**Preliminary Program Listing**

**2/24/2023**

***Subject to minor updates so check back periodically.***

**Sunday, June 18th**

1:00 – 6:00 IASD Board Meeting #1: Galaxy 1 (dinner served)

5:00 – 6:30 Dinner on Your Own

6:30 – 7:00 Welcome: Angel Morgan, Kelly Bulkeley, Alaya Dannu

7:00 - 8:30 Keynote - Aquarius Ballroom

Nataki Garrett - *Theater, Dreams, and Creativity*

8:30 – 11:00 Opening Reception: Orion Ballroom

**Monday, June 19th**

8:00 – 9:00 Morning Dream Groups (These meet every morning at this time.)

* Group One: Board Room

Dashiell Bark-Huss – *Lucid Dream Group*

This dream group is meant for those interested in increasing their lucid dream frequency. We will focus on improving our lucid dreaming skills through immersive games and exercises.

* Group Two: Stardust

David Billington – *Waking Dream Process*

This dream group is based on Hamilton's Waking Dream Process (2014), a therapeutic dream revisitation technique in which the dreamer is guided to reimagine their dream, expand the dream experience, focus on significant images and connect them to bodily sensation.

* Group Three: Cosmos 1

Xian Prem -- *The Energetics of Dreams*

Xian Prem. Ph.D. offers a journey through the energetic wave of your dream study. She will support you to discover the high points of your dream. Interpretation tools such as movement, art, and poetry will be utilized for you to find new angles to look at your dream journey.

* Group Four: Galaxy 2

Leslie Ellis -- *Embodied Experiential Dream Group*

Join Dr. Leslie Ellis for a deep dive into experiential dreamwork using a blend of focusing, active imagination and Gestalt techniques to inhabit and explore night dreams and daydreams. This approach to dreams is one of curiosity and engagement, allowing dreams to work on us, not vice versa.

* Group Five: Cosmos 2

Katherine Bell - *Digging for Dream Gold*

We will practice looking for “Gold” even in difficult dreams, with the understanding that dreams are beneficial biological phenomena. Each participant has an opportunity to share a dream every morning. We will go deeper with one dreamer each day using non-interpretive Experiential Dreamwork techniques, such as embodiment or role play.

* Group Six: Galaxy 1

Katherine Ladd Pearson - *Finding Soul in Symptom, Synchronicity, and Dream*

It is well known our dreams can both reflect and predict our physical ailments, but dreams also offer so many other layers we may find mirrored in our everyday lives. This dream group will explore the intersection of dreams with waking somatic symptoms and other external synchronicities.

* Group Seven: Andromeda

Curtiss 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. Note: attendance limited to 24 attendees.

* Group Eight: Orion

Michaela Costello – *Dream Party*

Dream sharing is focused on methods of Active Dreaming, the structure of which are oriented towards bringing the dreamer to a place of inspired action to take to honor a message from a dream. One by one dream sharing with structured clarity questions/prompts is followed by group feedback.

* Group Nine: Aquarius

Bernard Welt and 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.

9:00 – 9:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

9:15 - 10:15 Dreamwork Symposium: Galaxy 1

Speakers:

* Nori Muster - *Nightmares of One Person's Long-Term Dream Journal*

This presentation uses multiple methods to analyze 69 nightmares that took place from 1983-2021. The nightmares fall in three categories: violence, surreal, and anxiety. The results of this analysis demonstrate continuity between nightmares and daytime concerns, and continuity of one person's dreams over time.

* Katherine O’Connell - *Your Dreams Are Your Best Medicine: An Introduction to the Healing Dream Series*

Dreams often come in a series over time and unfold like a story, with valuable information about the soul's path and the healing process. I outline how to recognize a healing series and to connect the dots between and among the dreams that offer direction for the next chapter of life.

