

2022 IASD Conference Program Listing and Schedule

(15 May 2022)

SUNDAY 17 JULY 2022					
Time 12hr Pacific US	Room	Type & Track	Presenter Listing	Title	Summary
8 AM-1 PM	No Sessions: Lunch on your Own; Setup and Volunteer Training (10AM to 3PM) refer to Schedule at a Glance				
1 - 6:30 PM	Foyer	Registration OPEN			
	Salon E	Bookstore OPEN until 6:15			
1 – 4:30 PM	Salons B&C	Presenter AV checkout			
3 to 4 PM	Salons B&C	CE booklet and online Evaluation Application orientation			
1 - 6 PM	Executive Boardroom	IASD Board Meeting (Dinner Served 5:00)			
5 - 6:30 PM	Kiva Ballroom	IASD Dinner Buffet in Kiva Ballroom 1			
	6:15 Music on entry to Welcome and Keynote Session – Craig Webb				
6:30 - 8:30 PM	Salons B&C	Welcome 6:30 - 7 PM and Keynote 7 - 8:30 PM	Edward Bruce Bynum, PhD	African Mysticism and the Dreams of Modern Science	Dr. Bynum is a clinical psychologist, a student of Swami Chandrasekharan and Saraswati, a winner of the Abraham H. Maslow award from the APA, and author of several books, including <i>The Dreamlife of Families</i> , <i>The African Unconscious</i> , and <i>Dark Light Consciousness</i> .
8:30 - 11:00 PM	Foyer	Opening Reception and Newcomers Welcome Pay Bar and Snacks All Attendees Welcome			

MONDAY 18 JULY 2022

Time 12hr Pacific US	Room	Type & Track	Presenter Listing	Title	Summary
7 AM-8 AM	Kiva Ballroom	IASD Breakfast Buffet			
MONDAY and DAILY 8-9 AM MORNING DREAM GROUPS	Executive Boardroom	Morning Dream Group, Intuitive (12 persons)	Curt Hoffman	Developing the Intuition in Group Dreamwork	We will explore the ways in which intuitive perception can help in group dreamwork, following the Ullman technique as modified by Taylor along with Jungian amplification methods.
	Sabino	Morning Dream Group, Seth based (20 persons)	Virginia G. Bennett. and David Cielak	Dream Group: Seth, Dreams and Exuberant Health	This Dream Group explores how dreams can help us achieve and maintain exuberant health. Using guidance including dream incubations, suggestions, and techniques from the Seth Material, we can utilize our dreams to explore how to “create our own waking reality”, including optimal physical and mental well-being
	Santa Rita	Morning Dream Group, Dreamwork Practices (16 persons)	Katherine R Bell	The Treasure Hunt: Digging for Dream Gold	We will explore the propositions that dreams are helpful even if they are difficult and that they don't need to be interpreted. We will explore and deepen our trust in our dream feelings by slowing down the images, using breath and sometimes using embodiment or role play.
	Sonora	Morning Dream Group, Somatic (12 persons)	Gary Daniel Braun, Emma Rose Lynn	Dreaming Out loud / Weaving Dream Harmony	In Dreaming Out Loud, participants will be invited to explore the world of their dreams through sound, song, and movement.
	Rincon	Morning Dream Group; Group Projective	Helen Landerman	Morning Dream Group: Group Projective and Other Methods	Bring a dream and the group will unpack it, using the Group Projective ("If it were my dream") method, as well as Dream Interview, Gestalt and Dream Theater. Art materials will be provided for drawing and painting the dream.

MONDAY and DAILY 8-9 AM MORNING DREAM GROUPS	Salon J	Morning Dream Group, Dreamwork Practices (12 persons)	Donna Glee Williams	Writers Dreaming; Dreamers Writing	This group will support creative oneironauts in bringing back The Boon from their nighttime Hero's Journeys and offering it to their people in the form of poetry and fiction. We'll mix projective, Senoi, and Gestalt approaches with guided imagery and language craft, including ways to sidle up to automatic writing.
	Salon F	Morning Dream Group, Animal Themes (21 persons)	Victoria Rabinowe	Animal Dreams	Honor the animate spirit of dreamtime animals and creatures who come to visit. With an amalgamation of established, emerging and innovative DreamWork techniques, we will dissolve the boundaries between the self and "other". Explore animal themes from personal, collective, archetypal, allegorical perspectives as we investigate our fundamental, instinctive, animal nature.
	Salon D	Morning Dream Group, Dreams and the Arts (12 persons)	Sheila McNellis Asato	Coordi™ Dreamwork	In this dream group, participants will learn how to create Coordi™ "body puzzles" from their dreams. Body puzzles are fun, physical brain teasers that hone balance, coordination, and brain health. Through movement-based, non-interpretive dreamwork, participants will discover new, creative ways to deepen their relationship with dreams.
	Salon C	First Timer Morning Dream Group (18 persons)	Bernard Welt, Loren Goodman	First-timers Morning Dream Group: Welcome to the World of Your Dreams	This morning workshop for first-timers at the IASD conference provides participants with a home base to share and reflect upon new knowledge and insights gained during the conference, and introduces time-tested practices for recalling and recording dreams, and exploring them in your dream journal and with others.
MONDAY 9 - 9:15 AM	Foyer	15 min Transition w/Coffee & Tea			

MONDAY MORNING SESSIONS 18 JULY 2022

<p align="center">MONDAY 9:15 - Noon</p>	<p align="center">Sabino</p>	<p align="center">Research Poster Session with Presenters Present (will remain open all day for viewing)</p>	<p>Michelle Carr</p>	<p>Dreaming of the sleep lab associated with improved performance on sign language learning task</p>	<p>In a sleep laboratory nap study, participants who incorporated laboratory elements into their nap dream content had better recall for sign language vocabulary that had been presented prior to sleep, than those who did not dream of the lab.</p>
			<p>Jayne Gackenbach</p>	<p>Casual Gamer Dream Incorporation: First Person Observations After Decades of Research</p>	<p>In retirement one activity that has increased is video game play. While I am a casual genre gamer, the hours of such play has impacted my dream content in ways that I only saw in hard core gamers in my research. This is a first person observation of this process.</p>
			<p>William E. Kelly, Richard C. Zamora, & Soeun Park</p>	<p>Nightmare Frequency, Psychological Inflexibility, and Nightmare Proneness</p>	<p>Previous research suggests links between psychological inflexibility and nightmares. Further, nightmare proneness, a disposition to experience nightmares frequently, predicts nightmares after adjusting for emotional dysregulation. The current study investigated relationships between these variables and possible mediation effects of nightmare proneness on the relationship between psychological inflexibility and nightmare frequency.</p>
			<p>William E. Kelly</p>	<p>A Preliminary Analysis of Contemporary Psychoanalytic Constructs as Predictors of Nightmares</p>	<p>Nightmares have been associated with affective distress. However, distress is generally descriptive and atheoretical. To better understand nightmares in the context of contemporary psychoanalytic theory, the current research examines the association between nightmares and ego strength, object relations, and self-fragmentation while controlling for affective distress.</p>
			<p>Karen Konkoloy</p>	<p>Dreaming in individuals with Highly Superior Autobiographical Memory</p>	<p>Individuals with highly superior autobiographical memory (HSAM) can remember nearly every day of their adult lives with remarkable accuracy (LePort et al., 2012). To take a first step towards investigating the characteristics of dreams in individuals with HSAM, we surveyed HSAM and control participants about their dreams and memory.</p>
			<p>Remington Mallett</p>	<p>A freely available Big Data dataset of lucid and non-lucid dream reports</p>	<p>This poster describes the details of a novel dataset that includes thousands of lucid and non-lucid dream reports. An emphasis will be placed on how it can be used by others for future research.</p>

