



# Dream News

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Visit our Website

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**3<sup>RD</sup> ANNUAL**  
**THE MANY WORLDS OF LUCID DREAMING**  
**SAT. OCTOBER 29 - SAT. NOVEMBER 12, 2022**  
*A TWO-WEEK Online Event from the International Association for the Study of Dreams*

For more information and to register:  
<https://bit.ly/lucidcon>

The International Association for the Study of Dreams will present its third annual online conference on *The Many Worlds of Lucid Dreaming*. The conference will offer presentations on the many facets of the lucid dreaming universe, ranging from practical "How To's" to explorations into psi, healing, philosophy, and spirituality, as well as the latest cutting edge scientific research.

Moreover, you will explore how to utilize the lessons of lucidity and bring them into your waking, day-to-day life so that you can live more lucidly. Naturally, bringing greater awareness into your waking life can lead to greater lucid dreaming. Similarly, learning how intent, expectation, beliefs and focus influence your lucid dreaming can give you liberating insights into how to use those same mental activities in your waking life - and consciously co-create a richer, deeper, more fulfilling life.

**OCTOBER 29 - NOVEMBER 12, 2022**

An Online Event from the International Association for the Study of Dreams. Robert Waggoner and Ed Kellogg will act as co-hosts for this special event.

## WORKSHOP REGISTRATION:

Conference attendee: \$89.00

IASD Member: \$79.00

[Register for the Many Worlds of Lucid Dreaming by Clicking Here](#)

## 2023 IASD ANNUAL CONFERENCE IN ASHLAND OREGON ANNOUNCED CALL FOR PRESENTATIONS AND VOLUNTEERS OPEN!



Shakespeare wrote “All the world’s a stage” and Carl Jung wrote that a dream is theater in which the dreamer is the scene, player, prompter, producer, author, public, and critic. The best plays are like the best dreams: surprising, decentering, mind-expanding, awe-inspiring, emotionally exhausting, and acutely memorable. They are unreal, yet realer than real; retreats into fantasy that catapult us into fresh engagement with the world. Many talented artists, as well as everyday creative people, have said they feel the same kind of freedom to explore their emotions in dreams that they do when they have an encounter with the artistic process.

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](#) in beautiful Ashland, Oregon, at the base of the Siskiyou mountains, just north of California. 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. It is a 14-acre property, where you can rest in the intimate courtyard patio and pool or relax in the open spaces surrounded by nature and inspiring views of the surrounding Ashland Hills. We have reserved a limited block of rooms and suites (many of which have private balconies) at discounted conference rates in the \$100 to \$115 range, and arranged a deep discount at an adjacent site.

**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, and the ever-popular costume Dream Ball Ball and – in honor of the arts and the location – a special night and ticket availability to Oregon Shakespeare Festival.



### CALL FOR PRESENTATIONS

**Due date for regular program submissions:**  
**December 21, 2022**

**Due date for poster submissions: March 1, 2023**

For instructions [CLICK HERE](#)

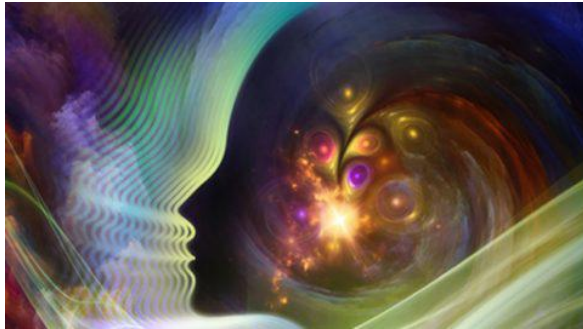


### CALL FOR VOLUNTEERS

**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). The initial application fee is \$250 and \$100 of that fee

**Submissions Solicited:** The program is multi-disciplinary; therefore, high-quality proposals are invited that fall into any of the following tracks (themes): Clinical Approaches; Culture and History; Dreams and the Arts; Dreams and Ethnicity; Dreams and Health; Dreamwork Practices; Education (teaching dream studies); Extraordinary, Psi, and Lucid Dreams; Mental Imagery; Religion, Spirituality, and Philosophy; Research; Theory. This year the featured tracks will be Dreams and the Arts and Dreams and Ethnicity. **Submission Categories Include:** Individual talks to be combined within Symposia; Special Events; Workshops; Morning Dream Groups; Pre-organized Symposia; Panels; and Research Poster Presentations.

is returned after the duties are completed. This fee covers the conference attendance, all receptions and the Dream Ball. Volunteers must arrange for their own travel, lodging, meals, CE fees, and any separately priced special events they wish to attend. The duties are consolidated into 4 categories: Registration/Info Desk, Room Monitor, Audio-Visual Support and Art Exhibition. If you wish to volunteer, [CLICK HERE](#)



