

March 2025
VOLUME 23/ISSUE 3

IN THIS ISSUE:

The 2025 IASD Annual Conference
Call for Volunteers – Online
Program Schedule (Preliminary Detailed) – Online
Keynotes and Invited Presenters (confirmed to date)
Registration – Now Open!

IASD Merchandise on Redbubble

Board News – Volunteer Opportunities

Student Research Awards – Deadline on March 15

Increase for Postage for DreamTime

Pledge Drive News and Appreciation

News from the DAC!

IASD'S Dream Study Groups Program

Regional News You Can Use

Members in the Media
"Let's Talk Dream Research" Event – Recording
Available on YouTube

Hot Off the Press

Dream Toon

Total February New and Renewing Memberships =
59

*Visit the IASD
Website*



Contact
office@asdreams.org
209.724.0889

Linda H. Mastrangelo
Editor

Joy Fatooh
Copy Editor

Laura Atkinson
Design & Layout

Alina Mansfield
Central Office Manager

Jean Campbell
Executive Committee Advisor

Delia Puiatti
Dream Illustrator

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. 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.

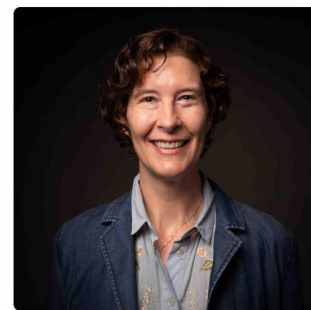
A brief introduction to the keynotes and featured invited presenters who have confirmed to date:



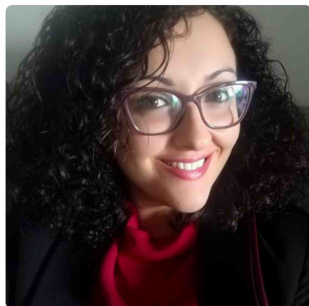
Jennifer Windt
(Research Keynote)
Simulating Selves, Simulating
Worlds: Dreaming, Dreamless
Sleep, and Waking Mind
Wandering



Charlie Morley
Lucid Dreaming for Trauma
Treatment

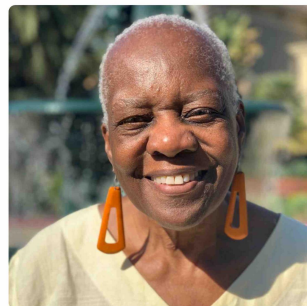


Julia Mossbridge
Should Humans Dream of
Electric Sheep?



Dr. Serena Scarpelli

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



Dr. Fanny Brewster

TBA



[Call for Volunteers](#) WAIT LIST OPEN

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](#). Positions are filling quickly but you can apply for the wait list since positions usually open as we get closer to the conference opening.



[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 have registered by March 1,

2025 deadline to remain on the program

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!

IASD DREAM SHOP



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>

FROM THE BOARD OF DIRECTORS

BOARD NEWS UPDATE *Joy Fatooh, Board Chair*

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.

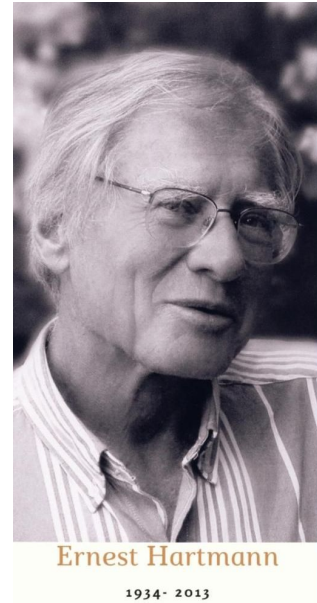
AWARDS & GRANT OPPORTUNITIES

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](#).



DREAMTIME UPDATE

INCREASE IN POSTAGE AND HANDLING FOR HARD-COPY *DREAMTIME* GOES INTO EFFECT IN MARCH 2025

Jean Campbell, DreamTime Editor

Our popular triannual magazine *DreamTime* is one of several IASD member benefits, sent digitally to all members in Winter, Spring and Fall each year, containing a variety of original articles about dreams, dream work and theoretical dream issues.

And since 2015, new and renewing members have also been able to select an additional \$10 per year for postage and handling in order to receive a hard-copy version of the magazine. Over half of all IASD members annually select to receive the hard copy.

Unfortunately, the cost of shipping *DreamTime* has increased significantly. Shipping cost alone is now as high as \$9 *per issue* in some countries. So in February, at its regular Board meeting, members of the IASD Board and Executive Committee recommended a \$5 increase in the *annual* postage and handling cost for the magazine, raising it from \$10 to \$15.

What does this mean for IASD members? Starting in March, new and renewing members who select the hard-copy option for *DreamTime* on the online registration form will be asked to add \$15 to their membership cost rather than \$10. As always, receiving hard copies will remain a choice. The digital version of the magazine will continue to be sent to all members.

We thank you for your support of this popular full-color, hard-copy, print version of the magazine and hope you will be happy to help us meet the postage and handling cost increase.

PLEDGE DRIVE UPDATE

THANK YOU TO ALL 2024 PLEDGE DRIVE DONORS

Jean Campbell, Chair, IASD Development Committee

Because IASD's costs are going up, like the cost of many other things, in 2024, rather than set the goal for the annual Pledge Drive at its usual \$10,000, members of the Board's Development Committee decided to see what would happen if we doubled the Pledge Drive goal and asked for \$20,000 instead.