MONDAY 9:15 - Noon	Sabino	Research Poster Session with Presenters Present (will remain open all day for viewing)	Daniel Morris	Inducing Lucid Dreams with Optimized Sensory Cues	The goal of this research was to investigate an approach to optimize sensory cues for lucid dream induction based on increasing the salience of sensory cues. Our second aim was to investigate potential differences in EEG and autonomic physiology when external sensory cues are incorporated into ongoing dreams.
			Rachel Raider	Effects of Planning on Lucid Dream Induction	The study tested whether lucid dream induction success is enhanced if the imaginative process used within the Mnemonic Induction of Lucid Dream (MILD) technique during Wake-Back-To-Bed (WBTB) (LaBerge, Phillips, & Levitan, 1994) is extended to include a specific goal the dreamer wishes to achieve in a lucid dream.
			William Rekshan	How do apps support dreaming? A review and comparison of mobile applications.	We review the current landscape of mobile applications related to sleep and dreaming. We seek to answer two questions. First, what is the overlap between sleep and dream applications? Second, how do dream applications support dreaming?
			Sheldon Juncker, Daniel Kennedy, Gerard Quinn	Exploring Dreams with Wikipedia-based Semantic Analysis	We explore the processing of dream reports using ESA, a modern approach to textual analysis using Wikipedia. We highlight two areas in which this method can be applied in a research or application context. We conclude by presenting ways that ESA could be used in this field in the future
			NOTE: Posters Remain Up for Viewing until 7 PM		
MONDAY 9:15 - 10:15 AM	Salon J	1hr Dreams and the Arts Musical Event	Curtiss Hoffman	The Musical Dream Tarot	Since the 2021 IASD conference, I have been given the project of producing dream music for the 78 Tarot keys. I will present my methods for collecting dreams and organizing them by Key. While this is a work in progress, I will present selections of some of the completed compositions.
	Salon F	1hr Dreams and the Arts Film Event	Kelly Bulkeley and Alisa Minyukova	Dream Mapping Theater in St. Petersburg: A Film	As part of the Dream Mapping Theater's ongoing series of international dream-art performances, an event was filmed in St. Petersburg, Russia in the summer of 2021 integrating music, sculpture, vocalizations, and dance. A discussion with the DMT's co-directors Alisa Minyukova and Kelly Bulkeley will follow a showing of the film.
	Salon D	Lucid Dreams Special Event	Robert Waggoner	Five Ways Lucid Dreaming Should Revolutionize Psychology	Lucid dreaming offers unparalleled access to the state of dreaming and allows for experimenting with the unconscious (the hidden foundation of consciousness) and the very nature of creativity. As such, lucid dreaming provides the possibility for radical new insights which could revolutionize psychology. Five exploratory insights will be shared.

MONDAY 9:15 - 10:15 AM	Salon C	INVITED PRESETNER Culture & Spirituality	Catherine Shainberg, PhD	Turn on the Light: Kabbalah, Dreaming, Co-creation and Enlightenment	Dr. Shainberg is an internationally renowned transpersonal psychologist, lecturer, and award-winning author. She created the School of Images® where her work integrates timeless wisdom with modern Western traditions to catalyze creative manifestation. Her books include <i>Kabbalah and the Power of Dreaming</i> , <i>DreamBirth</i> and <i>The Kabbalah of Light</i> .
10:15-10:30	Foyer	15 min Transition and Beverage Break			
MONDAY 10:30 AM - Noon	Rincon	90m Dreamwork Practices Workshop	Layne Dalfen	Solution Oriented Dream Decoding: Problem Solving While We Sleep	If we know how to tap into the resource of our dreams, anyone can gain insight and clarity about relationships, work, family, and life. This workshop gives participants tools to decode and understand why we have certain dreams on a particular night and how that knowledge can enrich our lives.
	Salon J	90m Dreamwork Practices Workshop CE	Linda Yael Schiller, MSW, LICSW	Dreams Alive! Guided Dream Theater	Our dreams are alive as we dream them. In this interactive workshop you will have the opportunity to enact your dreams in live guided dream theater and bring them to life and to greater resolution if they call for it, in a safe supportive environment.
	Salon F	90m Clinical Approaches Symposium CE	Sophie Boudrias	Using Visual Dream Reports for Emotional Memory Reconsolidation in Psychotherapy.	Image has some properties that make it a good candidate for emotional memory reconsolidation. Different techniques will be presented to facilitate this process in psychotherapy using visual dream reports, as a complement to verbal or written dream reports.
			Marta Aarli	Dreams in Psychotherapy: Deepening through the Unconscious	I will discuss the complementarity of dreamwork and psychotherapy in the healing process. Dreams open a direct line to our unexpressed shame, trauma and grief, as well as our creativity, humor and freedom. They provide an opportunity to understand and integrate these experiences and to become more whole human beings.
			Greg Mahr, Anthony Reffi, Chris Drake	Nightmares and Acute Trauma	Using a variety of clinical and research measures, the authors examine the phenomenology of nightmares in a unique acute trauma population in the acute care surgery department of a large teaching hospital. Dream content will also be examined, especially from the point of view of mastery within the dream.
	Salon D	1h Dreams & Ethnicity Symposium	Grundy [Chair] Krippner	Native American Residential Schools Abuse: Dreams, Healing, Reparations	This symposium addresses the historic, pervasive and horrifying abuse of Native American children that occurred in residential schools in the United States and Canada and significant dreams related to it. Both presenters had direct contact with children abused in these schools.

MONDAY 10:30 AM - Noon	Salon D	1h Dreams & Ethnicity Symposium (Continued)	Jodine Grundy	Turquoise Spider Woman Dispels Omak Nightmare	This presentation focuses on the presenter's two powerful dreams, separated by 50+ years, about the Native American residential school in Omak, WA, where she taught from 1966-1967. "Omak Is the Devil" dream accurately revealed the horrific abuse at this site and others. "Turquoise Spider Woman" dream healed and dispelled the collective nightmare.
			Stanley Krippner	Drumming and Dreaming Away the Trauma	Creed, a First Nations pupil, was molested at the residential school he attended, leading to PTSD nightmares which were alleviated by teaching him Imagery Rehearsal Therapy. He now runs a fishing enterprise and is a talented artist, specializing in painting drumheads for his clients.
	Salon C	90m Dreams and the Arts Symposium	Welt, Bulkeley, Barrett	A Sandman Symposium: The Endurance of Neil Gaiman's Myth of Dreaming	This year, Netflix will debut the long-awaited adaptation of Neil Gaiman's wildly popular <i>Sandman</i> series of graphic novels. This special symposium celebrates the event with a guided tour of the cosmos of dreaming created by one outstanding fantasy writer and his artistic collaborators.
			Bernard Welt	Anatomy of a Dreamworld: The Sandman's Collective Dream	In the <i>Sandman</i> graphic novels, Neil Gaiman cloaks the ancient concept of the collective dream in modern form—as an embodied deity, a storyland, a reconfigured cosmos of transcendent imagination. This presentation charts Gaiman's dreamworld and attempts to account for an appeal that embraces fanboys and academic scholars alike.
			Kelly Bulkeley	The Mythic Dreaming of The Sandman	This presentation will use the comparative religions approach of Wendy Doniger to interpret the <i>Sandman</i> series of Neil Gaiman as an especially resonant expression of "mythic dreaming," with deep roots in the creative play of the human imagination as it eternally grapples with the great existential questions of life.
			Deirdre Barrett	Illustrating Sandman: Approaches to Envisaging Dreams	The <i>Sandman</i> series features covers by Dave McKean and interior illustrations by a large and changing stable of artists. This talk will discuss the books' variety of approaches to portraying the dream world, and compare them to the set and prop design for the 2022 Netflix Sandman television series.

MONDAY AFTERNOON SESSIONS 18 JULY 2022

MONDAY Noon - 2 PM	Kiva Ballroom 1	2hr Lunch Break IASD Buffet in Kiva ballroom 1			
	Hospitality Rm 4274	Hospitality Suite Open Noon to 1:45 (no meals served) Special Invite to First Timers			
	Kiva Ballroom 2	Research Group and Student Researchers Lunch Meeting Bring in Lunch from the IASD Buffet in Kiva Ballroom 1			
	Salons J&K	Art Exhibit Open Noon to 7:47 PM			
MONDAY 2 - 4 PM	Executive Boardroom	2hr Clinical Approaches Workshop (20 persons)	Johanne Hamel	Somatic Art Therapy Dreamwork	Combining Art Therapy Dreamwork and her expertise on Somatic Art Therapy, Dr. Johanne Hamel offers in this workshop an original way to work on dreams through bodily dream sensation. She will briefly explain her 4-Quadrants art therapy method and guide participants' experimentation with their own dreams.
	Rincon	2hr Dreamwork Practices Workshop (30 persons)	Jean Campbell	DreamWork/Body Work Workshop	DreamWork/BodyWork is a process-oriented therapeutic model. This workshop will provide tools for understanding trauma and accessing the source of resolution. Workshop participants will gain insight into how the body holds and records information, how that information can be accessed, how dreams and personal imagery contain the information necessary to healing.
	Salon J	2hr Dreams and the Arts Workshop (15 persons)	Julia Lockheart and Mark Blagrove	An Ullman Dream Discussion with Artwork Produced and Printed onto a T-shirt	Mark Blagrove and the audience will discuss a dream with the dream-sharer following the Ullman method; Julia Lockheart will simultaneously create a painting of the dream on pages taken from Freud's Interpretation of Dreams. The painting will be printed onto a T-shirt for the dream-sharer to wear at the conference.
	Salon F	2hr Clinical Approaches Workshop CE	Leslie Ellis	Nightmares and the Nervous System: "Safety is the Treatment"	The polyvagal theory has revolutionized the way trauma is being understood and treated. Current approaches to nightmares have not yet taken Dr. Stephen Porges' theory into account. Dr. Leslie Ellis will present a way of working with nightmares that incorporates both polyvagal theory and embodied experiential approaches.

