

Dream News

MAY 2022 VOLUME 20 / ISSUE 5

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Visit our Website

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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 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-tuscon/ 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 WBTB 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
 Dreams of the COVID-19 Pandemic

 Dreams at Harvard University. Her books include The Committee of Sleep, and Pandemic
 Dreams. Deirdre is Editor of the IASD JournalDreaming, 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 Al to dream research. She makes digital dream art
 which has appeared in National Geographic and the IASD art show.

International Association for the Study of Dreams

Hybrid Research Event Thursday, July 21; 2022

(via Zoom)
In conjunction with the Annual Dream Conference

39"ANNUAL INTERNATIONAL DREAM CONFERENCE

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

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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

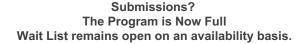
Click Here to Register for the Hybrid Research Event

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 mindwandering 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





Wait List proposals for Workshops, Symposia and Panels, Individual Talks, and Special Events, are welcome in any of multidisciplinary tracs listed in the instructions. If you wanted to submit but missed the deadline, you can be placed on the Wait List. There is no guarantee we can fit it in since the schedule is now full, but as time goes on openings do occur so feel free to submit.

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



Call for Art – Open
Juried Dream Art Exhibition
DEADLINE FOR ENTRIES EXTENDED:
Midnight May 15, 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

psychologists. The International Association for the Study of Dreams (IASD) maintains responsibility for this program and its content.

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 (waitlist only). 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.

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.



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 attending. If a positive test prevents you from attending your conference fee will be fully refunded.

Buy a Program Advertisement

Highlight your presence at the 2022 IASD Conference by <u>advertising in the annual conference program.</u>

After two years, IASD will be meeting in person once again at the upcoming 2022 Annual International Dream Conference in Tuscon, Arizona. Do you have a product or business to promote? Do you host a dream group? Are you an artist who would like to reach out to an international audience? Do you offer ongoing workshops?

Are you one of the many published authors who are also members of IASD?

You can provide us with camera-ready artwork – or, with advance notice, we will assign a designer to create your ad for you (for an additional fee.)

The annual conference program is handed out to every conference attendee and contains key information on events, schedule of sessions, workshops, and much more. Attendees constantly refer to the program on-site and hold onto it for future reference, generating multiple impressions for advertisers. Not all conference attendees are IASD members, so advertising in the conference program increases your exposure.

Final materials and payment deadline is June 15, 2022.

Sorry, we cannot offer deadline extensions due to strict printing deadlines!

If you have any questions or to submit your advertisement, please contactLaura Atkinson



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



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

IASD will present its third annual online conference in **October 2022**, *The Many Worlds of Lucid Dreaming*, which Robert Waggoner and Ed Kellogg will co-host. This conference offers 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 <u>RobWaggoner</u> <u>AT aol.com</u> by May 15. This year the online conference takes place from October 29 to November 12, 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



REGIONAL NEWS YOU CAN USE

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

The Regional Representatives had our biannual meeting this past week, where we engaged in two in-depth and insightful conversations. We first explored the question, what roles do dreams and dreaming play in times of great upheaval?

The second conversation was in response to IASD's research committee piloting a one-day hybrid in-person/online track at our July conference. This led to a discussion of the merits and drawbacks of online meetings vs in-person meetings, and will be the central question at our Fall meeting, where we will compare our experiences gathering people in all three "modes," along with what we have learned.



Also this month we highlight our Japan Regional Representative, Shuhei Enomoto.

Shuhei lives in Kawasaki city, next to Tokyo, and works for a psychiatric day hospital (day care center) as a psychiatric social worker/ therapist. He has been practicing Embodied Imagination (EI) by Robert Bosnak and Jill Fischer for more than 15 years, and co-translated the book *Embodiment* by Bosnak into Japanese.

He writes, "When I go abroad, I like to see my IASD-related friends in other countries. They always welcome me. To me, sharing dreams and our passion for the study of dreams with them in their cultures is tremendous joy. I remember the cozy cafe in Berkeley, the classical but little bit strange restaurant in downtown Los Angeles, and the sunshine beach in Mexico...and so on. I feel that my role of regional rep has two aspects: connecting people in the region to IASD and making connections with IASD people

around the world for cultural diversity."



The <u>IASD Dreams and Ethnicity Portal</u> 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 <u>diversityresponse@asdreams.org</u> 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!

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.

