

Dream News



January 2025
VOLUME 23/ISSUE 1

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**Total December New and Renewing
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**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.

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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



Volunteers work about half of the conference session hours (roughly 12 to 14 hours). We will



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.

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!



2024 RESEARCH GRANT AWARD ANNOUNCEMENT

The 2024 research grant proposal cycle closed in October with an astounding 30 submissions asking in total for approximately \$120,000 in funding. Proposals came from 12 countries including Austria, Canada, Cyprus, Egypt, Finland, France, Italy, the Netherlands, New Zealand, the UK and the USA with 16 quantitative, 3 qualitative, and 11 mixed-methods studies. Five proposals also sought Diversity, Equity, and Inclusion (DEI) support. All proposals were reviewed by a committee of 9 professional researchers, and by the Diversity Advisory Committee for DEI-related requests. Our research donations and funding this year from the DreamScience Foundation

Katja Valli PhD, Jarno Tuominen, PhD, Ville Loukola, MA Psych - *The effect of the Ukraine war on dreaming and mind-wandering*. (Special thanks to Ryan Hurd and Lee Adams for supporting a portion of this study)

Paul Zerr, PhD; Martin Dresler, Professor; Ali Saberi, MSc - *Automated Lucid Dream Induction with Sleep EEG Wearables at Home*

Alwin Wagener, PhD; Jack Levine; Roman Petrocelli, PhD; Elliotte Harrington, PhD - *Counselors, Dream Attitudes and Dreamwork Practices*

Pinyao Liu, MSc.; Claudia Picard-Deland, PhD, Alexandra Kitson, PhD, Michelle Carr, PhD - *Affective Dream Reliving: Exploring Computational Dreamwork for Personal Insight and Meaning-Making through Generative Artificial Intelligence and Immersive Technology* (Partial award made through a special dedicated grant from the DreamScience Foundation).

Deanna Haami, BA and PhD Candidate - *Rongo-ā-Moemoea - Sensing through dreaming: Exploring the role of dreaming in Mahi Wairua healing practices and processes*. (Partial award made through the IASD Diversity Advisory Committee).

[Click Here for Information on the process, the sponsors, and information on past](#)

and IASD were roughly \$17,000.

Within these limits we were able to offer the following six full or partial awards:

Anthony Levasseur, M.Sc.; Santiago Hidalgo, Ph.D., Michelle Carr, Ph.D., Tore Nielsen, Ph.D., Antonio Zadra, Ph.D.
- Evaluation of the impact of cinema and targeted dream incubation on dreams and sleep.

[awards.](#)

Please Donate to Research

The future success of these research grant awards is totally dependent on donations from you, along with a partial matching of those from the Dream Science Foundation. If you wish to advance our global understanding of dreaming as well as support students and other dedicated researchers, please click (here – link needed). To support DEI Dream Research Grants, select IASD Diversity on the dropdown menu.



"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.



THERE'S STILL TIME TO DONATE

Jean Campbell, for the IASD Pledge Drive

Dreamers work together in IASD! We are a community as well as a nonprofit organization. In the current economy IASD needs your help more than ever before. Wouldn't you like to support the world's premier dream organization, providing increased benefits, more knowledge and more community for dreamers?

Were you aware that almost 100 percent of the dream-inspiring awards given by IASD each year, 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?

This year we're doubling our financial goal to \$20,000 for our annual Pledge Drive, which began in November. And with your donations, we will reach that goal and more. IASD needs your financial help as well as your dreams for the future. You are integral to providing assistance so that we can all dream.

Does IASD help you to earn financial support as a dream practitioner? Do you gain from IASD's wealth of knowledge? We hope that, if IASD provides help or finances in your life, you will give back generously during this year's Pledge Drive.

The 2024 Pledge Drive will run from mid-November 2024 through the end of January, 2025. Our hope is to raise at least \$20,000. We encourage you to donate if you can to provide support for all dreamers.

Thank you so much!



IASD MERCHANDISE ON REDBUBBLE COZY 2025 CONFERENCE

[Visit our Online Store!](#)

Explore IASD's exclusive merchandise collection. 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!

BOARD NEWS

Joy Fatooh, IASD Board Chair

What makes IASD run? Volunteers! How? Committees! Our brand-new Committees web page features lively descriptions of our more than 20 different committees at <https://www.asdreams.org/iasdcommittees/> along with opportunities to volunteer, and an easy form for inquiring.

Immediate needs include someone tech-savvy for the Dream Study Groups Program admin team (see DSGP article below), and someone finance-savvy to serve as Assistant Treasurer (see below).

Our Board of Directors is also all-volunteer. If you're interested, contact the Nominating Committee.

Who else makes IASD run? Our two full-time employees: Central Office Manager Alina Mansfield, and Webmaster/Multimedia Coordinator Laura Atkinson. A round of applause for these two hard-working wizards!