MONDAY 2 - 4 PM	Salon D	2hr Dreams and the Arts Panel	Nauman - Mikulski (Moderator) + selected exhibiting artists	Exhibiting Visual Artists and How They Work from Dreams	Five exhibiting artists explain their creative process and how it is related to dreams and dreaming. Each artist presents visuals of their work. Conference attendees will be provided the opportunity to gain a more comprehensive understanding of the artist's thought process and how they visualize dreams.
	Salon C	90m Research Symposia on Lucid Dreaming State of the Art CE	LaBerge, Dresler, Baird [chair]	Lucid Dreaming: State-of-the-art, Current Controversies and Methodology for Dreaming Research	Although empirical evidence for lucid dreaming has been available for over 40 years, this remarkable state is still widely misunderstood and its promise is underappreciated. This update will review our latest psychopharmacological and psychophysiological research, focusing on studies with important practical and theoretical implications.
			Stephen LaBerge	The Promise And Paradox Of Cognizant Dreaming: Update On Experiment, Experience, Theory And Practice	This update will discuss current research in lucid dreaming, including: 1) Placebo-controlled trials with cholinergic stimulation by pre-sleep treatment with acetylcholinesterase inhibitors to enhance lucidity during subsequent dreaming. 2) Research comparing attention and auditory perception during lucid REM sleep. 3) Current controversies and differing methodological approaches in lucid dream research.
			Martin Dresler	Lucid Dreaming: Neurobiology, Effects on Daytime Mood and Induction Strategies	In this talk I will give an overview on the recent and ongoing research at the Donders Sleep & Memory Lab on lucid dreaming, including the neurobiology of lucid dreaming, the association of dream lucidity with daytime mood, and different strategies to induce lucid dreaming.
4 - 4:15 PM	Foyer	15 min Transition and Beverage Break			
MONDAY 4:15 - 5:45 PM	Executive Boardroom	90m Dreams and the Arts Workshop (15 persons)	Loren Goodman	Serious Play: Surrealist Dream Writing Workshop	Viewing our dreams as a rich source for literary artistic production, we will experiment with the collaborative, collage-like Surrealist technique for generating literary art known as the "exquisite corpse." Experimenting with three versions of this method will help us produce, share and offer insights into our own dream literature collaborations.

MONDAY
4:15-5:45 PM

MONDAY 4:15-5:45 PM	Salon J	90m Clinical Approaches Workshop CE (50 persons)	Alan Siegel	Understanding and Exploring Children's Nightmares: Clinical, Cultural and Creative Dimensions	Understanding and exploring children's nightmares may enhance communication, diagnosis, and treatment, and soothe traumatic anxieties linked to the pandemic, anxiety, depression, etc., stimulate creativity, and alert parents and therapists to emotional distress in children. Exercises, guidelines for mental health professionals, dreamworkers, and parents will be presented, as well as nightmare themes, interventions, cultural and creative dimensions.
	Salon F	90m Dreams and the Arts Symposium	Sheila Asato	A Dream Artist's Journey Continues - From Virtual Reality to Coordi™	In 2019, Sheila became the Dream Artist-in-Residence at REM5 Virtual Reality Lab. In partnership with dreams, she learned how to navigate this new medium which led her to another new creative partnership with James Sewell, creator of Coordi™. Together they are creating a new form of dreamwork inspired by dance.
			Julia Lockheart and Mark Blagrove	Surrealism and the Painting of Health- and Key-workers' Covid-19 Pandemic Dreams	We will present and discuss the series of ten artworks of keyworkers' and healthworkers' pandemic dreams told to us in online events during the pandemic. We discuss also the place of the DreamsID (Dreams Illustrated and Discussed; Dreams Interpreted and Drawn) collaboration and its performances and artworks within Surrealism.
	Salon D	90m Dreamwork Panel CE	Maniss, Rodriguez, , Sparrow	The Use of Dreamwork through DreamStar Free Online Counseling: Risks, Safeguards, and Outcomes	We will present: 1) the history of Dreamstar Free Online Counseling that was created in response to the pandemic; 2) the rationale for introducing dreamwork into DFOC's services; 3) the dreamwork method employed; 4) training procedures; and 5) the preliminary data that explored the benefits and risks reported by clients and counselors.
			Suzanne Maniss	DreamStar Free Online Counseling: A Response to Counselor Education Needs During the COVID Crisis	Suzanne will present: The crisis that impacted UTRGV's Counseling Program; Our decision to develop DFOC in light of CACREP and UTRGV policies; Global stats pertaining to students and clients served by DFOC; Decisions to supplement standard therapy with dreamwork; Efforts that we made to promote DFOC during the pandemic

MONDAY 4:15-5:45 PM	Salon D (Continued)	90m Dreamwork Panel CE (Continued)	Tabitha Rodriguez	Adopting a Dreamwork Methodology for Online Individual and Group Dreamwork	Tabitha will: Summarize the FiveStar Method, describing the elements that promote positive counseling outcomes; emphasize the aspects of the FSM that differ from traditional content-focused dreamwork; describe how it aligns with contemporary schools of psychotherapy; and describe her own experience and the experiences of her cohort.
			Scott Sparrow	Addressing the Risks and Benefits of Using Dreamwork in Groups: Quantitative and Narrative Data	Scott will: review the controversy surrounding dreamwork sharing in groups; explain why the FiveStar Method addresses these concerns; present data from a retrospective research study that supports hypotheses concerning dreamwork safety, specific adverse and fulfilling incidents, and dreamwork's outcome measures compared with standard counseling.
	Salon C	90m Lucid Dream Research Symposium CE	Remington Mallett (Chair)	Isolating Positive & Negative Lucid Dreaming Themes: Towards the Good and away from the Bad	Studies have revealed psychological benefits from lucid dreaming, though there might also exist negative phenomena. Here, we chart out a full scope of lucid dreaming experiences and isolate the features that determine whether one is positive or negative.
			Clarita Bonamino	Lucid Dreaming Frequency in Adolescent Athletes and Their Non-athlete Counterparts	A discussion of findings from an online survey study exploring the frequency of lucid dreaming in adolescent athletes and non-athletes, and the proportion of athletes using lucid dreaming to rehearse sports skills and its related effects on wakefulness.
			Dashiell Bark- Huss	How To Tweet From Your Dreams	This presentation will describe how the dream phone works, a lucid dream communication device. I will go into concepts such as lucid dream communication using EOG and web3. I will talk about how dream communication may change the future of lucid dreaming.