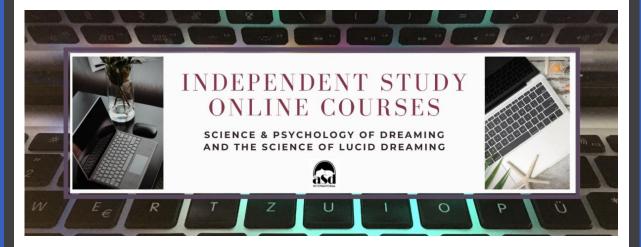
The <u>IASD Principles of Community</u> also says we value "Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse..." If your dream costume idea might target someone else's religion, race, ethnicity, culture, gender, 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



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 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 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 this issue Hot Off the Press focuses on our Keynote Speakers – this month we focus on articles featuring Dr. Deirdre Barrett's research on COVID-19 dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

DID COVID CHANGE HOW WE DREAM? BY BROOKE JARVIS

Deirdre Barrett's body was in bed, but her mind was in a library. The library was inside a very old house, with glowing oil lamps and shelves of beautiful leatherbound books. At first it felt snug and secure and timeless, exactly the sort of place an academic like Barrett, who teaches in the psychiatry department at Harvard Medical School and edits the scientific journal *Dreaming*, might find inviting. But as the dream went on, she remembered later, "I became less able to focus on the library and more overwhelmed by the unseen horror outside." Beyond the windows of the softly lit library, "a terrible plague was ravaging the world."

When Barrett woke up, it was mid-March of 2020. She had been reading about the novel coronavirus in Wuhan since it began to make headlines, and she wondered, as she often did when she read about events in the news, how this one might be showing up in the dreams of the people who were experiencing it: residents on lockdown in China, overwhelmed doctors and nurses in Italy. The dreamlife of collective catastrophe was something she had studied repeatedly during her academic career — analyzing, for example, the dreams of Kuwaitis after the Iraqi invasion and those of British officers held prisoner by the Nazis during World War II, to see how the dreams compared with one another and with dreams from calmer times.

SOURCE: THE NEW YORK TIMES MAGAZINE

YOU'RE NOT IMAGINING IT: WE'RE ALL HAVING INTENSE CORONAVIRUS DREAMS BY RACHEL SCHNALZER

"I feel pain in my right shoulder, and see a huge grasshopper-like insect there. It has already chewed through the fabric of my sweater and is now gouging my flesh," one respondent described in a dream survey currently underway and conducted by Deirdre Leigh Barrett, Ph.D., author of *The Committee of Sleep: How Artists, Scientists, and Athletes Use Their Dreams for Creative Problem Solving* — and How You Can Too and an assistant professor of psychology at Harvard Medical School's psychiatry department.

Barrett supports the idea that people are remembering more vivid dreams while in quarantine and is currently studying dreams that people are having about the coronavirus pandemic. That's where the tidal wave, lethal injection and worms imagery originated — they all surfaced in the dreams of people responding to her survey. "I've seen a lot of bug dreams," Barrett says.

SOURCE: Los Angeles Times

IASD April 2022 Membership

Misa Tsuruta, Membership Committee

New and Renewed Members = 56

New Members = 15

Athena Lou and Eric Smith Robin Corak Gary Braun Susan Ackerman Joseph Janet L. McCall Sandra Nutall Silya Heikkilä Amy Kisei Costenbader Will Phillips Anonymous = 6

Renewed Members = 41

Gordon Membership Tyrell Blacquemoss Diane E. Grieg **Gunnar Sundstrom** Gerhard Kloesch Jane E. Carleton Joy Fatooh Leslie Ellis David P. Greene John E. Beebe III Ed Kellogg Judith E. Hall Keren Wilson Susan Vasilievic Marlise Brauchli Jabari T. Jones Deborah Waitley Marian E. Gay Kim C. Benett Christina M. Scott Joshua Suri Leilani Navar

Maarten M. Van Rootselaar Terry Tang

Aaron M. Corcoran Anders Vodt Johanne T. LaRocque Greg Mahr Deborah Lilly Coupey Sheila M. Asato Roser Camats Falip Gina Pearlin Sven Doehner Collen Hickey Robert C. Bunch Robert Moss Louis Hagood Justina Lasley Anonymous = 2

39th ANNUAL INTERNATIONAL DREAM CONFERENCE
Loews Ventana Canyon Resort Tucson
7000 North Resort Drive
Tucson, Arizona USA

July 17 - 21, 2022



HOW MANY WILL YOU ATTEND?

For hints: iasdconferences.org/2022



STAY CONNECTED