9:15 - 10:15 Lucidity Panel: Andromeda

Speakers:

* Robert Waggoner and Nigel Hamilton - I*nner Responses to Lucid Dream Requests: A Pilot Study*What happens when you make a request or ask a question of the dream itself within a lucid dream? This pilot study asked lucid dreamers to make requests when lucid dreaming and to note any response from a non-visible respondent. This pilot study explores a potential inner awareness within lucid dreams.

9:15 - 10:15 Special Event (film): Orion

Speakers:

* Charles Fisher and Beth Kalish - *The Achuar in the Amazon -- People Who Live by Their Dreams*

This presentation is a film, including dream interpretation sequences. Filmed mainly in the Amazon Rainforest of Ecuador, it presents cultural background and other information about the indigenous Achuar people and their dream-interpreting practices. Additional material, filmed in Los Angeles, includes commentary by the co-authors of the presentation.

9:15 - 10:15 Invited Presenter: Aquarius

Speaker:

* Jean Houston – Epidaurus Reborn

10:15 – 10:30 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

10:30 - 12:30 Dreamwork Workshop: Galaxy 2

Speaker:

* Jean Campbell -- *DreamWork/BodyWork 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.

10:30 - 12:30 Arts Workshop: Cosmos 2

Speaker:

* Lael Gold - *Night Muse: A Dream and Poetry Workshop*

Dreams potentially reverse and upend all laws, norms, and givens. Similarly, poetic language seeks no less than to reverse entropy, i.e., to accomplish the impossible by making the outworn fresh, the old new. Dreams and poetic forebears will lead the way, as we write from and about our dreams.

10:30 - 12:30 Ethnicity Workshop: Galaxy 1

Speaker:

* Kiran Anumalasetty - *Ancestral Healing through Family Constellation*

Ancestral Dreams reveal a profound aspect of our psyche which is connected to our family lineage. Our wellness depends on the wholeness of our family lineage. Ancestral dreams bring to consciousness the hidden dynamics of a family system. An ancestral dream can be understood and integrated beautifully using Family Constellations.

10:30 - 12:30 Arts Symposium: Orion

Speakers:

* Mark Blagrove and Julia Lockheart - *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.

10:30 - 12:30 Hybrid Research Symposium: Aquarius

*PTSD Nightmares and Psychotherapeutic Mechanisms*

Speakers:

* Greg Mahr - *Nightmares, Acute Trauma, and Suicidality*

The authors describe the results of an ongoing study of nightmares in acute trauma. Severity of nightmares was associated with suicidality, and nightmare content involving passivity and helplessness was associated with poor recovery.

* Sophie Boudrias - *The Role of Emotion to Update Emotional Memory through Reconsolidation in Dream-Based Psychotherapy*

This presentation summarizes the results of an action research conducted with eight participants in the context of dream-based art psychotherapy. The results clarify the roles of emotion to facilitate implicit emotional memory updating through reconsolidation in psychotherapy.

* Katja Valli - *Effect of the 2004 Indian Ocean Tsunami on Dreaming*

We investigated how episodic memories of the 2004 Indian Ocean tsunami catastrophe were reflected in the dreams of five Swedish female survivors a few months after the incident, and assessed whether their emotional and threatening dream content differed from a matched Control group.

* Fiona Henrich - *Understanding Dreams after Post-Traumatic Stress- Development of a Model of Adaptive Dreaming*

This presentation outlines current qualitative research on the phenomenology of trauma dreams following trauma exposure. The salient distinguishing nature and qualities that demarcate nightmares from adaptive dreams are investigated. The mechanisms of adaptive dreaming that elicit trauma adaptation and prevent PTSD are considered. A Model of Adaptive Dreaming is proposed.

12:30 - 2:00 1 hour 30 minute Lunch Buffet (prereserved tickets): Cosmos 1

12:30 - 2:00 Research Luncheon Meeting (lunch from buffet): Board Room

2:00 - 4:00 Arts Workshop - Cosmos 2

Speaker:

* Victoria Rabinowe - *Dream Journal Techniques: Source of Insight and Creativity*

Explore inventive, creative journaling methods to unravel complex messages of the DreamTime. Provocative writing prompts will guide participants to explore riddles of the night by decrypting symbols, metaphors, and paradoxes from shifting perspectives. Establishing a dream practice can reveal multiple layers of meanings with insights from dream re-entry techniques. All skill levels welcome.