MONDAY EVENING EVENTS 18 JULY 2022

MONDAY 5:45 - 7:45 PM	Kiva Ballroom 1	2-hour Dinner Break IASD Dinner Buffet in Kiva Ballroom 1			
	Hospitality Rm 4274	Hospitality Suite Open 5:45 to 7:45 (no meal served)			
	Salons J&K	Art Exhibit Open until 7:45 PM			
7:45 PM	Begin Entering the Keynote Presentation - Music on Entry by Craig Webb				
MONDAY 8 - 9:30 PM	Salon B&C	KEYNOTE	Jeannette Mageo, PhD	Metaphors and the Self in a Zombie Pandemic Dream.	Dr. Mageo is Professor of Anthropology at Washington State University. Her manifold writings on dreams show that cultural models tie personal experience to politics and public culture. Her books include <i>Dreaming and the Self</i> , <i>Dreaming Culture</i> and <i>The Mimetic Nature of Dream Mentation</i>
MONDAY 9:30 - 10 PM	Salon B&C	Dream Telepathy Contest	Cynnie Pearson, Maureen Boyd Biro, Sherri Puricelli, Robert Waggoner.	The Dream Telepathy Contest invites dreamers to “try their psi,” based on the groundbreaking experiments of Drs. Montague Ullman and Stanley Krippner performed at the Maimonides Medical Center and reported in their book, <i>Dream Telepathy Experiments in Nocturnal ESP</i> . Come to this gathering to learn about the contest, find out how you can participate and meet the designated “sender” who will attempt to telepathically broadcast a target picture to dreamers overnight.	
MONDAY 9:30 - 11PM	Hospitality Rm 4274	Hospitality Suite Open 9:30 until 11PM			

TUESDAY 19 JULY 2022

Time 12hr Pacific US	Room	Type & Track	Presenter Listing	Title	Summary
TUESDAY 7 - 8 AM	Kiva Ballroom	IASD Breakfast Buffet			
TUESDAY 8 - 9 AM	See Mon AM	Morning Dream Groups	Same Groups Meet Every Morning - See Monday Morning for Room and Schedule		
9 - 9:15 AM	Foyer	15 min Transition w/Coffee & Tea			
TUESDAY MORNING SESSIONS 19 JULY 2022					
TUESDAY 9:15- 11:15 AM	Executive Boardroom	2hr Dreams and the Arts Workshop	Victoria Rabinowe	Dream Collage: A Study in Synchronicity	Collage lends itself easily, naturally to the flow state which is parallel to the dream state. Dreams often appear as visual events that are impossible to translate fully in word-centric rational thought. Through the synchronicity of found imagery and text, collage will unravel, reorganize, and realign complex messages. All materials supplied.
	Rincon	2hr Dreamwork Practices Workshop	Walter Berry	Drawn into the Dream	What happens when we make a simple sketch of a dream? You will be surprised how much pours up out of the unconscious and ends up on the paper. This workshop is meant for and open to everyone. Artistic abilities are not necessary.
	Salon J	2h Clinical Approaches Workshop CE	Kristen LaMarca	Lucid Dream Therapy: Case Conceptualization, Treatment Planning and Intervention	Lucid Dreaming Therapy (LDT) has favorable features with the potential to elaborate on evidence-based treatment models for nightmares, trauma, and other mental disorders. This workshop focuses on the planning, justification, and implementation of LDT interventions using theoretically-informed case formulations.
	Salon F	2hr Dreamwork Practices Workshop (35 persons)	Justina Lasley	DreamSynergy™: Dreams + Action = Change!	In this workshop, you will learn about and participate in DreamSynergy™ - a practical, innovative, step-by-step process to understand and use dreams to facilitate lasting change, whether it be yours or your clients. Practice and enjoy a time tested dreamwork procedure that will work in any area of dream specialization!

TUESDAY
9:15- 11:15
AM

Salon D	2h Extraordinary, Psi, & Lucid Dreams Symposium	Laurel Clark	Dreams and the Highly Sensitive Person (HSP)	People with Sensory Processing Sensitivity, an innate genetic trait found in 15 – 20% of the population, are also known as Highly Sensitive People (HSPs). With a complex and rich inner life, highly aware of subtleties, and acutely observant, they tend to be active dreamers who thirst to understand meaning.
		Stanley Krippner	Two Remarkable Out- of-Body Dreams.	This presentation will describe two dreams in which the dreamer claimed to be "out-of-the-body." while dreaming. Both participants were able to correctly describe a visual "target" that had been placed above their heads in a soundproof sleep laboratory room.
		Dale E. Graff	Precognitive Dreams: Closing Time Loops with the Future	This presentation reviews methods for applying lucid and non-lucid precognitive dreaming for predicting certain types of future events; evaluates causes reasons for success and failures in precognitive dream experiments; discusses implications of precognitive dreaming and synchronicity for science, individuals and concepts of time; provides guidelines for achieving reliable precognitive dreams.
Salon C	2hr Research Symposium on Dream Narrative CE	Deirdre Barrett	Dream Narratives Written by Deep- learning Artificial Intelligence GPT-3	We trained an AI deep-learning text program general dreams, lucid dreams, and pandemic dreams and asked it to generate groups of original dream narratives with what it learned from each data set. We will discuss their dramatic resemblance to real dreams . . . and the nature of occasional glitches.
		Kelly Bulkeley, Ph.D. , Maja Gutman Music, Ph.D.	Continuities and Discontinuities in Dream Journals: A Digital Analysis	A digital analysis of eight people’s year-long dream journals during 2020 reveals the vital role of dreams in responding to social crises and cultural change as presented through thousands of news reports. Keeping a dream journal has the effect of heightening awareness of the dynamic interplay of personal and collective issues, potentially enhancing capacities for adaptive flexibility.
		Nori Muster	Introduction of New Characters in a Long Term Dream Journal	This presentation uses multiple methods to analyze the appearance of new dream characters in a long-term dream journal. This includes why they appear, how long it takes for them to appear, and how long they stay. The presentation will analyze the appearance and of two college professors and a fiancé.

	Salon C	2hr Research Symposium on Dream Narrative CE	Emily Von Hausen	How Dreams Have Impacted the Lives of Dreamers – A Narrative Study and Implications for Dreamwork	This talk summarizes the results of a narrative research study that examined how dreams have impacted the lives of dreamers. Eight dreamers whose lives were significantly impacted by dreams were interviewed, and common themes were found. Dream journal materials aligning with noted life impacts are also explored and provided.
11:15 -11:30 AM	Foyer	15 min Transition w/Coffee & Tea			
TUESDAY 11:30 AM - 1 PM	Sabino	90m Dreamwork Practices Workshop	Susan Ackerman Joseph	Sensing the Signs (that Guide Us)	Sensing the Signs is an experiential offering that uses somatic resonance and release techniques to facilitate a deeper connection to the symbols/signs that appear in dreams. Somatic resonance is the experience of what is happening in the body. Participants will have an opportunity to work with their own material in this interactive workshop that includes a variety of somatic techniques including breathwork, gentle movement and sound, contemplation, as well journaling and sharing.
	Rincon	90m Dreamwork Practices Workshop	Katherine R Bell	Dreams: The Treasure Hunt	Experience the benefits of exploring your dreams using a little TLC: Tenderness, Longing and Curiosity. Pleasant and supportive moments are present in almost all dreams, even ones that don't feel so good. Bring a dream to explore and learn to start looking for your nightly treasures.
	Salon J	90m Film Showing	Marcos Martínez (Producer and Director)	Sueños	A documentary on the oneiric world in which the homeless from the city of Buenos Aires (Argentina) live. The movie mirrors their hard life stories from the first-person narration of their dreams, and it also portrays an intimate picture of their everyday activities. In this way, a coral story is built up, which, from a different point of view, generates a state of reflection and sensitivity upon a historical social problem in Argentina
	Salon F	90m Dreams & Health Panel	Banerji, Mascaro (chair), O'Keefe.	Health and Healing Dreams	By attending to dreams, one can discover those which reflect health-related issues. These range from illness development, medical treatment option advice, and everyday behavioral instruction. This panel focuses on the many ways dream have impacted those managing a health condition.

