

Dream News



FEBRUARY 2025 VOLUME 23 / ISSUE 2

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Total January New and Renewing Memberships = 58

Visit the IASD
Website



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International Association for the Study of Dreams

ANNUAL DREAM CONFERENCE

June 21 – 25, 2025



5 DAY MULTI-FACETED VIRTUAL EVENT



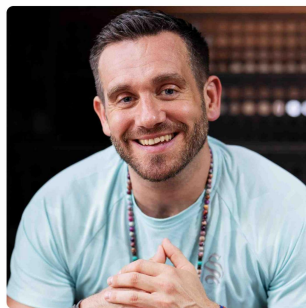
[HTTPS://IASDCONFERENCES.ORG/2025](https://iasdconferences.org/2025)

The 2025 Conference will be Virtual: In order to be able to reach the broadest global audience this year at a lower cost to participants, the main Annual Conference will be virtual via Zoom, using the Zoom Events platform. It will be live and interactive and planned to offer the same symposia, panels, workshops, morning dream groups, and special events as you have learned to enjoy with the on-site annual conferences – including virtual receptions, a virtual art exhibit, the dream telepathy contest and even a virtual costume parade and dream ball. Various Local/Regional Conferences will be announced shortly to satisfy the desire for in-person gatherings. The 2026 Annual Conference is planned for a physical venue yet to be determined.

The conference will be live and interactive and planned to offer the same symposia, panels, workshops, morning dream groups, and special events as you have learned to enjoy with the on-site annual conferences – including virtual receptions, a virtual art exhibit, the dream telepathy contest and even a virtual costume parade and dream ball. A brief introduction to the keynotes and featured invited presenters who have confirmed to date:



Jennifer Windt
(Research Keynote)
Simulating Selves, Simulating
Worlds: Dreaming, Dreamless
Sleep, and Waking Mind
Wandering

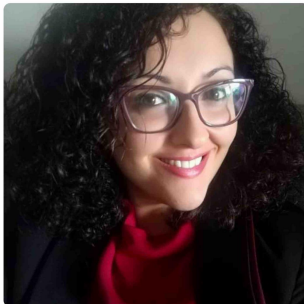


Charlie Morley
Lucid Dreaming for Trauma
Treatment



Julia Mossbridge
Should Humans Dream of
Electric Sheep?





Dr. Serena Scarpelli
Dreams as Mirrors of Well-being: Exploring the Relationship Between Dream Activity and Life Changes



Dr. Fanny Brewster
TBA

Registration NOW OPEN

While you will enjoy the same range of events as our on-site conferences, without the expense of travel and lodging, the fee structure is also much lower. Even at that we are offering discounts for presenters and early registrants, volunteers, IASD members, student/low-income attendees, and student and BIPOC scholarships. Recordings of lecture-based sessions are also included in the fees.

Registration Deadlines

- Early discount available until June 1, 2025
- Presenters must register by March 1, 2025



Call for Volunteers

Come help make our 2025 IASD Online Conference a success! The conference will be Zoom Events based, so we are looking for volunteers to manage our Help Desk as well as Zoom Host volunteers to manage various sessions. Volunteers will receive training in both roles, but we are looking for people with good computer and Zoom skills.

Volunteers work about half of the conference session hours (roughly 12 to 14 hours). We will take into account your session preferences wherever possible. The application fee is \$100 which is a deeply reduced price for the conference. This fee covers the conference attendance, all receptions, the online dream art exhibit and the dream ball.

If you are interested in either or both positions [apply here](#). Apply early, since these positions fill up quickly!



LET'S TALK DREAM RESEARCH

February 22, 2025 starts at 12:00 ET
FREE Event via Zoom

Deirdre Barrett PhD
Investigating the Dream Muse

Dreams have produced art, music, novels, and designs for architecture, telescopes, and computers. Any type of problem can occasionally be solved in a dream, but they excel at ones with a visual component and ones requiring "thinking-outside-the-box." This talk will explore major dream discoveries and formal research on dream problem-solving. Methods of "dream incubation" to draw the attention of the dreaming mind to a particular task will be examined, offering the audience techniques proven to be useful for guiding the dreaming mind.

Easy online registration
asdreams.org

"LET'S TALK DREAM RESEARCH" FREE EVENT IN FEBRUARY

Free research talks continue! In the "Let's Talk Dream Research" series, experienced IASD researchers discuss major developments in dream studies. The talks are organized once or twice a year, aimed at anyone interested in dreams, free of charge, via Zoom, and are recorded and later accessible on IASD's YouTube channel. The talks are approximately 40 minutes, followed by a 20-minute interactive discussion period.