2:00 - 4:00 Psi Workshop - Galaxy 1

Speaker:

* Marcia Emery - *Adventures In Precognition: An Intuitive Approach*

A Power Point presentation documents my adventures in precognition that began in 1971. Hopefully, the slides will inspire attendees to recall and explore their precognitive dreams that can warn the dreamer of an accident or health challenge or show opportunities for personal advancement such as employment, or preview a new partnership.

2:00 - 4:00 Special Lucidity Event - Andromeda

Speakers: Clare Johnson and Robert Waggoner - *Lucid Communications with Special Dream Figures*

Do all dream figures represent some aspect of one’s self? Lucid dreaming shows that exceptions exist to this rule. Encounters with highly conscious dream figures beg the question: do some dreams transcend the individual psyche, and if so, why? What is their purpose? Two veteran lucid dreamers explore this deep topic.

2:00 - 4:00 Ethnicity Panel - Orion

Speakers:

* Jean Campbell, Valley Reed, Janet MacColl, and Alexandria Casteel - *Reclaiming Mutual Dreaming for a Sustainable Ecology*

Mutual Dreaming is explored in solidarity with Social Change and Environmental Justice. This multidisciplinary panel examines Mutual Dreaming beyond Western Science paradigms, while Indigenous Science amplifies the scope of shared dreaming to include more than human ancestors, and Holistic group dreaming calls us to heal the stories of the land.

2:00 - 4:00 Hybrid Research Symposium - Aquarius

*Methodological Approaches to Studying Dreams*

Speakers:

* Kelly Bulkeley: *An Introduction to the Sleep and Dream Database*

This presentation will describe how to use the resources of the Sleep and Dream Database (SDDb), an online, open-access archive of more than 50,000 dream reports and survey responses. Topics include methods to search the database, tools to analyze the reports and surveys, and open questions for new research.

* Katja Valli: *DREAM: A Dream EEG and Mentation Database*

## We present the DReam EEG And Mentation (DREAM) database, an expanding open collection of standardized datasets on sleep EEG combined with dream report data. DREAM increases the statistical power of studies focusing on the neural correlates of dreaming, and provides useful criteria for methodological choices for future dream laboratory projects.

* Michael Schredl: *Methodological Challenges in Studying Possible Dream Functions*

A great many theories of the possible functions of dreaming have been proposed over the years. The question of how these theories can be studied empirically has not been addressed that often. As there are fundamental problems, this will be summarized.

* Ava Lindberg: *Dreaming and Gamification: Enhancing Dreamwork through the Dream Game*

Dreaming and Gamification presents evidence from three 2022 qualitative initiatives of the influence of gamification on research participant dreaming. Applying the Dream Game to qualitative research with points, leaderboards, and rewards enhances dreaming frequency, motivates textual recording, intensifies willingness to illustrate symbols, with amplification of unconscious and conscious research findings.

## 4:00 – 4:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

## 4:15 – 6:15 Poster Session – Galaxy 2

Presenters:

* TBA

## 4:15 – 6:15 Arts Workshop – Cosmos 2

Speaker:

* Kelly Lydick - *Mastering the Dream: Experimental Writing and the Dreamscape*

In this generative workshop, we’ll examine several unique experimental narratives and use our own dreams as source material for new work. Participants will explore dream themes, synchronicities, and color to inform new work: a poem, a short story, a play, song lyrics, or the beginnings of a novel.

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## 4:15 – 6:15 Arts Workshop – Galaxy 1

Speakers:

* Walter Berry and Keith Himebaugh - *Animating a Mythic Dream*

Walter Berry and his Drawn into the Dream method will team up with Keith Himebaugh, a professional animator, and they will work dreams from participants by not only having the dreamer draw the dream, but Keith will also animate on screen his projected mythic version. This will be delightful.

