



Dream News

June 2022
VOLUME 20 / ISSUE 6

Visit our Website

IN THIS ISSUE:

2022 IASD Annual Conference in Tucson, Arizona

- Announcing the addition of a Zoom-based Hybrid Research -- Event on July 21
- Program Listing, Schedule, Bios and Abstracts now online
- Registration – OPEN
- Volunteer Wait List still OPEN

- Podcasts Featuring Keynotes and Presenters
- The Many Worlds of Lucid Dreams Online Conference – Save the Date!
- IASD Board News – Time to Vote!
- Some Tips to Help You Prepare for the Dream Ball
- Visit the IASD Dreams and Ethnicity Portal
- IASD Online Courses
- Regional News
- COVID-19 Portal is a Popular Addition
- Members in the Media
- Hot Off the Press
- Dream Toon
- **Total May New and Renewing Memberships = 58**

Contact:

office@asdreams.org
209.724.0889

Linda H. Mastrangelo

Editor

Joy Fatooh

Copy Editor

Laura Atkinson

Design & Layout

Alina Mansfield

Incoming Central Office Manager

Richard Wilkerson

Outgoing, Office Manager

Jean Campbell

Executive Committee Advisor

Robert P. Gongloff

Editorial Consultant

Delia Puiatti

Dream Illustrator

**39th ANNUAL
INTERNATIONAL DREAM CONFERENCE**
Loews Ventana Canyon Resort Tucson
7000 North Resort Drive
Tucson, Arizona USA
JULY 17 - 21, 2022
<https://iasdconferences.org/2022>

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 limited block of rooms – to register at the hotel go to <https://www.loewshotels.com/ventana-canyon/group-iasd-dream-conference> or call 877-879-9979. 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.
- **Stephen LaBerge, PhD - *Anagnostic Oneirony: Dreaming and Awakening*.** Dr. Stephen LaBerge pioneered lucid dreaming research at Stanford University. He developed lucid dream induction techniques known as MILD and WBTD and devices such as the DreamLight and NovaDreamer. He is author of *Exploring the World of Lucid Dreaming*, and *Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life*. His recent research shows lucid dreaming sheds light on the nature of consciousness.
- **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 - *Dark of Night: Our Dreams of the COVID-19 Pandemic*.** Dr. Barrett teaches at Harvard University. Her books include *The Committee of Sleep*, and *Pandemic Dreams*. Deirdre is Editor of the IASD Journal *Dreaming*, and Past President of IASD and The Society for Psychological Hypnosis. Her research interests include dreams and creative problem solving, lucid dreaming, and the application of AI to dream research. She makes digital dream art which has appeared in *National Geographic* and the IASD art show.

Hybrid Research Event
Thursday, July 21st, 2022

(via Zoom)

In conjunction with the Annual Dream Conference

International Association for the Study of Dreams

**39th ANNUAL INTERNATIONAL
DREAM CONFERENCE**

Loews Ventana Canyon Resort Tucson
7000 North Resort Drive
Tucson, Arizona USA



Announcing the addition to the 2022 IASD Conference: IASD Hybrid Research Event Thursday July 21st 2022

The Research Committee of the International Association for the Study of Dreams is organizing a one-day Hybrid Research Event as part of the 39th IASD Annual International Conference. The event is included for onsite registrants; but if you can't attend in person, please join us virtually as the Hybrid Research Event goes live via Zoom on Thursday July 21 at 9 am Pacific US time with an opening keynote by Michelle Carr, PhD. The keynote is followed by 12 international research presentations and continues

until 5:30 pm Pacific US time. Access to Zoom recordings (video and audio) of the day's sessions are included in the Hybrid Research Event fees for virtual attendees.

- Virtual Attendees \$100.00
- Restricted Student Scholarship \$50.00

[Click Here to Register for the Hybrid Research Event](#)

Program Summary:

- **Keynote - Michelle Carr:** From Nightmares to Lucid Dreams: How Dreams Impact Our Mental Health
- **Katja Valli:** Subjective experiences are similar during anesthetic-induced unresponsiveness and NREM sleep
- **Cloé Blanchette-Carrière:** Dream activity as a potential precipitating factor for sleepwalking
- **Aurélien de la Chapelle:** Behavioral and electrophysiological evidence of attention differences in low & high dream recallers
- **Michael Schredl:** Work-Life-balance in dreams: Frequency and emotional tone of work-related and hobby-related dreams
- **Michael Schredl:** Foreign languages in dreams: A long dream series
- **Emma Peters:** Embodied dreaming: Dream incorporation using forearm muscle stimulation
- **Adam Haar Horowitz:** Dream incubation with simple timed audio cues
- **Kathleen Esfahany:** Targeted dreaming increases waking creativity
- **James F. Pagel:** The frequencies of dream
- **Pilleriin Sikka:** COVID-19 on mind: Is the pandemic reflected in the affective quality of mind-wandering and dreaming?
- **Westley Youngren, Matt K.P Gratton, & Garrett, R. Baber:** Presleep thought content & nightmare occurrences
- **Karen Konkoly:** Dreaming in individuals with Highly Superior Autobiographical Memory

[Click here for the Program Listing, Schedule at a Glance, Bios and Abstracts 2022 Conference Website](#)

Submissions

Wait List about to close June 10.