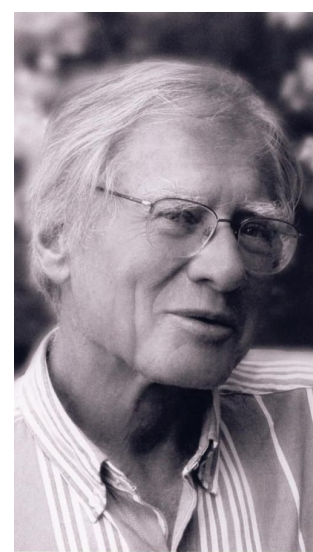
IASD IS SEEKING ASSISTANT TO TREASURER

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.



Ernest Hartmann

1934-2013

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](#).



HAPPY NEW YEAR FROM DAC

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)

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>



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!

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 we have two exciting things to tell you: a new IASD account and a new volunteer on the Social Networking Committee.

New Account: Join us on LinkedIn

Along with Facebook, Instagram, Twitter and YouTube, IASD now has a presence on LinkedIn. We will focus on creating meaningful connections and showing the knowledge and resources within IASD. Join the conversation at <https://www.linkedin.com/company/iasdreams>

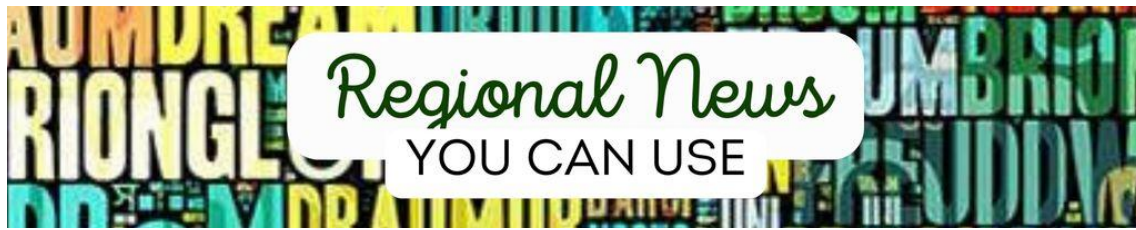


New Volunteer: Meet Natasha Bolvin

We are happy to welcome new volunteer Natasha Bolvin in the Social Networking Committee. Those who met her at Rolduc last year may remember her passion to support IASD's mission and its enduring legacy.

Natasha is a Dreamwork Guide and practitioner in imagery, mindfulness, and wellness. As a Reiki Master and Kriya Yoga initiate, she is pursuing an Experiential Embodied Dreamwork Certification with Dr. Leslie Ellis and has

studied under Ryan Hurd. With over 30 years of sales and marketing experience across many industries, she is now transitioning to full time building her dreamwork practice. We are grateful to have her experience and enthusiasm in our team.



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. Please share notice of these events with friends and colleagues who are 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.



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](#)



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.

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



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

THE LATEST IN DREAM TECHNOLOGIES: THE SCIENCE BEHIND *INCEPTION* BY CASSIDY WARD

Real-world scientists have succeeded in intentionally changing the contents of a person’s dreams, even reducing the frequency of nightmares, but the process isn’t quite as cinematic as Christopher Nolan’s 2010 science fiction thriller, *Inception*.

[SOURCE SYFY](#)

LUCID DREAMERS ARE USING UNPROVEN TECH TO HACK THEIR SLEEP

Around 55 percent of people have experienced one or more lucid dreams in their lifetime. But regular lucid dreams are rarer: about 23 per cent of people have them once a month or more. As most seasoned lucid dreamers will confirm, controlling our dreams is no easy feat: it requires time, practice and dedication. For decades, though, tech companies have sought to offer a quick fix, with devices that produce visual or tactile

stimulation when sleepers enter the REM (rapid eye movement) phase of sleep.

SOURCE: WIRED



**IASD DECEMBER 2024
Membership
Membership Committee**

**Total new and renewed
members = 46**

New members = 8

Kezia Kamenetz

Merel Hak

Kim Harrison

Renee D Regacho-Anaclerio

Laura Tran

Lynn Harrison

Anonymous=2

Renewed members = 38

Sowton Membership

Brigitte Holzinger

Arthur T. Funkhouser

Nicole Gratton

Angel Kwan-Yin Morgan

Mohamed Omar Salem

Bonnie Jill Tarwater

Laura M Smith-Riva

Debbie Spector Weisman

Glory Nelson

David Billington

Tom Lane

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Joseph De Koninck

Martha Anne Taylor

Jill E. Fischer

Francesco Gazzillo

Nancy L. Weston

Jacob Remacle

Reed A. Morrison

John M. Brooke

John B. Rowe

Chris Rothbauer

Natasha Bolvin

Kate Connolly

Dasa Dulinova

Sehee Lee

Geoff G. Nelson

Katherine R. Bell

Robert P. Gongloff

Juhani Kaariainen

Kate Swol

Alyssa Spungen

Robert Strohmeyer

Anonymous=3



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