TUESDAY
11:30 AM -
1 PM

Salon F	90m Dreams & Health Panel (Continued)	Bhaskar Banerji	Benefits of Health-related Dreams	This talk is based on my 2018 PhD dissertation on incubating healing dreams. The focus will be on the types and variety of health-related dreams that emerged from the qualitative analysis section of the study with special attention on how one might benefit from them in terms of health improvement.
		Kimberly Mascaro	Dreaming for Wellness	After years of reflecting on impactful dreams of her research participants and therapy clients, Dr. Mascaro was given the opportunity to dive deeply into the dream arts herself, when diagnosed with a frightening chronic illness. Now, she shares her own pre- and post-diagnostic dreams which paved the way for healing.
		Kathleen O'Keefe-Kanavos	Guided Precognitive Cancer Dreams	Kat Kanavos thought she was in perfect health, but a dream saved her life. Dreams can be doorways through which guides traverse Albert Einstein's Space-Time Continuum, bringing information validated in our waking world. Kat will detail health dreams, and how she used her dreams, guides, and journal to survive.
Salon D	90m Lucidity Symposium	Waggoner, Hamilton (chair)	What Best Defines Lucid Dreaming Activity: Control, Influence or Relating to Unconscious Activity?	Fundamentally, lucid dreaming involves realizing within the dream that you dream. What remains controversial involves the accurate depiction of lucid dream activity. Does it mean "control of the dream"? Or does it mean something like "influencing the dream" or a hybrid state of "awareness relating to unconscious elements"? Join us.
		Robert Waggoner	The Fallacy of Lucid Dream Control	The experience of lucid dreaming shows a high degree of spontaneous events, new scenes and unconscious activity which contradict the idea that lucid dreaming means "control of the lucid dream". We will explore the obvious "unconscious" activity that occurs in lucid dreaming, and suggest that lucid dreamers only influence the dream.
		Nigel Hamilton	Lucid Dreaming as Relating to Conscious and Unconscious Elements	Does a lucid dreamer "control" the lucid dream or relate to a wide array of spontaneous objects, situations and appearances? Or is it a hybrid of some influence by the lucid dreamer within a larger reality of spontaneous and unconscious activity? These questions need resolution to truly understand lucid dreaming.

TUESDAY 11:30 AM - 1 PM	Salon C	90m Theory Symposium CE	David Kahn	Agency and Spontaneity in Dreaming: Diversity in Dream Experience	The incorporation of randomly and non-randomly occurring elements with the nonlinear combination of the two is hypothesized to play a major role in accounting for the diversity of dream experience and the appearance of discontinuities and incongruities in characters, scenes, and behavior.
			Sue Llewellyn	Dream to See Patterns	What is a dream? I think dreams identify complex patterns in experience and portray these in dream images. We detect complex patterns in wake too, but thought is convergent and driven by more obvious associations. Whereas, during dreaming, we spot less obvious associations because we think in a divergent way.
			Shanee Stepakoff	Homonyms and Homophones in Dreams: Beyond the Freudian Framework	Homonyms and homophones in dreams are found in diverse cultural settings across nearly three-thousand years of human history. Examples from ancient oneirocritical texts as well as modern dream-reports indicate that these forms of wordplay can help us decode the dream's meaning. I present a non-Freudian theoretical framework for this phenomenon.
TUESDAY AFTERNOON SESSIONS 19 JULY 2022					
TUESDAY 1 - 3 PM	Kiva Ballroom 1	2hr Lunch Break IASD Buffet in Kiva Ballroom 1			
	Hospitality Rm 4274	1:00 – 2:45 PM Volunteer Thankyou Gathering – snacks and beverages (Volunteers Only Please)			
	Salon J&K	Art Exhibit Open 1 until 3 PM			
TUESDAY 3 - 5 PM	Executive Boardroom	2hr Dreamwork Practices Workshop (15 persons)	Susan Armington	Tiny Objects of the Dream: Creating and Working with "Seed Objects"	This workshop offers a hands-on approach to working with dreams. Participants create small mixed-media objects to represent dream images, then reflect on them individually and in pairs. Guided questions lead them to expand their creations and explore their dream more deeply.
	Salon J	2hr Dreamwork Practices Workshop (30 persons)	Tzivia N. Gover	The Living Image: Supercharge Your Dreamwork and Writing with the Power of Imagery	In this workshop, participants will explore the imagery from dreams and the subconscious to supercharge their dreamwork and writing. Through techniques and prompts inspired by Jungian and Gestalt dreamwork, participants will learn a creative, noninterpretive approach to dreamwork to enrich their writing (from journal writing to literary prose and poetry).

	Salon F	2hr Dreams & Ethnicity Symposium CE	Alaya A Dannu (45m)	The "Mahari Alaya": Honoring the "Realm" of the "Sacerdotal Woman" through Dreams and Sacred Dance	The presenter will perform a small yet growing repertoire of sacred dance choreographies that were created through the guidance of ancestral dreams. Whilst the movement vocabulary is similar to Neo-Classical Odissi dance - an established classical dance from northeast India - its mythological and philosophical foundations are vastly different.
Fanny Brewster (45m)			Dreaming in Color	The presentation will discuss the importance of culture as an aspect of dreaming. This will include the historical perspective of dreaming within a Eurocentric psychological model and the significance of collective and cultural experiences of the BIPOC dreamer.	
Misa Tsuruta (30m)			Ainu dreaming: An Indigenous Culture in Japan.	Ainu people are indigenous people in Japan. Like other indigenous groups around the world, they have suffered lots of disadvantages in relation to the Japanese (<i>wajin</i>). This presentation is to introduce some of their oral culture rich with dream-related materials. Their language, culture and spirituality will also be discussed.	
TUESDAY 3 - 5 PM	Salon D	90m Extraordinary Dreams Symposium	Virginia Bennett, David Cielak	Creating Reality from The Inside Out: Dreams, Seth and Epidemics: The Road to Value Fulfillment.	From the perspective of the Seth Materials, dreaming co-creates reality, individually and <i>en masse</i> . Mass events, like epidemics, arise from this shared dreaming. If epidemics are purposeful and meaningful, how can our dreams (lucid and non-lucid) lead to greater value fulfillment for people and the planet?
			David Cielak & Virginia Bennett	Dreams, Seth, and Epidemics: Travelling the Road to Value Fulfillment	Pandemics: Purposes from the Seth Materials - World at a value fulfillment crossroads. Creating Waking Reality from Inner Reality: The Dream State; Dreams to value-fulfilling realities individually and <i>en masse</i> . Becoming Practicing Idealists and Dream Arts Scientists. Value Fulfillment/ Competition. Dreaming creating a better world for people and planet.

TUESDAY 3 - 5 PM	Salon C	2hr Spiritual Symposim	Hoss (chair) Mastrangelo, Van- Bronkhorst,	Dreaming Between Worlds: Psychopompic, Visitations, and NDEs	We examine the gateway that dreaming and lucidity opens toward experiencing the outer reaches of our conscious continuum, going beyond a waking physical focus, or dreams of our inner life, to the lucid otherworld experience of the psychopomp, visitations, and finally the fully lucid NDE (near-death experience).
			Linda Mastrangelo	Strange Tales of a Psychopomp: A Lucid Journey into the Underworld	From the Greek ψυχοπομπος meaning the "guide of souls", psychopomps (creatures, spirits, deities or even humans) are ones who can travel between worlds. In this presentation, I will be exploring ancient mythology/mystery cults, my personal psychopompic dreams and how these nightly journeys parallel my ancestors and their dream practices.
			Jeanne Van Bronkhorst	Companioning the Dying through Lucid Dreams	I explore psychopomp dreams with stories from my own experiences, grounded in the Jane Roberts/Seth Material model in which the initial after-death state is powered by our emotions and expectations. In the liminal space between life and death, our dreaming muscles are essential when the physical world falls away.
			Robert Hoss	Crossing Over and Back: Lucid Visitations and the Near-death Experience	Lucid experiences of crossing the veil and back are explored, including: hypothetical differences between grieving dreams of loved ones and lucid visitations; research into common, cross-cultural experiences of NDEs; and the resultant decisions about the nature of mind, memory and consciousness from some medical professionals who study NDEs first-hand.
5 - 5:15 PM	Foyer	15 min Transition and Beverage Break			
TUESDAY 5:15 - 6:15 PM	Salon J	1hr Dreams and the Arts Musical Event	Steven Ernenwein	"The Knowing" - Live Performance of the Songs and the Dreams that Inspired Them.	Attendees will hear a tender and intimate performance of a handful of songs from my latest album that have all been directly inspired by my dreams. I will share the dreams, the process, and perform the songs.
	Salon F	1h Clinical Approaches Workshop	Nigel Hamilton	Applying the Waking Dream Process to Dreams and Lucid Dreaming	The significance and therapeutic use of the Waking Dream Process will be discussed. A demonstration of the Waking Dream Technique using an audience participant's dream will follow, along with questions from the audience. Guidelines for clinicians in using this technique will also be discussed.

