

June 2025
VOLUME 23/ISSUE 6

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IASD'S Dream Study Groups Program

Members in the Media

Hot Off the Press

Dream Toon

Total May New and Renewing Memberships = 39

Note: There will be no July issue, as we'll all be busy with the June conference. We hope to see you there!

*Visit the IASD
Website*



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ANNUAL CONFERENCE UPDATES

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.

Registrants: the Conference Lobby opens June 16 for you to explore the conference. You can register to the Zoom Events portal, review the conference offerings such as sessions and bookstore, and create your profile and itinerary.

The Pre-Conference Help Desk opens June 17-20, Tuesday through Friday, 1-4pm and 7-10pm Eastern US time. Contact instructions will be provided in the email you will get 2 weeks prior to the conference. The Help Desk will also be available throughout the conference, June 21-25, during conference hours.

Regional Conferences: Several Local/Regional Conferences are being planned to satisfy the desire for in-person gatherings - see Regional News You Can Use, below!

Save the date pre-announcement: From 13 through 17 June 2026, we plan to return to beautiful Ashland, Oregon for our on-site Annual Conference. More information to come.

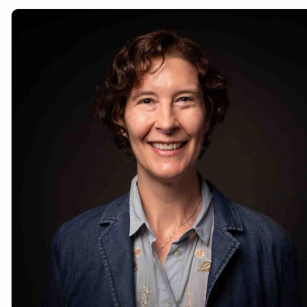
Introduction to the keynotes and featured invited presenters:



Erin Wamsley

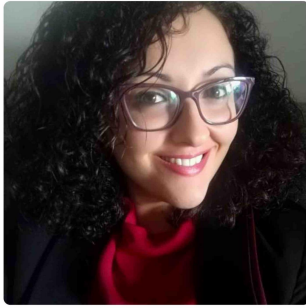


Charlie Morley



Julia Mossbridge

How Sleep Shapes Our
Memories—and Our Dreams



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

Lucid Dreaming for Trauma
Treatment



Dr. Fanny Brewster
Dreams as Healing Messages
from the Divine

Should Humans Dream of
Electric Sheep?



Kaya and Christiane Muller
The Source Code of Dreams
and Signs: How to Understand
the Importance of Symbolic
Language in Night and Day

[Register NOW](#)

June 1 is the early discount deadline

While you will enjoy the same range of events as at 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.



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 to a lovingly curated playlist of dream-inspired danceable tunes!



There will be a dream costume parade that begins at 6:00 ET. You will have 1 minute to present how your costume relates to your dream (2 minutes for groups). Start thinking now about your costume! As it's an online conference, there will be chances to use Zoom filters to "costume" yourself without even changing your clothes! You will get some information about how to do this in your pre-conference instructions, so you might want to follow them and practice so that your Dream Ball experience goes smoothly.

We hope you will enjoy this dream community celebration and magical conclusion to the conference! [For inspiration, click here.](#)

PLEASE NOTE: Cultural Appreciation

If your dreams are diversely populated, that's a beautiful thing. However, IASD members sharing the Zoom 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 say 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 to avoid:

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



Wrap Yourself in Cozy Dreams Before the Conference Begins!

Order soon to prepare for the upcoming online conference by embracing comfort and inspiration with our exclusive 2025 collection.

Order your **Dream Pillows and matching Blankets or Mugs** *before the conference begins* and bring a little comfort and magic with you. Whether you're journaling your nightly adventures or sipping something warm as you reflect, these dreamy items are perfect companions.

Don't forget your **Dream Journal** — it's the perfect time to prepare for the dreams to come!

Each item is crafted to provide warmth and motivation, ensuring you're mentally and physically prepared for the conference.

<https://www.redbubble.com/people/IASD-Dream-Shop/shop?asc=u>

FROM THE BOARD OF DIRECTORS

Joy Fatooh, IASD Board Chair

My final official act as Chair will be to lead the General Membership Meeting on June 23, as part of our online Annual Conference; then pass the gavel to the new Chair - ceremoniously, albeit remotely!

Everyone is invited to the General Membership Meeting – IASD member or not – and we hope you'll join us. I like to say that attending this meeting during the conference is like going on a cruise and getting a tour of the engine room. You can see the fun and camaraderie in the deep inner workings of a dream-driven organization.

Last year I began what I hope will be an ongoing tradition: inviting all present to share ideas for advancing our mission. What's your dream for IASD? Come tell!