## 4:15 – 6:15 Clinical Workshop - Andromeda

Speaker:

* Robert Hoss - *Dream Journey of Transformation: Personal and Archetypal Paths*

## Carl Jung observed a multi-layered “purposeful structure” to dreams which reflects our transcendent journey toward wholeness. The workshop introduces dreamworking tools, that merge Gestalt and Jungian practice with contemporary research, to recognize and work with personal and underlying archetypal guideposts along your dream journey -- for therapeutic and personal dreamwork.

## 4:15 – 6:15 Dreamwork Symposium - Orion

Speakers:

## Katherine Bell - *Dreams, The Treasure Hunt*

## I will describe how and why to cultivate a treasure hunt mentality in looking at dreams. Helpful and supportive moments occur in almost every dream, even ones that don’t feel good. Bringing some “TLC” to dreams can provide courage to explore the difficult ones and often increases dream recall.

## Jennifer Hart - *Long-Running Sacred Bird Series: The Potential for a Changing Landscape*

## A dream series spanning two years guides a doctoral student through the dissertation process and her own healing. This sacred bird series demonstrates nightmare conversion and meaning-making for the student dreamer. This talk discusses the dream work practices, resources, and creative expression used to understand the birds’ transformative messages.

## John Valanzuela - *An Unrequited Anima Love Story*

## The talk examines how a specific dream series relates to the development of the anima archetype in the dreamer’s life and compares these developments to concepts in interpersonal neurobiology. The goal is to show that the use of both theories expands the frameworks and transforms the pace of individual work.

## Tamara Walker - *The Wisdom of Image: Following Vulture into the Imaginal Realm*

## I discuss theoretical imaginal knowing from the depth psychological perspectives of C. G. Jung and James Hillman. I then explore my own vision of a vulture during a community ritual and share how imaginal knowing transformed the vulture from an image filled with dread into personal insight and unexpected compassion.

## 4:15 – 6:15 Extraordinary Dreams Symposium - Aquarius

Speakers:

* Daniel Rekshan - *D-SETI: The Dream Search/Study for/of Extraterrestrial Intelligence*

Extraterrestrial contact is a typical dream theme; dream telepathy seems real, and people often think of their ET/UAP experiences as dreams. How can we study with ET dreams in ethical ways? Imagining SETI with lucid dream telepathy instead of radios inspires the academic work introduced in this talk.

* Dale Graff - *Applying Precognitive Dreaming for Event Predictions*

This presentation explains strategies for routinely experiencing precognitive dreams for future events, including those that can be represented as a binary outcome by using a linking (associative) technique. Recommendations for target pool development, data evaluation and potential response to the precognitive dream information are provided.

* Tina Tau - *The Golden Theatre -- Dreams that Pierce the Veil*

“All the world’s a stage…” In this presentation, Tina Tau discusses three big dreams that call into question the nature of consensus reality and invite us to view our experience as a play. There is great freedom available to us within this paradigm.

* Jeanne Van Bronkshorst - *The Challenges of Responding to Precognitive Dreams*

Dreams that seem precognitive challenge us to respond to them, but often dreamers aren’t sure what to do. I will explore several common responses, and reveal an insight hidden among the stories: How we respond is shaped by our own understanding of destiny and free will.

## 6:15 – 8:15 Two Hour Dinner Break (on your own in local restaurants)

## 8:15 – 9:45 Keynote – Aquarius

Speaker:

## Andras Jones - *Radio8Ball: The Pop Oracle*

## 9:45 – 10:30 Dream Telepathy Contest: Aquarius

## Facilitators:

## Cynnie Pearson, Maureen Boyd Biro, Sherry Puricelli, Robert Waggoner

## Tuesday, June 20th

## 8:00 – 9:00 Morning Dream Groups (see Monday schedule)

9:00 – 9:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

9:15 – 11:15 Dreamwork Workshop – Cosmos 1

Speakers:

* Leah Hodari and David Kahn - *Using Sandtray and Miniatures in Dream Work*

This workshop is an introduction to the use of sandtrays and miniatures in recalling and processing the content of dreams. Participants will be introduced to basics of sandtray work and the benefits of using miniatures to recreate images, memories, emotions and thoughts experienced in dreams and nightmares. Participants will take turns creating and processing trays.