**DreamScience**  
Call for Research Grant Proposals  
**Deadline: Oct 15, 2022**  
<http://www.dreamscience.org>

**Submission Deadline • 15 October 2022**

**For instructions •** Go to <http://www.dreamscience.org/grant-opportunity/>

**Submission Areas •** High quality quantitative and qualitative research proposals are invited in areas related to dreams and dreaming, including but not limited to the biology or neuroscience of dreaming, phenomenological and psychological studies of dreaming, and such fields as anthropological and cultural studies. All communication is by email and ALL SUBMISSIONS MUST BE ELECTRONICALLY SUBMITTED to [bob@dreamscience.org](mailto:bob@dreamscience.org)

**Special Areas of Augmented Grant Funding •** Note that if you are submitting a grant proposal and identify as a member of an ethnic group that has been underrepresented in the field of dream research, you may also apply for **IASD DEI Dream Research Grant** support. Additional funds have also been provided this year to promote research into a greater understanding of **PTSD dreams and nightmares**, including clinical treatment research.

**Grant Donations •** Grant funds come from Dream Science Fund donations matched by a combination of IASD funds plus individual donations. Our ability to advance dream research is therefore limited by the funds we receive. You can help to advance dream research. Click here, [IASD Donations Page \(asdreams.org\)](http://asdreams.org) on the IASD Donation form then enter an amount of your donation in the box provided; place '1' in the adjacent dropdown box; then check the Dream Research option in the dropdown box that appears next. To donate specifically for DEI dream research grants, check the IASD Diversity option.

## 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 and 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](mailto:office@asdreams.org) for payment instructions. Recordings include most all lecture sessions (Symposia, Panels, Keynotes, Invited) but do not include workshops or sessions where personal dream sharing took place.



**THE IASD ERNEST HARTMANN STUDENT AWARDS FOR 2023!**  
*Curt Hoffman, Student Research Awards Chair*

### The 2022 Award Winners!

The Committee received seven proposals from students this year, which is a major increase over the last several years. This is the first year that the Diversity and Ethnic Identity award was available, and two of the students self-identified as members of diverse ethnicities. We are pleased to report the following results:

#### Student Research Award #1

Qualitative Award: Victoria Rogers  
*Black Noise: Dream the Revolution*

#### Student Research Award #2

Quantitative Award: Maddy Wary  
*Assessing the Role of Sleep in American Sign Language Learning*

#### Student Research Award #3 (also honorable mention in the Qualitative Category)

Diversity and Ethnic Identity Award: Farah Aziz Annesha  
*Swapnorajya: A Tale of Birth Dreams in Bangladesh*

### Guidelines for 2023 Awards

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! The IASD Board of Trustees 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, Ethnicity, 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](#)



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

The IASD Dreams and Ethnicity Portal provides fundamental resources to inspire further research in the areas described by the new Dreams and Ethnicity track for IASD International Conferences:  
*The Dreams and Ethnicity track explores dreams through traditional worldviews and welcomes dreamers*

of all ethnicities to submit presentation proposals that reflect their experience with dreams in relation to their self-identified ethnicity. In this track, the meaning of dreams is of spiritual significance to the waking reality of human life and identity. The Dreams and Ethnicity track supports IASD's growth within a supportive multi-ethnic environment, and brings people who have a different contribution to make to the study of dreams forward in order to open up everyone's perspective.

If this description speaks to your work with dream studies, please select the Dreams and Ethnicity track when you submit your proposal to present at the [40th IASD conference in Ashland, Oregon in 2023](#) by December 31, 2022!

## A REVIEW OF THE IASD DREAM STUDY GROUPS PROGRAM'S 2022 DREAMS & ETHNICITY SERIES

By **Sahlah Dubel** and **Andrusa Lawson** of [Divine by Design](#)

For a BIPOC dreamworker, it's a struggle to navigate a field primarily built on the work of white-bodied individuals. As the health field awakens to the possibility of decolonizing wellness, such a paradigm is not an unfamiliar story. Creating opportunities to elevate the experience and expertise of other non-Eurocentric cultures is mandatory if we're to achieve a more diverse and equitable reality.

The Dreams and Ethnicity Study Group was a much needed first step towards this dream of inclusivity. Our cohort included a rich mix of dream advocates and practitioners who shared a common desire to expand our understanding of dream studies by lending cognitive space to the voices and wisdoms of non-Westernized approaches. Our presenters included an *amazingly* eclectic group of Thought Leaders, researchers, and practitioners whose work continues to expand the boundaries of traditional Freudian and Jungian perspectives.