Wait List The wait list will close June 10 but there is one opening for a quality Workshop. Proposals are welcome in any of multidisciplinary tracts listed in the instructions. There is no guarantee we can fit it in but we will honor your submission.

CEs: CEs will be offered for qualified presentations, symposia and workshops. 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, and 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 2 months from now, we want attendees to feel safe in attending – so we are requesting all attendees to be vaccinated or have been tested before

Volunteer Wait List remains Open

Although positions are filled at this point, circumstances may still create an opening for volunteers to attend the conference for \$100 (\$200 application fee, 50% reimbursed when you complete your duties).

For more information and to apply go to <https://iasdconferences.org/2022/call-for-volunteers/>

Travel and Room Share

Will you be looking for a roommate or travel share partner for the 2022 Dream Conference? Are you looking for someone to share a ride or fly with?

To connect with potential roommates or travelshare partners post your information on the [conference website page](#).

Neither IASD nor Loews will assign or re-assign roommates, nor can we get involved with financial disputes, so please make final arrangements and agreements prior to making your reservation.



IASD Conference Presenter Interviews Scheduled

IASD Board member, Katherine R. Bell, has scheduled a series of interviews of Keynote and other presenters for the upcoming conference in Tucson, AZ on her Saturday morning podcast, *The Dream Journal*, broadcast from 10-11 a.m. PT on KQSD.org. Look for each podcast on all major podcast platforms on the following Monday

Please tune in and enjoy!

May 7 Bruce Bynum
May 14 Steve Ernenwein
May 21 Jeannette Megeo
May 28 Michelle Carr
June 4 Leslie Ellis
June 11 Bob Hoss
June 18 Catherine Shainberg
June 25 (replay)
July 2 Rubin Naiman
July 9 Deirdre Barrett
July 16 on site interviews

Kelly Sullivan-Walden Interviews Robert Hoss

An interview of IASD Conference Committee Host, Robert Hoss will air on June 8, 2022 on Kelly Sullivan-Walden's show on MindBodySpirit FM.

A link to the interview on YouTube can be found at <https://youtu.be/gErvjRV4jBo>



THE MANY WORLDS OF LUCID DREAMING

OCTOBER 30 - NOVEMBER 13, 2022

Save the Dates

An Online Event from the International Association for the Study of Dreams and GlideWing

For More Details or to Register, Visit GlideWing Online Workshops

[HTTPS://WWW.GLIDEWING.COM/IASD/LUCID_DREAMING_CONFERENCE.HTML](https://www.glidewing.com/iasd/lucid_dreaming_conference.html)

Conference Features:

- IASD's Third annual lucid dreaming online conference
- Time Zone Friendly - 24 hour forum
- Cutting Edge Lucid Dreaming Theory and Practices
- Interact in depth with lucid dreaming experts & authors for 2 weeks!
- Discover more effective techniques to go deeper into lucid dreaming.
- See how experienced lucid dreamers promote healing of the mind and body.
- Expand Your Knowledge of lucid dreaming incubation techniques.
- Learn how to maintain and prolong your lucid dreams.
- Share Your Own Experiences and Ideas with Other Lucid Dreamers!

Registration opens on August 1, 2022

TIME TO VOTE FOR IASD BOARD MEMBERS NOW!

SUBMIT YOUR VOTE BY JUNE 30, 2022

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 2022 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: **Magloire Aguirre (Colombia)**, **Kiran Anumalasetty (India)**, **Christi Cervetti (USA)**, **Katherine Lawson (USA)**, **Sharon Pastore (USA)**, **Rachel Raider (USA)**, **Melanie Rosen (USA/Canada)**.

From these seven candidates, the five with the most votes will be elected to begin their three-year terms in July, 2022.



PLEASE NOTE: Only current members of IASD can vote for Board Members.

Because only members can vote in this election, members will receive regular e-mail VOTE reminders containing a password for the password-protected vote area of the web site. Please note: an electronic consent form must also be on file with IASD before voting.

The slate of Executive Officers for 2021 has also been approved: President, Michelle Carr; Board Chair, Joy Fatooh; Vice President, Sherry Puricelli; Secretary, Kelly Lydick; and Treasurer, Robert Waggoner. All Board Directors and IASD Executive Officers will begin their new terms in July 2022.



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

Some Tips to Help You Prepare for the Dream Ball

from the Dream Ball Committee and Diversity Task Force Advisory Committee (DAC)

On the last evening of the IASD conference, it's time to spend some timeless hours in a shared space where dreams come alive in waking life! Costumes are not mandatory, but you are encouraged to take this chance to dress up like an image or element from your dreams and dance the night away. Start thinking now about your costume! There will be a dream costume parade that begins at 8:15 pm. You will have 1 minute to present how your costume relates to your dream (2 minutes for groups). We hope you will enjoy this dream community celebration and magical conclusion to the conference!