REGIONAL NEWS YOU CAN USE

Bernard Welt, IASD Regional Events Committee

Looking forward to our Virtual Annual International Conference in June 2025, IASD is making a special effort to encourage regional conferences where members find opportunities to connect and share perspectives with fellow dreamers in person. You'll have more and more opportunities to meet with other members regionally, at events meeting the same high standards as our international conferences, with workshops, dream-sharing groups, and presentations on the arts, key topics in dreaming, and innovative research. Make your plans for:



August 16, 2025 *Francophone* Montréal Regional Conference

LE RÊVE COMME MIROIR DE LA VIE

8e CONFÉRENCE GRAND PUBLIC DE L'IASD QC

10 am – 4 pm Centre St-Pierre, Montréal QC Canada

[Click here for details and registration](#)

Venez rencontrer 7 présentateurs experts et passionnés des rêves qui aborderont les découvertes scientifiques les plus récentes à propos de la genèse des rêves, leur pouvoir protecteur sur la santé en parallèle avec le sommeil, l'induction de rêves lucides et de rencontres spirituelles oniriques, l'art-thérapie appliquée sur les rêves, les cauchemars, les rêves en fin de vie et des histoires personnelles touchantes à propos des rêves. Au cours de

cet évènement, vous aurez l'occasion d'échanger avec chacun des présentateurs et d'autres passionnés de rêves.

Au cours de cette conférence, vous trouverez également des ressources pour en savoir plus sur les rêves, de l'art inspiré par les rêves, présenté par notre artiste invitée Johanne Hamel, et des livres sur les rêves écrits par plusieurs présentatrices que vous pourrez consulter.

The Dream as a Reflection of Life. Presented in French. Come and meet 7 expert presenters with a passion for dreams, who will discuss the latest scientific discoveries about the genesis of dreams, their protective power on health in parallel with sleep, the induction of lucid dreams and dreamlike spiritual encounters, applied art therapy on dreams, nightmares, dreams at the end of life and touching personal stories about dreams.

September 26-27, 2025 The Northeast Region will host a conference on “Dreaming: Culture, Creativity, and Cosmos” at Bridgewater State University, Bridgewater MA, co-sponsored by the Bridgewater State Anthropology Department.

Keynote address by current and former IASD President Deirdre Barrett, an authority on dreaming and creativity and an accomplished artist. Featuring panels on cultural framing of dreams, creative imagination, and the nature of consciousness, with invited participants from regional ethnic communities. Bridgewater is a short trip from Boston, the beautiful New England coast, and Cape Cod.

Contact Dr. Curtiss Hoffman at teximus@comcast.net



October 10-12, 2025 The Festival of Dreams: A California Regional Event Co-Sponsored by IASD at the Santa Cruz Museum of Art & History.

Hosted by IASD powerhouses Katherine Bell and Linda Mastrangelo, the Festival will celebrate dreams through workshops, presentations, dream-sharing, dream films and art, in a particularly beautiful and serene location. Capped off with a Dream Ball, of course.



Watch this space for more regional events this year and next.

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.

Note: You don't need to be a member in one of these regions to attend their planned events.

If you're considering proposing a regional event, contact Jeanne Van Bronkhorst at vanjvb@gmail.com. She's ready to walk you through the process with wise and patient counsel.

MEANWHILE ON SOCIAL MEDIA

Nicoline Douwes Isema, Chair, Social Networking Committee

A huge **thank you** to everyone who has helped us promote the 2025 Conference on Social Media! Your shares and likes aren't just spreading the word about the conference; they're also building awareness for IASD as an organization. We've seen an incredible surge in traffic to our channels and gained over 100 new followers in the past four weeks – your efforts are truly making a difference. Please keep up the amazing work!

Speaking of getting social, we know many of you are organizing watch parties, connecting with new friends online, and sharing your experiences on social media. If you post anything about the conference, we'd love it if you'd **tag us on social media!**



This makes it super easy for us to find your posts and share all the amazing energy with the rest of the IASD community through our Instagram and Facebook Stories. We can't wait to see your conference highlights!

DREAMS & ETHNICITY PORTAL

NEWS FROM THE DAC!

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

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 and 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)

DREAM STUDY GROUPS PROGRAM

March 1, 2025 – March 1, 2026
Latecomers: Registration is still open!

Four series to choose from:

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

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

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

An awesome interview with Kelly Bulkeley, one of the contributors in the Dream Study Groups Program:

Full

<https://youtu.be/mOkEBNYPCUA?si=a5WEnlGh81mqKZjo>

Short

https://youtube.com/shorts/GIEk1NHqJYM?si=D8_SNb2TfdraQSeH

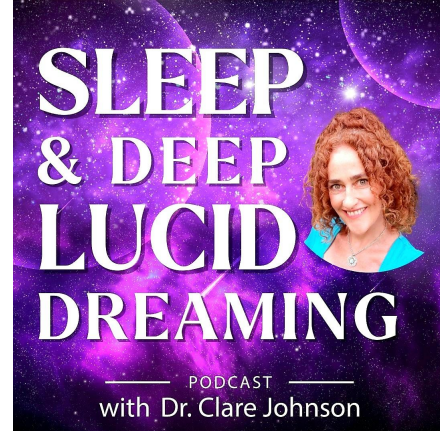
MEMBERS IN THE MEDIA

**New Podcast! *Sleep & Deep Lucid Dreaming*
with Dr. Clare Johnson**

From erotic dream encounters to how to teleport in lucid dreams, and from dream science to nightmare solutions, this new podcast explores it all. Former IASD President Dr. Clare Johnson is author of 8 dream books.

