in dream research, and may be awarded for either quantitative or qualitative research. Applicants remain eligible for Award 1 and 2.

For more information click here: [Student Awards | International Association for the Study of Dreams \(asdreams.org\)](#)



[IASD DREAMS & ETHNICITY PORTAL UPDATE](#)

IASD's Diversity Task Force Advisory Committee (DAC)

The IASD Dreams and Ethnicity Portal includes: photos and bios of DAC members; videos, podcasts, and publications; information about IASD's DEI dream research grants and DEI student research awards; Culture-Keeper memberships; BIPOC conference scholarships and grants; and more.

If you want to help fund these important new programs, please [click here](#) and donate to **IASD Diversity**. This category supports IASD's pledge to grow an intentional inclusive process for Black, Indigenous, and People of Color (BIPOC) with expertise or interest in dreams, expand the ethnic diversity of IASD, and increase the ethnic diversity of invited speakers at future conferences.

Contact diversityresponse@asdreams.org to learn more about any of these initiatives, including special opportunities to sponsor scholarships and awards. And remember: That's the contact address for any comments on ethnic and racial Diversity, Equity, and Inclusion in all IASD functions.

Thank you for your support!

Our gratitude to Victor Lee Lewis for facilitating a viewing of the film, *The Color of Fear* with a deepening discussion to help benefit **IASD Diversity** on January 29, 2023. Thank you, Victor!



Celebrate IASD's 40th ...and the DSGP's 4th Anniversary! Enroll in the IASD online Dream Study Groups Program (DSGP), featuring the: Foundation series, Research series, Dreams and Ethnicity series, and Dreams and the Arts series!

In the fourth year for IASD, members and non-members alike can join an 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 series content together over the period of one year in an engaging and interactive way, with access to review questions and discussion forums.

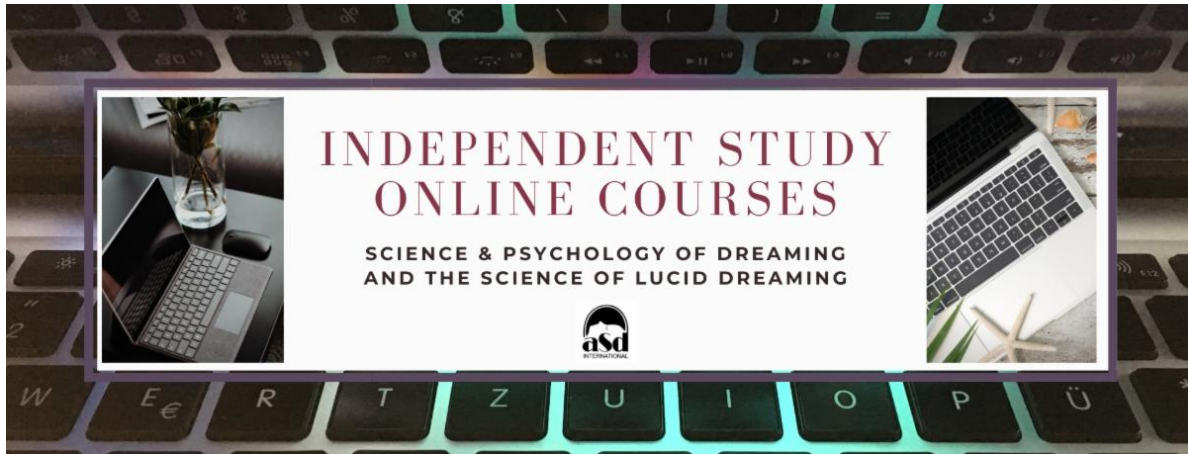
- The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-

members, will include:

- Access to the "DSGP Tea Room", a global forum for dreamers.
- Access to one of these series in the DSGP: Foundation, Research, Dreams and Ethnicity, or Dreams and the Arts.
- A one-year membership in the chosen series, where members will interact on forums and discuss course content over the year.

All the **DSGP series** bring together presentations gathered from IASD's conferences, which featured global leaders on these topics. They all 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.

The next round of the DSGP will start March 1, 2023. Registration now open! For more information [click here](#).



IASD ONLINE COURSES

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>

MEMBERS IN THE MEDIA

Dreaming in Auschwitz: This book, by Wojciech Owczyński, PhD, is based on descriptions of their dreams that former Auschwitz inmates wrote in 1973 and provides a deep, insightful explanation of the role of dreams in shaping the prisoners' experiences. It studies these testimonies from a broad, interdisciplinary perspective, analyzing the psychological, social, anthropological, narrative and even artistic dimensions of the reports. The book characterizes the content of the dreams and their possible meanings; the manners in which the respondents sensed, understood and described their dreams; and the informants' attitudes towards dreaming.