We also used our virtual forums to connect with each other and with presenters to deep dive further. We hope future cohorts secure opportunities for more real-time dialogue with facilitators, receive additional technical support, and perhaps obtain meeting space at upcoming conferences. For now, the journey towards the dream continues. A rewarding experience and not a moment too soon!

Thank you, Sahlah and Andrusa!

The next round of [Dream Study Groups](#) will begin in March 2023.

More information coming soon...



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

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>

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## IASD UPDATES THEIR GRADUATE DREAM STUDIES PAGE

At IASD we have been updating our Graduate Dream Studies program page listing in order to provide information that is current for interested graduate students. Please check out our updated page of [Graduate School Offerings](#). Here are some of the current updated programs:



### ***Accredited University Dream Studies Certificate programs***

#### **Sofia University**

Institute of Transpersonal Psychology  
Dream Studies Certificate Program  
[Program and Admissions Information](#)

### ***Accredited University Graduate Dream Studies courses***

#### **Goddard College**

Goddard College's Department of Psychology and Counseling  
Title of Course: *Dreamwork in Expressive Arts Therapies*  
[Course and Program Information](#)

#### **Pacifica Graduate Institute**

M.A./Ph.D. Program in Depth Psychology  
Title of Course: *Dreamwork: Tending the Living Images*  
[Course and Program Information](#)

### ***Institutes that are registered to offer CEs for Dream Studies***

#### **Dream Institute of Berkeley**

[Program and Admissions Information](#)

#### **Institute for Dream Studies (IDS)**

Dream Certification Program  
[Program and Admissions Information](#)

### **Dream Tending & Deep Imagination Certificate Programs**

Certificates I, II & III Programs; Mentors of the Academy  
[Program and Admissions Information](#)

#### **To contact IASD to be listed**

If you are teaching graduate classes in dream studies and would like to be listed, please send the information to our office at [office@asdreams.org](mailto:office@asdreams.org)

We are looking for information about these three categories:

- Accredited University Dream Studies Certificate programs (current)
- Accredited University Graduate Dream Studies courses (current)
- Institutes that are registered to offer CEs for Dream Studies (current)



## REGIONAL NEWS YOU CAN USE

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

Next month the Regional Reps will meet online in our twice-annual gathering, to share ideas about how we are engaging our members around the world. While the pandemic has slowed down our in-person events, it has also opened up to us some of the real possibilities of online connections.

This month we are highlighting our newest Regional Representative, **Bernard Welt**. Bernard has served on the board of the IASD and presents frequently at the annual conference. He taught an interdisciplinary dream-studies course at the Corcoran School of the Arts and Design for 35 years before retiring as Professor Emeritus of Arts and Humanities at the George Washington University. He collaborated with Phil King and Kelly Bulkeley on *Dreaming in the Classroom: Practices, Methods, and Resources in Dream Education*, and his writing has appeared in many publications, including a regular column in the Los Angeles art journal *Art Issues*, and *The Best American Poetry* anthology.



Currently he is the Associate Editor of IASD's *DreamTime*, and he serves on the IASD Diversity Advisory Committee. He says, "I want to further the goal of greater representation and respect for diverse dream traditions around the world, and the mission of extending inclusiveness and equity in organizational membership and leadership."

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## CALL FOR VOLUNTEERS FOR DREAM RESEARCH PROJECT

Research team is working on the cognitive neuroscience of religious cognition (CNRC) and are conducting studies on religion and the brain. They are currently collecting data on the relationship between dreaming and spirituality using dream journals and wearable EEG headbands. Here is the website with more information about this research: [CLICK HERE](#)

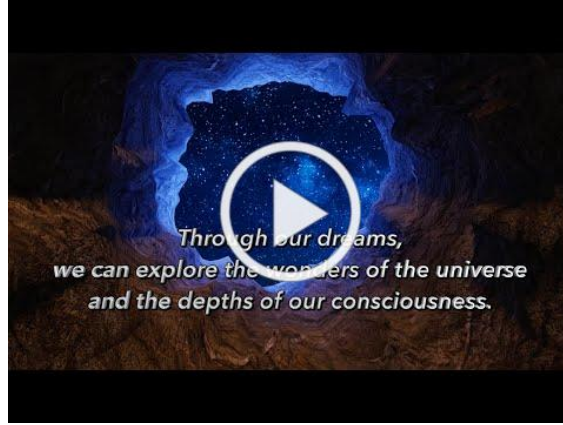
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## Members in the Media

### A BIG IASD THANK YOU!

IASD would like to thank member **Christine Anderson** for creating this beautiful video that was enjoyed by all at the Tucson conference this year. In case you haven't seen it, we would like to share it with everyone: [CLICK HERE FOR ODE TO DREAMS](#)

Many heartfelt thanks to you Christine, for this and your numerous other video contributions to the IASD community!