9:15 – 11:15 Clinical Workshop – Cosmos 2

Speaker:

* Linda Yael Schiller - *PTSDreams: Transforming your Nightmares from Trauma through Integrated Dreamwork*

Nightmares that are trauma-based are among the most upsetting and pervasive dreams. This workshop provides a clear basis for trauma-informed dreamwork, combining Guided active Imagination (the GAIA method) with other approaches, to offer healing of the nightmare and the trauma at its source. This workshop is both experiential and didactic.

9:15 – 11:15 Dreamwork Workshop- Galaxy 1

Speaker:

* Justina Lasley - *Leading Groups by Honoring the Dream*

Participants will explore step-by-step processes of organizing and leading dream groups. You will develop a template for your group -- focusing on responsibilities, creating the group, agendas, guidelines, problem solving, and mentoring personal transformation. Participants, while focusing on individual goals, will learn innovative techniques by working in a dream group.

9:15 – 11:15 Arts Workshop - Andromeda

Speaker: Angel Morgan - *Lucid Dream Drama*

With elements of Gestalt psychology, Psychodrama, Improvisation, and Lucid Dreaming, volunteer dreamers will cast, direct, and if they wish, act within their dream "scenes" with Dr. Morgan’s assistance. Learn when and how to creatively, intuitively rewrite and redirect parts of the dream "script" in the service of healing and wholeness.

9:15 – 11:15 Arts Symposium - Orion

Speakers:

* Patricia Kilroe, Misa Tsuruta, and Richard Russo - *Dreaming across Genres: Exploring Night Visions in Drama, Poetry, and the Novel*

This session investigates how writers across three genres—drama, poetry, the novel—have referenced dreams in their craft. For drama, the play *Mary's Wedding* is explored; for poetry, the Japanese form Waka is discussed, and for the novel, the dream in *Moby Dick* is examined.

9:15 – 11:15 Lucidity Symposium - Aquarius

Speakers:

* E.W. Kellogg - *Lucid Dreaming: An Expanded Understanding and Definition*

Lucid dreaming, technically defined, has only one requirement – that dreamers know that they dream, while they dream. However, for full lucidity, other factors play essential roles. In this paper I'll present an expanded model for LUCIDITY, based on my own lucid dreaming experiences and drawing upon Patanjali's Yoga Sutras.

* Peter Maich - *Sleep Dream: Lucid Dream Induction Techniques*

This presentation covers several lucid dream induction techniques that work consistently for me, and how they have evolved over a lifetime for high probability of lucid dream entry.

* Michael Schredl - *Differences in Lucid Dream Reports and Non-Lucid Dream Reports: A Single-Case Analysis (virtual)*

The present study analyzed 47 pre-lucid, 34 lucid dreams without control, and 91 lucid dreams with matched control dreams recorded by a male dreamer over a time period of 32 years. Especially, the lucid dreams with control were more positive and more bizarre compared to non-lucid dreams.

* Laura Roklicer - *Lucid Dreaming for Creative Writing (virtual)*

Can lucid dreaming induction improve fictional writing? This presentation includes two analyses of interviews with 26 distinguished and 26 randomly chosen writers, as well as the objectives and findings of the subsequent experimental study. The present study trains writers to induce lucid dreams and then to develop a short story.

11:15 – 11:30 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

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## 11:30 - 1:00 Lucidity Workshop: Cosmos 2

## Speaker:

## Clare Johnson - *Transformative Lucid Writing for Dream Power*

## When we play with the super-creative imagery of dreams and nightmares, we can harness their amazing power. In this fun yet deep workshop, Dr. Clare Johnson guides participants into her transformative Lucid Dreamplay techniques, including Lucid Writing; Energy Ball; and the Lucid Imaging Nightmare Solution.