You can order your copy from the Cambridge Scholars Publishing website, where you can also read a free [30-page sample](#).



In this issue of Hot Off the Press we will be focusing on the topic of music and dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

DOLLY PARTON'S NEW SONG CAME TO HER IN A DREAM

The country legend released her new track "Don't Make Me Have to Come Down There" on January 19 to celebrate her 77th birthday, and she shared a video on Instagram revealing the song's unusual beginnings - explaining she came up with the idea while she was asleep in a dream which was so startling it woke her up.

SOURCE: HOMENEWSHERE.COM

CAN A MUSICAL REMINDER BANISH BAD DREAMS? BY BRIAN HANDWERK

A [study published this week](#) in Current Biology suggests an intriguing method that might help sleepers take more control of their dreams. Sounds played during sleep may reduce the frequency of nightmares and promote positive emotions that can help lead to a better slumber.

SOURCE: [SMITHSONIAN MAGAZINE](#)

IASD JANUARY 2023 Membership
Misa Tsuruta, Membership Committee

Total New and Renewed Members = 69

New Members = 13

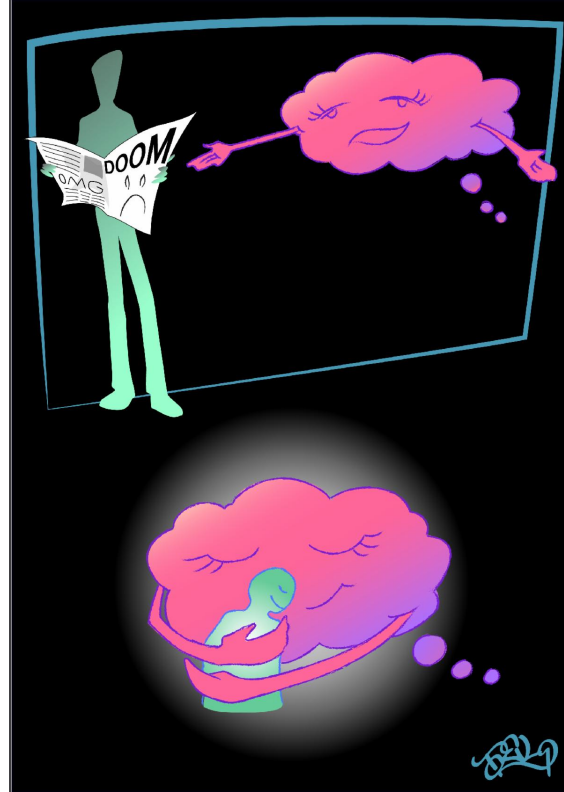
John M. Brooke
Nigxin Li
Mary Louise McCullough
Nola J. Horton-Jones
Lisa M. Tunney
Tabitha Rodrigez
Jeanette Darnell
Suzanne Bergmann
Tamara M. Walker
Anonymous = 4

Renewed Members = 56

Megumi Yama
Denise E. Conner
Christine Tau
Dan Kennedy
Joseph De Koninck
Katherine R. Bell
Karen E. Melady
Yvette Lyons
David Barr

DreamToons with Delia

Walter R. Smith
Katherine Lawson
Robyn Hubbard
Jay Joslin
Robert G. Waggoner
Jordi Borrás Garcia
Angel Kwan-Yin Morgan
Glory Nelson
Francesco Gazzillo
Cynthia Blakeley
Jennifer Hart
Reed A. Morrison
Nancy Grace
Goeff G. Nelson
Sophie Boudrias
Dion D. A. van Zyl
Debbie C. Borek
Sylvia G. Green-Guenette
Susannah Benson
Kate Connolly
Christian Gerike
Cynthia da Silva
Bonnie Buckner
Viveke Vagle
Tadas Stumbrys
Harry de Bont
Sowton Membership
Smith Membership
Lisa B. Rigge
Leah Hodari
Rachel Raider
Mary Branche
Jennifer J. Choate
Janet Piedilato
Philip H. King
Mohamed Omar Salem
Tracey L. Kahan
Melissa Grace
Bei LindaTang
Robert Cole
Miguel Gasca
Vivienne H. Dutzar
Vereniging voor de Studie van Dromen
Anonymous = 2



STAY CONNECTED