In this issue Hot Off the Press, in the “spirit of Halloween,” will be focusing on spirits and the deceased in dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

### WHAT LIES BEHIND GHOSTS, DEMONS AND ALIENS—ACCORDING TO SLEEP RESEARCHERS BY ALICE M GREGORY

If you believe in the paranormal you might not be surprised if you hear stories of deceased loved ones appearing during the night; huge explosions heard just as someone is drifting off, with no obvious cause; and other peculiar occurrences. It's unsurprising that people who experience such things might interpret them as paranormal. But certain phenomena such as sleep paralysis provide an alternative to paranormal explanations for such occurrences. Hence my interest in the subject, as a sleep researcher.

SOURCE: [Medical Xpress](#)

### WHY DO SOME PEOPLE DREAM OF DECEASED LOVED ONES BUT OTHER DON'T? BY ERIC W. DOLAN

New research published in the journal *Dreaming* provides new clues about why some bereaved individuals dream of deceased loved ones whereas others do not. The findings suggest that “grief dreams” are very common — but those who don't experience them may just not remember many dreams in general.

SOURCE: [PSY POST](#)

#### **IASD SEPTEMBER 2022 Membership** *Misa Tsuruta, Membership Committee*

**Total New and Renewed Members = 39**

**New Members = 7**

Molly Basterfield  
Judie E. Fergus  
Yui Yoshioka  
Susan Smile  
Dasa Dulinova  
Anonymous = 2

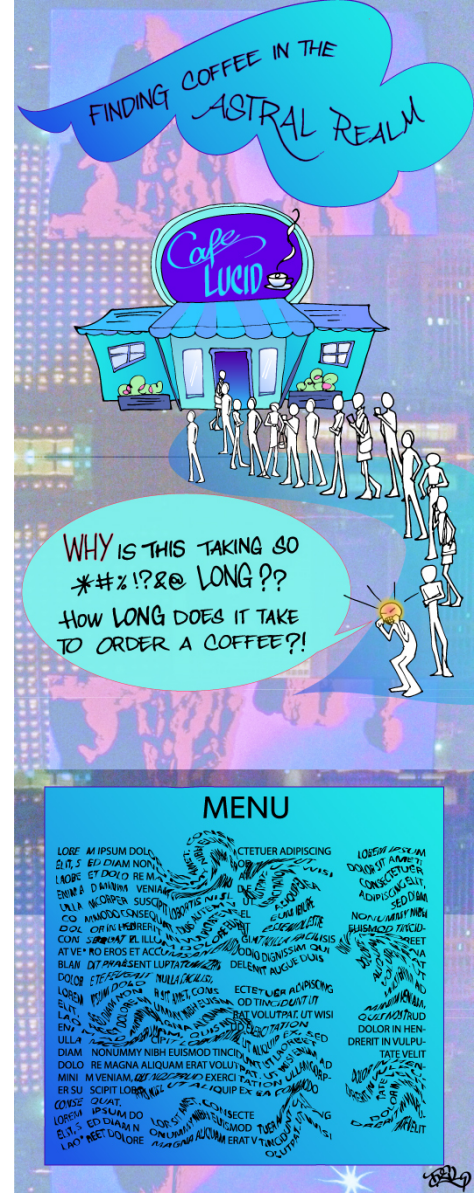
**Renewed Members = 32**

Paseman Membership  
Wendy S. Pannier  
Shirley A. McNeal  
Nigel Ian Hamilton  
Misa Tsuruta  
Lise Robillard  
Carol Marie Malady  
Alwin E. Wagener  
Sue Llewellyn  
Alan Siegel

#### **DreamToons with Delia**



Kimberly R. Mascaro  
 Mike Hackett  
 Leah Bolen  
 Jeffrey Adams  
 Akke-Jeanne Klerk  
 Linda L. Atwood  
 Paul Kalas  
 Christopher Worthing  
 Kelly Nguyen  
 Guy G. Lesoeurs  
 Dennis R. Archambault  
 Offir Dallal  
 Kathleen Webster O'Malley  
 Brenda Jo Ferrimani  
 Magloire del Rocio Aguirre  
 Yue Wang  
 Natalia Belousova  
 Madeline L. Brisman  
 Anonymous = 3



**THE DREAM NEWS TEAM WISHES YOU AND YOURS  
 A VERY SAFE AND HAPPY HALLOWEEN!**



STAY CONNECTED