TUESDAY 5:15 - 6:15 PM	Salon D	1h Lucidity Workshop (25 persons)	Craig Webb	Lucid Living: Championing Dreams for a Deeply Fulfilling Life	Everyone wants a deeply fulfilling life. The challenge is that we have lessons to learn along the way, plus what is fulfilling is open for interpretation. The presentation will explore destiny, fate and quantum physics, showing ways how dreams can become a valuable inner GPS along our richest soul path.
	Salon C	INVITED PRESENTER Pandemic Dream Research	Deirdre Barrett, PhD	Dark of Night: Our Dreams of the Covid- 19 Pandemic	Dr. Barrett teaches at Harvard University. Her books include <i>The Committee of Sleep</i> , and <i>Pandemic Dreams</i> . Deirdre is Editor of <i>Dreaming</i> , and Past President of IASD and of The Society for Psychological Hypnosis. Her research interests include dreams and creative problem solving, lucid dreaming, and the application of AI to dream research. She makes digital dream art which has appeared in <i>National Geographic</i> and the IASD art show.
TUESDAY EVENING SESSIONS 19 JULY 2022					
TUESDAY 6:15 - 8:15 PM	Kiva Ballroom 1	2-hour Dinner Break IASD Dinner Buffet in Kiva Ballroom 1			
	Salons J&K	Art Exhibit Open until 8:15			
	8:00 PM Begin Entering the Keynote Presentation - Music on Entry by Craig Webb				
TUESDAY 8:15 to 9:45 PM	Salon B&C	KEYNOTE	Stephen LaBerge, PhD	Anagnostic Oneirony: Dreaming and Awakening	Dr. Stephen LaBerge pioneered Lucid dreaming research at Stanford University. He developed lucid dream induction techniques known as MILD and WBTB and devices such as the DreamLight and NovaDreamer. He is author of <i>Exploring the World of Lucid Dreaming</i> , and <i>Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life</i> . His recent research shows lucid dreaming sheds light on the nature of consciousness.
9:45 PM - Midnight	Hospitality Rm 4274	Presenter Thank You Gathering (presenters only please)			

WEDNESDAY 20 JULY 2022

Time 12hr Pacific US	Room	Type & Track	Presenter Listing	Title	Summary
7 AM-8 AM	Kiva Ballroom	IASD Breakfast Buffet			
8 AM-9 AM	See Mon AM	Morning Dream Groups	Same Groups Meet Every Morning - See Monday Morning for Room and Schedule		
9 - 9:15 AM	Foyer	15 min Transition w/Coffee & Tea			

WEDNESDAY MORNING SESSIONS 20 JULY 2022

WEDNESDAY 9:15 - 10:15 AM	Sabino	1h Dream Poetry Workshop	Troy Gregorino	Collaborative Dream Poetry	The facilitator will engage participants in an experiential exercise to demonstrate ways to incorporate collaborative poetry writing as part of group dreamwork. As guided by the dreamer, participants will assist in constructing dynamic, stream-of-consciousness impressions of shared dreams to elicit deeper exploration of their meaning.
	Rincon	1h Dreamwork Practices Workshop	Azima Lila Forest	Leading Dream Groups in Person and on the Internet	“Leading Dream Groups in Person and on the Internet” will focus on structures and techniques for leading dream groups, both in person and via the Internet. It will include material on the format used for each dream session and the process used in working with each dream.
	Salon J	1h Dreamwork Practices Workshop	Athena Laz	The Alchemy of Your Dreams	A workshop on the spiritual and psychological alchemy of dreams
	Salon F	1h Clinical Approaches Workshop	Dr Bryony Shaw	The Benefits of Group Dreamwork in Clinical Practice	Dr Bryony Shaw outlines clinical benefits of group dreamwork based on research she conducted in 2021. Dr Shaw facilitated four dreamwork groups over a course of 8-weeks with 21 participants and explored the effects of Dr Montague Ullman's <i>Appreciating Dreams</i> protocol on participants.
	Salon D	1h Dreamwork Practices Workshop	Rubin Naiman, Leah Ann Bolen	DreamWork at Work: Practices to Enhance Corporate Wellness and Creativity	At first glance, dreams and work might appear to be opposites - antithetical and even mutually exclusive. While work is serious and productive, dreaming can appear frivolous and irrational. Utilizing creative work-related dream practices, this workshop addresses the potential of dreamwork to enhance work life in surprising and significant ways.

WEDNESDAY 9:15 - 10:15 AM	Salon C	1h Culture & History Symposium	Celia Hildebrand	Dreams and Dreaming through the Lens of East Asian Medicine	East Asian Medicine (EAM) considers dreams, and the act of dreaming itself, useful for differential diagnosis and pattern identification. EAM assesses the activity and quality of dreaming, the results of dream activity (insomnia, pleasure, pain, anxiety, etc.) and dreams themselves for their impact on a person's emotional and physical health.
			Theresa Coimbra	Expanding Your Dream Knowledge through Indigenous Wisdom from Brazil	I find a connection between Jung's work and Brazilian indigenous wisdom about dreams. Both treat dreams as a portal into the unconscious and receive nature as a guide. Both approaches stimulate the development of creative possibilities within us, leading unconscious contents to be articulated by the conscious mind.
10:15 - 10:30 AM	Foyer	15 min Transition w/Coffee & Tea			
WEDNESDAY 10:30 AM - 12:30 PM	Executive Boardroom	2hr Dreams and the Arts Workshop	Xian Prem	Fairytale of Dream Interpretation through Expressive Arts	Xian Prem offers to take heartfelt dream questions into the expressive arts. Questions about the dream will be explored before adventuring into artwork. The intent of the dreamer will guide their subconscious in creating art. There will be time for reflection, self-interpretation and sharing.
	Rincon	2hr Dreamwork Practices Workshop	Athena Lou and Roger Martinez	Secrets of Interactive Dream Group Dynamics	Interactive Dream Groups invite members to actively participate by playing characters/symbols in a dream. Recognized as Dream Theater, visual, tactile, emotional and auditory senses are all incorporated to deeply experience the dream content and message and bring all members into a new level of communicating with the unconscious.
	Salon J	2h Intuition Workshop	Marcia Emery	Intuition: The Spark that Fuels Dream Interpretation	Intuition is the deepest wisdom of the soul and can come through the dream to provide instant understanding. Participants will discover how they are wired for intuitive receptivity and then learn how to interpret individual symbols, and finally to focus on decoding the entire dream using Marcia Emery's DreamShift Process

WEDNESDAY
10:30 AM -
12:30 PM

Salon F

2hr Dreamwork
Practices Panel
Long-Term
Journaling

McCall,
Hoffman
& Hoss,
Pearson
(chair),
Campbell

Long Term Journal
Keeping: Moving
Forward, Looking
Back

Because the personal journal is a uniquely sensitive instrument that may enlighten not only the individual dreamer but the whole field of dream study, journal keepers often meet at IASD conferences to discuss observations and discoveries. This year's presentations will reprise and update popular presentations from the past.

Janet McCall

Illustrated Dream
Journaling: Guidance
and the Creative
Process

For three decades, Janet McCall has recorded and illustrated her dreams, compiling 51 journals that serve as a valuable source of inspiration, growth, and healing. She will discuss examples of how she has used this practice for creative problem solving, insights into her health, and working through personal loss.

Curtiss
Hoffman
& Robert
Hoss

Exploring Color in
Dreams

At the 2004 IASD conference, Hoffman and Hoss presented a study of over 5,000 of Hoffman's dreams on the basis of colors appearing in them. Using the Luscher color/emotion analysis, Hoss was able to identify periods of high emotional tension in Hoffman's waking life. An update of their study will demonstrate whether their results hold.

Cynthia
Pearson

Dreaming in the
Multiverse

Having discovered extended and sometimes elaborate synchronicities, both in her own dream records and among dream group members, Pearson has labeled them arabesques and continues a decades-long quest to explain them as manifestations of quantum physics and the multiverse – concepts that are becoming prominent in popular culture.

Jean
Campbell

Things I've Noted in
My Journal: People
Keep Dreaming Me
Before I Meet Them

Can people dream precognitively about one another before meeting? I have recorded numerous incidents of this appearing to happen...and not just in my dreams but in other people's dreams about me. What does this type of event mean about the nature of dreams, and the nature of time and space?