The first speaker in 2025 is Deirdre Barrett, PhD, current President of IASD.

[Click to Register for the FREE Zoom Talk](#)



COZY UP FOR THE CONFERENCE WITH IASD MERCH!

Get ready to dream in style with our exclusive Dream Pillows, Blankets, and Mugs—perfect for late-night insights and early-morning revelations!

Explore IASD's exclusive merchandise collection, perfect for upcoming gift giving, and also designed to make your virtual conference experience cozy and memorable. Start with a stylish button for your jacket, a small yet bold statement that shows you're part of a creative community. Cozy up with our plush throw pillow, perfect for snuggling into during

a long day of virtual sessions or for that extra comfort while you relax and reflect. And don't forget the essential conference mug—your go-to for that much-needed morning coffee after an inspiring night of dreaming and note-taking. Each item is crafted to bring warmth, inspiration, and a touch of fun to your at-home conference setup!

Want to be featured in *Dream News*? Send us a photo of you snuggled in swag by the 28th of the month, and you might just see yourself in the next issue of Dream News!

Visit our Online Store! <https://www.redbubble.com/people/IASD-Dream-Shop/shop?asc=u>

BOARD NEWS UPDATE

Joy Fatooh, Board Chair

The IASD Board of Directors typically meets four times a year, and before each meeting all of our Committee Chairs submit reports to the Board. The compiled summary report for February 2025 is available to any member on request; just email me, jfatooh@gmail.com. We have about 20 committees carrying out different aspects of our mission, from ensuring representation of all our richly diverse international community to bringing you the outstanding conferences you so enjoy – and, of course, supporting dream research in a variety of ways. Some are seeking new volunteers:

<https://www.asdreams.org/iasdcommittees/>

IASD IS SEEKING ASSISTANT TO TREASURER

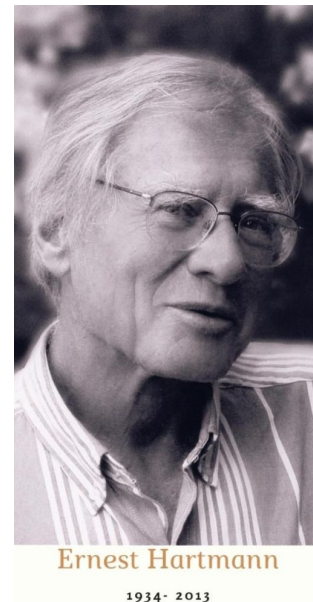
IASD is seeking an Assistant Treasurer to assist the current Treasurer, Robert Waggoner, who has agreed to continue in the Treasurer position with additional help. The Assistant Treasurer will learn the duties of the Treasurer position, as they assist with balancing the books, creating future budgets, preparing the quarterly reports, etc. If you have an interest in serving in the role of Assistant Treasurer, please write Sherry Puricelli, Nominating Committee Chair, s.puricelli@yahoo.com and share a bit about your interest in the position and treasurer-related skills.

ERNEST HARTMANN STUDENT RESEARCH AWARDS

Curtiss Hoffman, Committee Chair

The [IASD Student Research Awards](#) are given to students (undergraduate and graduate) in two areas: best original scientific 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, including the Diversity, Equity, Inclusion (DEI) Award to lift up and amplify the voices of dream researchers from ethnic groups that have been underrepresented in dream research, which may be awarded for either quantitative or qualitative research. We are pleased to announce that two anonymous donors have graciously agreed to provide matching funds for the 2025 competition! The IASD Board of Directors will provide the balance of funds.

The deadline for submissions for next year's prizes is March 15, 2025. Please see the guidelines on the [IASD website for specific submission instructions](#).





Dreams & Ethnicity Portal

Created and Maintained by IASD's Diversity Advisory Committee (DAC)

The IASD Dreams and Ethnicity Portal includes: photos and bios of DAC members; videos, podcasts, and publications; information about IASD's Diversity, Equity, and Inclusion (DEI) dream research grants, DEI student research awards; Culture-Keeper memberships; Black, Indigenous, and People of Color (BIPOC) conference scholarships and grants; and more. To help fund these important 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 the 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!

Angel Morgan, PhD, DAC Chair

on behalf of IASD's Diversity Advisory Committee (DAC)



IASD'S DREAM STUDY GROUPS PROGRAM

March 1, 2025 – March 1, 2026
Registration open!

Four series to choose from:

- Dreams & Ethnicity Series
- Dreams & the Arts Series
- Foundation Series
- Research Series

New: Enrollment in the DSGP Dreams & Ethnicity Series will help fund IASD's DEI programs!