## 11:30 - 1:00 Extraordinary Dreams Workshop: Galaxy 1

## Speaker: Linda Mastrangelo - *Well of Dreams: A Psychopomp's Guide to the Underworld*

## From the Greek  meaning the "guide of souls", a psychopomp is one who can travel between worlds. In this workshop, ancient mythology/mystery cults, personal pyschopompic dreams and connections to ancestral dream practices will be explored. Attendees will share personal experiences and be guided on a psychopompic journey.

## 11:30 - 1:00 Arts Symposium: Andromeda

## Speaker:

## Julie Nauman-Mikulski - *Four Exhibiting Artists Show Us How They Work with Their Dreams*

## Four exhibiting artists will present visuals of their artistic process as it relates to dreams and dreaming. A broad variety of artistic practices will be represented, such as painting, printmaking, sculpture, and sound. Conference attendees will be provided the opportunity to gain a comprehensive understanding of each artist's working process.

## 11:30 - 1:00 Arts Symposium: Orion

## Speakers:

## Kelly Bulkeley, Angel Morgan, and Bernard Welt - *Dreaming and Theater*

## This symposium will discuss the relationship between dreaming, theater, and creativity, with a special emphasis on dreams and Shakespeare.

11:30 - 1:00 Hybrid Clinical Special Event: Aquarius

Speaker:

* Alan Siegel - *Understanding and Exploring Children's Nightmares*

This presentation covers understanding children's nightmares: Clinical, cultural, and creative dimensions. Exploring pandemic nightmares linked to an epidemic of youth anxiety, depression and PTSD can help psychotherapists, educators, and parents explore, and soothe feelings the child may not communicate directly. It will discuss nightmare themes, case examples, creative strategies, cultural, and clinical dimensions. Exercises, discussion, and guidelines for mental health professionals, dreamworkers, educators, and parents.

1:00 - 2:30 1 hour 30 minute Lunch Buffet (prereserved tickets): Cosmos 1

1:00 - 2:30 Regional Rep Group Luncheon Meeting (lunch from buffet): Board Room

2:30 - 3:30 Ethnicity Event: Galaxy 1

Speaker:

* Andrusa Lawson - *The Soul Flies South in the Winter: Oral Traditions and Dreams of Ancestral Healing*

We will explore the process of committing the innate wisdom of dreaming into communal memory through traditional oral storytelling. We’ll examine its re-emergence in inner-city communities, the ability of stories to cross cultural barriers, and the unique medicine that oral traditions represent for peoples whose voices are historically silenced.

2:30 - 3:30 Sleep Workshop: Andromeda

Speaker:

* David Cielak - *Superior Alternative Sleep Schedule*

This presentation will show how to effectively use an alternative sleep schedule, using a suggestion of 3-5 hours per night plus nap to enhance dream recall, lucid dreaming, healing, creativity, insight, enhance intuitive knowledge and increased problem solving ability. This is derived from the Seth Materials, which are a group of 32 highly regarded texts.

2:30 - 3:30 Dreamwork Workshop: Orion

Speakers: Rubin Naiman and 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.

2:30 - 3:30 Hybrid Invited address: Aquarius

Speaker:

* Jayne Gackenbach - *Dream Meaning Through Art Making: The Personal Journey of a Dream Researcher*

Drawing on a lifetime as an art maker and dream researcher, Gackenbach will ask the question, how does image making provide meaning? By examining seven years of her dream/scrapbook diaries she will compare illustrations of dreams to images created in expressive arts inquiry. She will also consider dreams illustrated to those not illustrated.