WEDNESDAY 10:30 AM - 12:30 PM	Salon D	90m Spiritual Symposium: Cosmic Dreaming	Carol D. Warner	The 30,000 Foot View: Cosmic Perspectives in Dreams	I discuss cosmic perspectives given in my dreams, including one especially powerful hopeful dream bridging past, present and future. The dark times of the present are seen in 2 dreams from a 30,000 foot view of earth. Another dream takes us outside our solar system.
			Melinda Powell	Questions and Answers at the Transpersonal Heart of Dream Lucidity	This presentation explores how questions asked and answered in lucid dreams may deepen dream lucidity and facilitate psycho-spiritual development. Melinda Powell examines the form and purpose of questions that have arisen across a twenty-year trajectory of her lucid dreaming experience.
			Ron Bugaj	Modern Day Lucid Dream Awakening to Spirit and The Ancient Mysteries of Light in the Great Pyramid	This heart-opening, multimedia presentation reveals a sacred initiation of Awakening to Spirit and the Ancient Mysteries of Light in the Great Pyramid of Egypt. Original artistic images illustrate a profound mystical experience, triggered during an existential crisis and confrontation with death, revealing a unified cosmic vision beyond conflict and belief.
	Salon C	90m Dream Research Symposium CE	Mark Blagrove	Dream-sharing and Human Self- Domestication	We propose that as dream sharing enhances empathy, it may have enhanced the cohesiveness and mutual understanding of group members in history and pre-history, and thus contributed to Human Self-Domestication, held by many researchers to be the primary driver of the evolution of human prosociality, tolerance and reduced emotional reactivity.
			Claudia Picard- Deland	Memory Sources in Dreams across Sleep Stages and Time of Night	Waking-life events, either recent, distant, or even anticipated events, can be incorporated into dream content. However, which types of memory are incorporated at what time during the night remains unclear. Using a serial awakening paradigm, this study investigated how sleep stages and time of night influence dream memory sources.
			Karen Konkoly	Dreaming in the Dark: Exploring Neural Correlates of Dreams Lacking Visual Imagery	How is visual imagery produced during dreams in REM sleep? In this study, individuals in lucid dreams closed their eyes and reported on their visual experiences in real-time. While eye closure during wake produces characteristic alpha oscillations, the neural underpinnings of visual inhibition in REM sleep may be different.
			Kenna Stephenson	When Dreams Speak: Dream Workshops as a Modality to Reconvene and Reconnect	A didactic presentation on dreams and health was followed by an interactive group Sandtray exercise, after which participants formed dyads to share dreams and apply presented dreamwork techniques. Surveys revealed high satisfaction.

WEDNESDAY AFTERNOON SESSIONS 20 JULY 2022

WEDNESDAY 12:30 – 2:30 PM	Kiva Ballroom 1	2hr Lunch Break IASD Buffet in Kiva Ballroom 1			
	Salons K&L	Art Exhibit Open 12:30 to 2:30			
	Hospitality Rm 4274	Hospitality Suite Open 12:30 to 2:15 PM (no meals served)			
	Kiva Ballroom 2	Regional Representatives Group Lunch Meeting Bring in Lunch from the IASD Buffet in Kiva Ballroom 1			
WEDNESDAY 2:30 - 4:00 PM	Salon B&C	90 minute General Membership Meeting One of the primary purposes of our annual conferences is to hold the annual IASD Membership Meeting. This meeting is open to all attendees – members, non-members, and those curious about becoming a member. This is a chance to meet our members, our incoming officers and board, and to hear about recent IASD achievements and future plans from our president. We welcome and encourage your attendance			
WEDNESDAY 4 - 5:30 PM	Salon B&C	Keynote w/Music on Entry	Rubin Naiman, PhD	The Impact of Dream Loss on Collective Consciousness.	Dr. Naiman is asleep and dream specialist at the University of Arizona’s Andrew Weil Center for Integrative Medicine. He is a pioneer in the development of integrative approaches to sleep and dreams, integrating scientific with depth psychological, transpersonal, and spiritual perspectives.

WEDNESDAY EVENING FREE TIME EVENTS AND ART RECEPTION 20 JULY 2022

WEDNESDAY 5:30 - 8 PM	5:30 - 8 PM	Hotel Restaurants	2 1/2 Hour Free Time and Dinner Break [Cascade Lounge, Flying V (reservations)]		
	5:30-7:15 PM	Hospitality Rm 4274	Hospitality Suite Open (no meals served)		
	5:30 - 6:30 PM	Salon K&L	Meet the Artists		
	7 - 8 PM	Foyer	Craig Webb	Dream Circle Dance	A warm welcome to all! This interactive community song/dance circle blends various traditions and celebrates life through movement and music. A fun opportunity to enjoy friendly faces and charge physical and dream bodies with lots of lucid energy. Easy-going, supportive atmosphere (no skills required, so ignore your inner critic!)
WEDNESDAY 8 - 10 PM	Salon K&L	Dream Art Reception			

THURSDAY 21 JULY 2022

Time 12hr Pacific US	Room	Type & Track	Presenter Listing	Title	Summary
THURSDAY 7 -9 AM	Kiva Ballroom 1	IASD Breakfast Buffet in Kiva Ballroom 1			
	7 AM Meet at Information Desk	Dream Hike 7 to 9 AM	Alan Siegel	Early Morning Dream Hike--Ventana Canyon Trail	Hike and share dreams, connect with others in nature and learn about indigenous use of plants, as we hike uphill directly from the conference site. It is an opportunity to connect with conference attendees in a natural setting, share dreams, ponder our relationship with nature and ways to appreciate and heal the planet. Learn about indigenous use of plants and explore dreams about nature and climate as well other important dreams. There will be a trail map with options along it to return early or hike longer. Bring shoes and sun protection for hiking on a rocky trail.
THURSDAY 8 - 9 AM	See Mon AM	Morning Dream Groups	Same Groups Meet Every Morning - See Monday Morning for Room and Schedule		
THURSDAY MORNING SESSIONS 21 JULY 2022					
9 - 9:15 AM	Foyer	15 min Transition w/Coffee & Tea			
		Begin entering the keynote session. Music on entry by Craig Webb			
THURSDAY 9:15 - 10:30 AM	Salon B&C	Research Keynote	Michelle Carr, PhD	From Nightmares to Lucid Dreams: How Dreams Impact Our Mental Health.	Dr. Carr is President of IASD, Postdoctoral Associate in Psychiatry at the University of Rochester, and Assistant Director of the Sleep and Neurophysiology Research Laboratory. She studies the relationship between dreams and mental health, with particular interest in nightmares and lucid dreams, as well as dream engineering - new techniques and technologies designed to influence dreams to benefit well-being.

10:30 - 10:45 AM	Foyer	15 min Transition w/Coffee & Tea			
THURSDAY 10:45 - 12:45 AM	Rincon	2hr Dreams and the Arts Workshop	Marta Aarli	Dreams Into Poetry: Experiential Workshop	In this experiential workshop, we'll explore the places between dreaming and waking, visual and verbal, translating messages and images from our dreams into poems. We'll tap into our whole being to express the language of our body, heart, senses, and soul, through structured play to free ourselves creatively.
	Salon J	1h Psi Film Event w discussion	Craig Webb	Yesterday's Children (Movie based on a true story about Powerful Clairvoyant and Past-Life Dreams)	An engaging movie which centers around dreams and stars Jane Seymour, based on the book by Jenny Cockell based on her true story about powerful clairvoyant and past-life dreams that she acted on to finally unite with the still-living aged "children" from "her" previous life.
	Salon F	2h Spirituality Workshop	Tom Zenho Whalen, Richard Issan Mugai Elkin	Dream as Koan - Koan as Dream: the Embodiment of Dream in a Spiritual Practice	Participants will be introduced to the origin of many Zen Koan, and Buddhist Sutras, as historical Dream/Visionary experience, illuminating the many "purposes" of Koan. A Koan will be presented. Following a period of personal meditation, there will be group embodiment of a dream. Discussion of the process will follow.
	Salon C	2hr Dreamwork Practices Workshop	Robert Hoss	A Dreamer's Journey: Engaging the Wisdom	Jung spoke of a "purposeful structure" to dreams, a transcendent journey toward wholeness. Contemporary researchers have observed similar emotional problem-solving and learning structures in dreams. We will practice an approach that merges Gestalt and Jungian tools with that research to recognize and work with the archetypal and personal guideposts along your dream journey for therapeutic and personal dreamwork.
	Salon D	2hr Hybrid Research Symposium	Katja Valli	Subjective experiences are similar during anaesthetic-induced unresponsiveness and NREM sleep	We compared the prevalence and content of subjective experiences in interviews obtained from the same subjects after arousals from NREM sleep stages N1, N2, and N3 and dexmedetomidine- and propofol-induced unresponsiveness, and found hallucinatory dream-like experiences to be equally often reported after experimental anesthesia and NREM sleep.
Cloé Blanchette-Carrière			Dream activity as a potential precipitating factor for sleepwalking	There are several precipitating factors for sleepwalking episodes. According to patients, dreams and nightmares are among the most reported. It is therefore relevant, in addition to objective diagnostic tools, to evaluate the dream activity during the evaluation or the treatment to assess their relationship with the occurrence of the parasomnia.	