PLEASE NOTE: Cultural Appropriation Awareness

If your dreams are diversely populated, that's a beautiful thing. However, IASD members sharing the dance floor will appreciate your awareness that cultural and/or racial appropriation is harmful to other people 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.

The IASD Principles of Community also says we value "Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse..." If your dream costume idea might target someone else's religion, race, ethnicity, culture, gender, sex, sexual orientation or personal identity, then it's best to dream up a new dream costume idea.

Thank you for helping create a safe space for our dream ball to be a great success!

Here's some valuable information that might help you decide what not to wear:

<https://www.ohio.edu/orgs/stars/Home.html> and

<https://www.youtube.com/watch?v=KMhKooYOQrM>

If you have questions, you can email the Diversity Task Force Advisory Committee: diversityresponse@asdreams.org



*We are pleased to announce
The George Howard Band for our 2022 Dream Ball!*



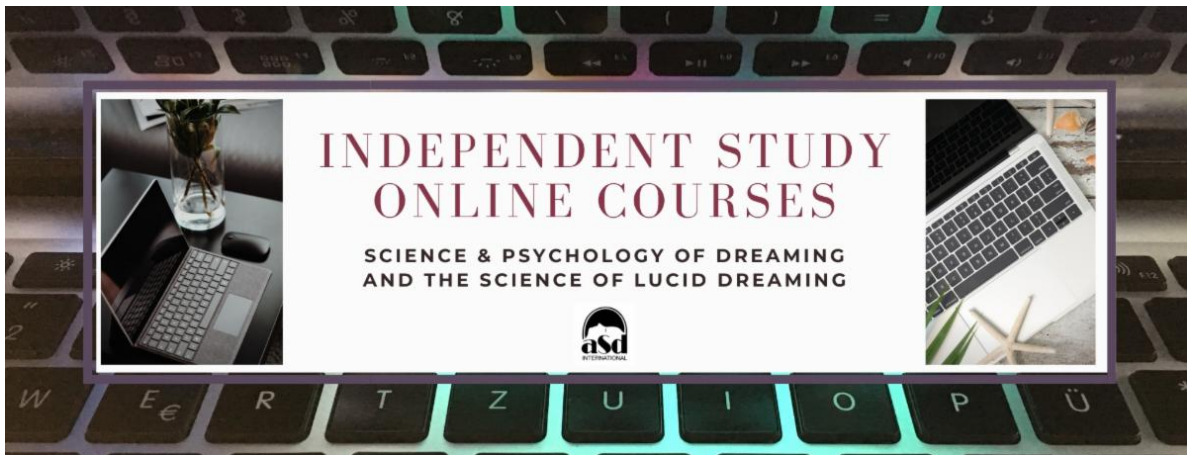
The IASD Dreams and Ethnicity Portal is offered by the IASD Diversity Task Force Advisory Committee (DAC) to encourage further understanding of authentic, culturally diverse perspectives on dreaming, and to promote increased ethnic diversity in all IASD functions: membership and recruitment, leadership positions, conferences and symposia, dream-studies research, publications, educational outreach, and public-relations efforts to advance dreamwork and the general understanding of dreams and dreaming.

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, DEI student research awards; Culture-Keeper memberships; BIPOC conference scholarships and grants; and more.

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!

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



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>



COVID-19 DREAMS PORTAL



Covid-19 and Dreams Portal

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

Total New and Renewed Members
= 58

New Members = 10

Christa E. Ladny
Kyle Napierkowski
Nour N. Al Nahas Etmaz Alsebaei
Pamela W. Brinker
Lee Kravitz
Travis Fortenberry
Nan M. Carter
Kelly Klosterman
Rocky Ortega
Anonymous = 1

Renewed Members = 48

David Jenkins
Catherine Banghart
Kristy Hildebrand
Bonnie C. Mitsch
Linda Leonard
Steven P. Moore
Marta Aarli
Jay E. Vinton
Arnold J. Hook
Tzivia Gover
Royce Fitts
Allen Proctor
David L. Kahn
Christopher Mathews
Maxwell P. Sklansky
Marilyn D. Manzi
Gary L. Goodwin
Kate Adams
Patricia A. Kilroe
Sarah Jane Palmer
Becky Day-Swain
Maria Consuelo Lozano Celis
Sharon Pastore
Jennifer E. Allen
Judith Lisa White
Richard Schweickert
Linda E. Yates
Ministry of Maat, Inc.
The Haden Institute
Hans Ole Østergård
Christopher L. Drake
Victoria Rabinowe
Michael Rohde Olsen
Jodine M. Grundy
Michele known as Misha Crosbie
Cornelius Lockett
Star Edwards
Deborah Armstrong
Jason M. DeBord
Wolfgang F. Ronnefeldt
Anton Rimsh
Mara M. Flynn
Anonymous = 6