You were with us in this and, though the income donated did not reach \$20,000 this year, it exceeded the usual \$10,000 figure by bringing in \$11,427, more than the goal achieved in the past several years. IASD would like to thank all of you who went the extra mile to bring this amount of money into our accounts.

Each year, much of the cost of special programs – such as Dream Research, Diversity Scholarships and Grants, Dream Education, Outreach to Dreamers, Conference Scholarships and Student Awards – are paid from donations to the Pledge Drive. And each year, members and friends of the world's premier dream organization are asked to donate to whatever of these programs they would like to support, including the category of General Operations.

This year, for the first time, IASD received two grants of \$1,000 each for Dream Education and Outreach to Dreamers, awarded anonymously through the Los Altos Mountain View Community Foundation. For those of you who belong to such organizations, which often give matching grants, we would like to urge you to explore the possibility of donating in this way.

Another first-time event happened with the 2024 Pledge Drive, when members of the IASD Board volunteered to send thank you messages electronically to all Pledge Drive donors, and also to those members who voluntarily become Patron Members at \$150 for membership rather than the usual \$100.

Thanks to all of you who participated in this extraordinarily successful year. Donations, of course, can be made at any time of the year to IASD. Remember that expenses are going up for all businesses and, to maintain the high standard of quality that we are known for, we need the support of all of you.

DREAMS & ETHNICITY PORTAL

NEWS FROM THE 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)

DREAM GROUPS STUDY PROGRAM

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!

REGIONAL NEWS YOU CAN USE

REGIONAL NEWS YOU CAN USE

Bernard Welt, IASD Regional Events Committee

It's a great year for IASD regional events. The Virtual International Conference planned for June 21-25, 2025 has inspired several opportunities for dreamers to meet face to face in smaller gatherings with a focused theme. March 2025 has already seen two great and innovative events:

Southern California and the US Southeast hosted Dreams of Wisdom and Resilience in Whittier, CA on March 1, 2025 with an emphasis on the power of dreams to help us meet the challenges of everyday life and extraordinary circumstances.

As we go to press, a regional conference on **Dreams & Spirituality meets in Bangalore March 14-16 2025**, with an exciting slate of experts on dream traditions and the arts, health, yoga, and the search for enlightenment in Indian culture and society.



Look for short reports on these events in the April edition of Dream News.

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 the 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.



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, supporting you in the IASD mission of spreading awareness and understanding of our dream lives.

MEMBERS IN THE MEDIA

LET'S TALK DREAM RESEARCH WITH DEIRDRE BARRETT, PHD - REBROADCAST AVAILABLE ON YOUTUBE

<https://www.youtube.com/watch?v=Q3xyG-Cc3kl>

This is the recording of the "LET'S TALK DREAM RESEARCH" FREE EVENT IN FEBRUARY 2025. The first speaker in the 2025 series was Deirdre Barrett, PhD, current President of IASD, who discussed dreaming and creative problems solving.

HOT OFF THE PRESS

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

WHY DO I KEEP HAVING RECURRING DREAMS? BY STACEY COLINO

It's like watching a rerun while you're sleeping: Once again, you show up for a class not knowing there's a test, or lose control of your car while

WHY DO I KEEP DREAMING ABOUT THE SAME PERSON? BY ANDREA CHIPMAN

Recurring dreams are common, whether they involve falling from a great height into nothingness or missing an important exam years

driving, or get chased by a shadowy figure. Recurring dreams have a way of popping up again and again.

“The dreams contain the same content, emotions, or narrative structure,” explains Antonio Zadra, a professor of psychology and senior researcher at the Center for Advanced Research in Sleep Medicine at the University of Montreal. Common themes include falling into space, losing teeth, feeling paralyzed in a threatening situation, enduring a natural disaster, or being ripped off or cheated on. But “a significant chunk of recurrent dreams are idiosyncratic,” says Zadra, who co-wrote the book *When Brains Dream: Exploring the Science and Mystery of Sleep*. “And some people have more than one recurrent dream.”

SOURCE: TIME

<https://time.com/7263920/what-are-recurring-dreams/>

after leaving school. But what does it mean when you have multiple dreams about the same person?

The answer can vary, depending on who is occupying your nighttime thoughts, dream experts say. And interpretations vary, according to scientists.

SOURCE: NEWSWEEK

<https://www.newsweek.com/why-keep-dreaming-about-same-person-1711304>

MEMBERSHIP TOTALS

**IASD FEBRUARY 2025
Membership**
Membership Committee

**Total new and renewed
members = 59**

New members = 15
Michelle S. Bedford
Buster K. Benson
Leggie L. Boone
Emily J. Breffle
Madeline L. Coolidge
Kristopher Drummond
William L. Jensen
Zita Adrienn Markó
Sofia Sanchez
Nikki Wardwell Sleath
Anonymous=5

Renewed members = 44

Bhaskar Banerji
Lukas Bauer
Susannah Benson
Kelly Bulkeley
Laurel Clark
Frédéric Delforge
Dragana Djukic
Carrie Fields
Miguel Gasca
Lael J. Gold
Anat Goulart
Melissa Grace
Johanne Hamel
Stephanie Holton
Tracey L Kahan
Dan Kennedy
Jennifer McGarry
Daniel J Morris
Tara M O'Grady
Carol J. Oschmann
Wojciech Owczarski
Melinda Powell

Melanie G. Rosen
Line Salvesen
Linda Y. Schiller
Tadas Stumbrys
John E. Temple Jr.
Victoria A. Vlach
Kelly Sullivan Walden
Anonymous=15

DREAMTOONS BY DELIA

THE DREAM



THE DREAM RECALL