THURSDAY 10:45 - 12:45 AM	Salon D		Aurélien de la Chapelle	Behavioral and electrophysiological evidence of attention differences in low & high dream recallers	We tested attention and working memory with behavioral and MEG measurements in low and high dream recallers. Compared to high dream recallers, performance of low dream recallers was less impaired by hard-to-ignore distractors and their electrophysiological data suggested enhanced processing of targets relative to distractors.
			Michael Schredl, et al.	Work-Life-Balance in dreams: Frequency and emotional tone of work-related and hobby-related dreams	Within this online survey, the work-life balance in dreams (difference of the percentages of work-related and hobby-related dreams) is linked to work-related stress and the hobby frequency, similar factors to those that affect work-life balance in waking life.
			Michael Schredl	Foreign languages in dreams: A long dream series	In a long dream series, the occurrence of foreign language was studied. The language most prominent in the dreamer's waking life also occurred more often in his dreams. Being in an English-speaking country increased the frequency of English in the dreams.
THURSDAY AFTERNOON SESSIONS 21 JULY 2022					
THURSDAY 12:45 - 2:45PM	Kiva Ballroom 1	2hr Lunch Break IASD Buffet in Kiva Ballroom 1			
	Kiva Ballroom 2	Conference Planning Group Luncheon Meeting Bring in Lunch from the IASD Buffet in Kiva Ballroom 1			
	Hospitality Rm 4274	Hospitality Suite Open 12:45 to 2:30 (no meals served)			
THURSDAY 2:45 - 4:15 PM	Sabino	90m Dreams and Health Workshop	Bei Linda Tang	Waking Dream Therapy for Deep Relaxation, Stress Release, and Psycho-spiritual Wellbeing	In 2020, I developed chronic shoulder pain from pandemic-related stress. During hypnotherapy sessions for pain relief, I dreamt of an Octopus that swam out of my shoulder and shapeshifted into a healing bubble. I will guide participants into a waking dream to meet the Octopus and experience energy renewal.
	Salon J	90m Dreamwork Practices Workshop	Jason (J.M.) DeBord	DREAMS 1-2-3: The Simple and Modern Process of Dream Interpretation	Equipped with three simple facts about dreams and three simple steps for analyzing them, everyone can be their own dream interpreter. The DREAMS 1-2-3 process of dream interpretation begins with the premise that you already know what your dreams mean. Then you may decode a dream's symbolism and analyze its story.

THURSDAY 2:45 - 4:15 PM	Salon F	90m Dreamwork Practices Workshop	Nathan Feinstein	Here may be a way to connect directly to the subconscious for you, future dreamers, and research	Dr. Garfield an IASD founder, reached over 250,000 people with her dream-writing technique. We will experience her technique, a dream writing tool, and a process for “pop-out” insights to consider if they are a way to connect to the subconscious.
	Salon C	90m Dreams and the Arts Cinema Event	Bernard Welt	The Dream Sequence - How Dreams Mean in Cinema	Dream sequences in film have identifiable purposes in the context of their narrative settings. Here we offer both a history and typology of the cinematic dream sequence, beginning with conventions that distinguish the dream from the primary realist narrative, illustrated with many excerpts from the history of world cinema.
THURSDAY 2:45 – 4:15 PM	Salon D	90m Hybrid Research Symposium	Emma Peters	Embodied dreaming: Dream incorporation using forearm muscle stimulation	The talk will start with an introduction to dream incorporation, previous research, and its results. This is followed by the presentation of a pilot study on dream incorporation using electrical muscle stimulation. Finally, an ongoing project on the same topic will be discussed.
			Adam Horowitz (presented by Kathleen Estahany)	Dream Incubation with Simple Timed Audio Cues	We created a dream incubation protocol by developing a hardware-free, online website to (a) identify hypnagogia using people’s sleep-onset estimates and (b) guide/record dreams. Using this hardware-free method we were able to validate the original Dormio protocol by showing marked distinctions between hypnagogic and wakeful thoughts.
			Kathleen Esfahany	Targeted Dreaming Increases Waking Creativity	We offer the first scientific evidence for a causal link between experimentally manipulated dream content and subsequent creative performance. We use an auditory incubation protocol to introduce specific content into sleep-onset dreams and find that dream incubation confers a post-sleep creative boost on tasks linked to the incubated dream.
			JF Pagel	The Frequencies of Dreams	Discrete forms of sleep consciousness (dreaming) can be phenomenologically grouped based on their association with physiologic frequency-based electrical fields.
4:15 – 4:30 PM	Foyer	15 min Transition			

THURSDAY LATE AFTERNOON & EVENING EVENTS 21 JULY 2022

THURSDAY 4:30 – 5:30 PM	Salon D	1hr Research Symposium	Pilleriin Sikka	COVID-19 on mind: Is the pandemic reflected in the affective quality of mind-wandering and dreaming?	I will present the first results of a large international study investigating how the coronavirus pandemic is reflected in the emotional quality of spontaneous experiences during the day (mind-wandering) and night (dreaming).
			Westley A. Youngren; Matt K.P Gratton; Garrett, R. Baber	Presleep Thought Content & Nightmare Occurrences	Our study examined what variables predicted posttrauma nightmare occurrences (PNOs). Of specific interest, we examined how presleep thought content predicted PNOs within a sample of N=62 observations nested within n=12 sexual assault survivors. Results revealed that sleep latency and thought content related to the original trauma both independently predicted PNOs.
			Karen R. Konkoly, Elizabeth E. Coleman, Marcia Grabowecky, Ken A. Paller	Dreaming in individuals with Highly Superior Autobiographical Memory	Individuals with highly superior autobiographical memory (HSAM) can remember nearly every day of their adult lives with remarkable accuracy (LePort et al., 2012). To take a first step towards investigating the characteristics of dreams in individuals with HSAM, we surveyed HSAM and control participants about their dreams and memory.
	Salon C	1 hr Afternoon Entertainment Event	Katie Mason	Toilet Maturation and Mischief	Using dreams as our guide, let's go on a ride through this "pandemicy" world we are living. Full of expansion, contraction and gorgeous, glorious absurdity, Katie weaves storytelling, spoken word poetry and humor against the backdrop of dream images, as she reflects on the last couple years.
THURSDAY 4:30 - 7 PM	Executive Boardroom	Board Meeting #2 (Dinner Served at 6:00)			
THURSDAY 5:30 - 8 PM	On Your Own & Kiva Ballroom 1	2 ½ -hour Dinner Break and Costume preparation IASD Dinner Buffet in Kiva Ballroom 1			

THURSDAY EVENING DREAM BALL 21 JULY 2022

THURSDAY 8 - Midnight	Ballroom A,B,C	8 - 9 PM Costume Parade	<p>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. Start thinking now about your costume! The Dream Ball begins with a dream costume parade. You will line up and come forth in costume and have 1 minute to present how your costume relates to your dream (2 minutes for groups). Then at about 9PM The George Howard Band will get you moving with their music from multiple genres, from pop and traditional to rhythm and blues. Recently inducted into the Blues Hall of Fame, George is a founding member of the Tucson Musicians Museum. He has been involved in playing music for over 40 years and is a sure crowd-pleaser. We hope you will enjoy this dream community celebration and magical conclusion to the conference</p>
		9 - Midnight Dream Ball	

FRIDAY MORNING CHECK-OUT 22 JULY 2022

Breakfast on Your Own and Room Checkout by Noon		
FRIDAY 8 - 11 AM	Hospitality Rm 4274	<p align="center">Hospitality Suite Open 8 to 11 AM (no meals served) (Note: Artwork which has not been picked up by Thursday night will be taken to the Hospitality suite and if not claimed by 10 AM may be made donated to those wishing to obtain it)</p>