The cost for each series is \$50 for IASD members and \$75 for non-members. You can read more about the DSGP here:

<https://iasdreamcourses.org/mod/page/view.php?id=1031&inpopup=1>

We are currently looking for a volunteer with knowledge and experience in Moodle and video editing to join the DSGP Admin team, learn the technical aspects of the program and help maintain it as needed.

If this describes you, please go to <https://www.asdreams.org/iasdcommittees/> and fill out an IASD Committee Request Inquiry. Thank you! Your help in keeping this much-loved online study program up and running will be greatly appreciated!



MEANWHILE ON SOCIAL MEDIA

Nicoline Douwes Isema, Chair, Social Networking Committee

This month, a behind-the-scenes peek from the Social Networking Committee. In the past year, your likes and shares helped us grow our accounts, welcome new dream enthusiasts, and explore new ways to reach out.

Welcoming dream enthusiasts:

Our Facebook group grew from 9,000 to 11,078 members, and Instagram saw consistent growth from 1,100 to 1,400 followers. Both accounts host a community where dreamers meet and learn from each other. For example, during the 2024 Dream Conference members found travel friends on Facebook, and shared their conference experience in Instagram.

Exploring new ways to reach out:

YouTube is consistently becoming an important source of information, and our community grew from 18 to 827 subscribers. LinkedIn is emerging as a key platform, so we established our presence with 83 followers and will keep building. On both accounts we share information about IASD, our events, and dreams in general.

We would love your input! What dream-related topics are you most interested in learning more about on our channels? Email us at socialmedia@asdreams.org

IASD Social Media Accounts growth



YouTube followers

May 2023 - 18

April 2024 - 20

October 2024 790

February 2025 827



Instagram followers

May 2023 892

April 2024 1,141

October 2024 1,349

February 2025 1,408



Facebook Group members

May 2023 8,496

April 2024 9,613

October 2024 10,917

February 2025 11,078



Facebook Page followers

May 2023 5100

April 2024 5200

October 2024 5300

February 2025 5388



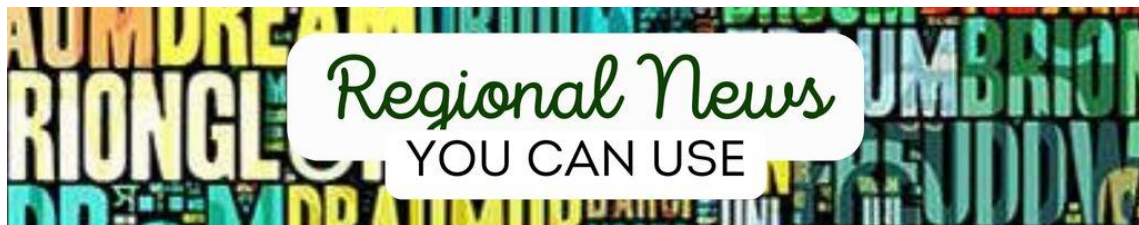
Twitter / X followers

May 2023 2515

April 2024 2571

October 2024 2622

February 2025 2564



REGIONAL NEWS YOU CAN USE

Bernard Welt, IASD Regional Events Committee

BIG NEWS in regional events! There are TWO regional conferences coming in March 2025.



SATURDAY, MARCH 1

Dreams of Wisdom and Resilience in Whittier CA

(Southern California and US Southwest IASD regional)

While the news broadcasts disturbing events, dreams bring a Soul's perspective to help us navigate our changing world. The innate intelligence and healing nature of dreams can provide wisdom and resilience for daily living.

In this one-day gathering, participants will encounter new ways to work with dreams, introduced by accomplished leaders in the field: Katherine Bell, Walter Berry, David Jenkins, Geoff Nelson, Marilyn Manzi, Roger Martinez, Richard Paseman, Victoria Rabinowe, and Kelly Sullivan Waldman.

Whittier is convenient to the whole Los Angeles region, and close to attractions such as Disneyland, Universal Studios, and LA's world-class museums.

Find further details and registration at [Eventbrite Dreams of Wisdom and Resilience](https://www.eventbrite.com/e/dreams-of-wisdom-and-resilience-tickets-711111111111)



MARCH 14 - 16

Dreams & Spirituality in Bangalore (Bengaluru), Karnataka, India – JW Marriott Hotel
India regional

Three full days of dreamwork and dream studies presentations in "India's Silicon Valley." Keynote address by Dr. Govind Prasad Agarwal on the History of Dreams in India, with presentations by Dr. Clare Johnson on Lucid Dreaming and Spiritual Enlightenment, Dr. Bhaskar Banerji on Health-Related Dreams, Rudy Katoch on Dreams in Indian Miniature Painting, Raashi Bhatia on Dreams and Leadership, and workshops on Dream Guides, Awakening the Third Eye, and Yoga Nidra.