Her *Sleep & Deep Lucid Dreaming* podcast features deep conversations with amazing IASD dreamers, authors, and sleep experts. It also offers informative

solo episodes and two mini-classes: 1) How to lucid dream and 2) Tips for deep sleep.



Tune in on your favorite podcast platform, or listen here:
www.DeepLucidDreaming.com/podcast

HOT OFF THE PRESS

In this issue of Hot Off the Press, we link to a report on Gustavus Adolphus College's recent Nobel Conference, which explored advances in sleep science and their implications for society. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

STUDIES OF SLEEP AND DREAMS REVEAL HOW THE BRAIN WORKS

BY LYNNE LAMBERG

Sleep Enhances Learning

"Sleep and dreams carry out what may well be the most sophisticated functions that the human brain performs," Robert Stickgold, Ph.D., a professor of psychiatry at Harvard Medical School and founder of the school's Center for Sleep and Cognition, said recently at the 2024 Nobel Conference at Gustavus Adolphus College in Saint Peter, Minnesota, where the theme was "Sleep, Unraveled."

SOURCE: Psychiatry Online
<https://psychiatryonline.org/doi/10.1176/appi.pn.2025.01.12.30>

Teens and Adults Need More Sleep

In a session on sleep across the lifespan, Mary Carskadon, Ph.D., a professor of psychiatry and human behavior at the Alpert Medical School of Brown University and director of its Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health, focused on adolescents.

In research starting in the 1970s, Carskadon found that most adolescents need eight to 10 hours of sleep every night for optimal classroom performance and mental and physical health. She also discovered that changes in the brain at puberty push adolescents to stay awake until 11 p.m. or later and sleep until 8 a.m. or later, if undisturbed.

MEMBERSHIP TOTALS

IASD MAY 2025 Membership

Membership Task Force

**Total
new and renewing
memberships = 39**

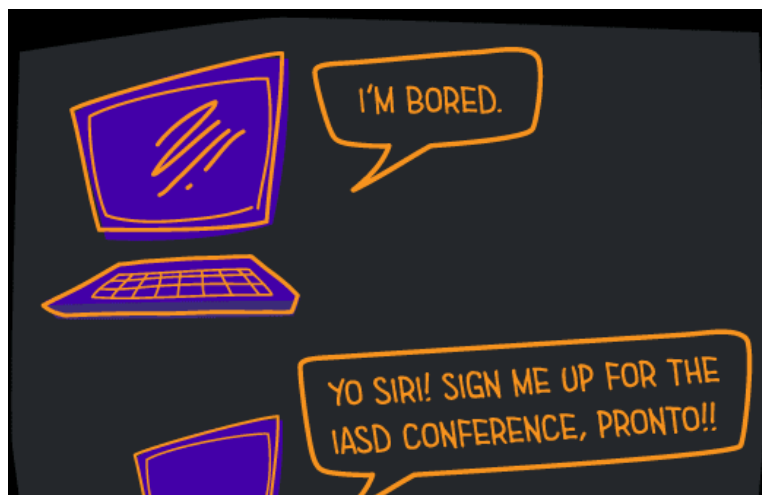
New memberships = 6

Ivan Budincevic
Susan F Obrecht
Maggie Shields
Victoria Thoreson
Anonymous=2

Renewing memberships = 33

Marta Aarli
Jane E. Carleton
Jason M. DeBord
Sven Doehner
Empi Dream
Catherine C. Farrell
Joy Fatooh
Fendel & Partner GbR
Mara M Flynn
Gary L. Goodwin
Patricia A Kilroe
Linda Leonard
Christopher Mathews
Marja Moors
Michael Rohde Olsen
Sharon Pastore
Willow Pearson Trimbach
Kelly Pryde
Victoria Rabinowe
Daniel Fr. Renaud
Jude Sargent
Richard Schweickert
Dina D. Sovern
John A. Valenzuela Ph.D.
Jay E Vinton
Sarah E Weldon
Anonymous=6

DREAMTOONS BY DELIA



FOR THE NEXT FIVE DAYS...



SIRI, GOOGLE "HOW COMPUTER
CAN TRAVEL BY PLANE 2026
IASD CONFERENCE"

Handwritten signature in green ink.