Terrific schedule and registration online at [India Dream Conference 2025](#).

Contact conference hosts Bhaskar Banerji Bhaskar_Banerji@Yahoo.com and Kiran Anumalasetty, anumalak@gmail.com for details.

Please share notice of these events with friends and colleagues in these regions or interested in traveling there. Regional gatherings have great potential for fulfilling the IASD mission of spreading awareness and understanding of our dream lives.



DREAM INSPIRED SHORT FILM WINS INTERNATIONAL ACCOLADES

[Craig Webb](#)'s short film where the story line, cinematography and soundtrack music are harvested directly from dreams, [Be-Living in The Ocean](#), has had the good fortune to win five international awards so far and has been made an official selection/finalist/nominee/etc. in 15+ film festivals, including its world premiere in Miami on February 1 on a huge 70-foot screen.



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

INSIDE THE EMERGING WORLD OF ANESTHESIA "DREAM THERAPY"

- Anesthesia-induced dreams, once considered random side effects, are being studied for their therapeutic potential.
- Stanford researchers Harrison Chow and Boris Heifets are exploring how these dreams, which often feature hyper-vivid and

IF YOU'VE EVER DREAMT ABOUT SOMETHING BEFORE IT HAPPENED, THIS IS WHAT'S GOING ON IN YOUR BRAIN BY SAFIRE R. SOSTRE

Despite there being very little evidence of precognitive dreaming within mainstream psychology, researchers have proposed several possible explanations for why this phenomenon might happen, says Ellis. One explanation is that a

structured narratives uncharacteristic of “normal” dreaming, may help ease anxiety and trauma.

- Big Think contributor Saga Briggs recently visited the Stanford team to explore the origins and future of this emerging field — and the curious parallels between anesthesia dreams and psychedelic experiences.

Source: [Big Think](#)

dream can recognise the dreamer's deepest emotions and desires. For example, when you're fixated on someone or something in particular, your subconscious mind might create a dream that reflects those intense feelings. And if that dream seems to align with reality, it can feel like it's precognitive.

Some research suggests that your dreams may also notice subtle cues and warning signs in your body that might predict the onset of a serious illness or mental decline.

SOURCE: [WOMEN'S HEALTH](#)



IASD JANUARY 2025 Membership Membership Committee

Total new and renewed members = 58

New members = 9

Michael Jadoo

Bo Zhang

Ben Bongalon

Lori M Wells

Teresa L Hasan-Kerr

Anne Middleton

Po Y. P. Y. Ng

Anonymous=2

Renewed members = 47

Racicot Membership

Dale E. Graff

Jennifer J. Choate

Lisa B. Rigge

Jordi Borrás Garcia

Robert Cole

Rev George Gillespie

Jayne I. Gackenbach

Karen E. Melady

Denise E. Conner

Brenda H. Parrish

Christian Gerike

Kiran Anumalasetty

Janet Piedilato

Reed A. Morrison

Kenna Stephenson

Mary Louise McCullough

Patty Hlava

Scott Venners

Melissa J. Johnson

Iñigo Saez-Uribarri

Katherine Ziff

Emily Cook

Nancy Grace

Deon D. A. van Zyl

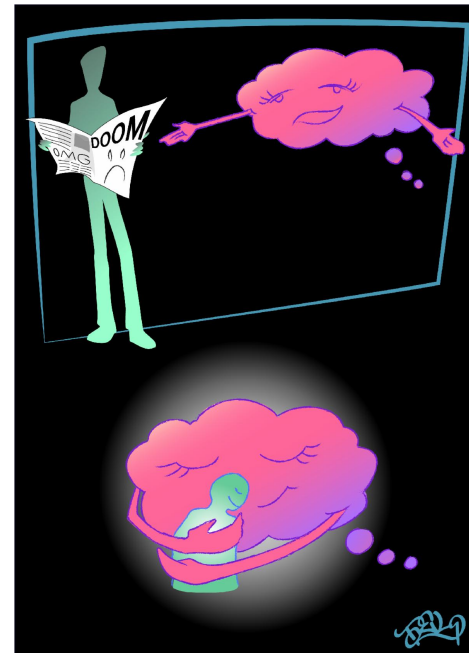
Christine Tau

Christi Cervetti

Jay Joslin III

Sehee Lee

Robert G Waggoner



Walter R. Smith
Loren Goodman
Philip H. King
Sylvia G. Green-Guenette
Sophie Boudrias
Katherine Lawson
Josianne Barrette-Moran
Melissa J. Johnson
Anonymous=9

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