3:30 – 3:45 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

3:45 - 5:15 General Membership Meeting; Outgoing and Incoming Presidential Addresses:

Aquarius

5:15 – 8:00 2 ¾ hour Free Time & Dinner (on your own at local restaurants)

5:15 – 7:00 Dream Hike (pending)

5:15 – 6:00 Book signing (pending)

7:00 – 8:00 Entertainment: Aquarius

Speaker:

* Katie Mason - *Red Blue Green: An Immersive Dream Performance*

What if color in dreams is the most transformative component? What happens when we let the color become the teacher? Katie immerses us in colored lighting then weaves storytelling, poetry and humor for a creative dream performance. See what happens when we express the color that emerges in our psyches.

8:00 – 10:00 Dream Art Reception: Stardust Lounge

## Wednesday, June 21st

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## 8:00 – 9:00 Morning Dream Groups (see Monday schedule)

9:00 – 9:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

9:15 – 11:15 Dreamwork Workshop: Galaxy 2

Speaker:

* Azima Lila Forest - *Leading Dream Groups in Person and on the Internet*

This presentation 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.

9:15 – 11:15 Arts Event – Cosmos 2

Speakers:

* Loren Goodman and Bernard Welt - *Dreaming in Words*

Without context, without theories, without explanations or interpretations, dreams just are. They deserve to be heard as stories, as poems, as visions. At this special event, each participant will read one dream in any format they choose. There will be no comments from the dreamer or the audience.

9:15 – 11:15 Arts Event - Andromeda

Speaker:

* Curtiss Hoffman - *The Musical Dream Tarot: An Update*

At last year’s IASD conference, I gave an extended presentation on a major creative project, the Musical Dream Tarot. I discussed my methodology and presented a number of completed compositions. This project is now finished, and I will present a summary of it and offer some additional musical selections.

9:15 – 11:15 Ethnicity Symposium – Orion

Speaker:

* Marta Aarli and TBA - *Dreamwork for Ancestral Healing: Dreaming Through the Generations*

I will present a perspective of ancestral healing as it can be applied to dreams for personal and collective healing. I’ll share how to identify and follow the ancestral threads in your dreams, and give examples of the healing messages and experiences from my own dreams.

9:15 - 10:15 Hybrid Special Event: Aquarius

Speaker:

* Rubin Naiman – *The* *Impact of Dream Loss on Collective Unconscious*

We are at least as dream deprived as we are sleep deprived. This presentation reviews public health and lifestyle data suggesting that we are in the midst of a silent epidemic of dream loss, with critical ramifications for collective consciousness. It calls for creative strategies to restore and promote healthy dreaming.

10:15-10:30 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

10:30 - 12:30 Dreamwork Workshop: Board Room

Speaker:

* Kimberly Mascaro - *Honoring Deceased Loved Ones: Intersecting Visitation Dreams and Shrine-Making*

Visitation dreams and visions are rarely discussed openly. This creative workshop will provide a space to honor and share these experiences with an individualized shrine-building activity. Attendees will craft a personal altar/shrine to a deceased loved one to take home. All materials are provided, including a hand-made wooden altar box.

10:30 - 12:30 Education Workshop: Cosmos 2

Speakers:

* 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 andauditory senses are all incorporated to deeply experience the dream content and message and to bring all members into a new level of communicating with the unconscious.

10:30 - 12:30 Dreamwork Workshop – Galaxy 1

Speaker:

* Lauren Schneider - *Dreamwork and Tarotpy®: Dancing with My Skeleton down the Street*

How do dreams and Tarotpy*®* help us to prepare for and navigate the landscape of aging, loss and facing death? What can dreams and Tarotpy teach us about the nature of death itself? Please bring a dream and/or a tarot, oracle or other imagery deck(s) to participate in the workshop.

10:30 - 12:30 Spirituality Symposium - Andromeda

Speakers:

* Carol Warner - *Dreaming of Christine Granville*

My first recorded dream at age 22 showed me scenes from what was stated to be my recent past life as a WWII resistance worker. Within days I saw an article about this woman complete with scenes that were in the dream. This paper describes my exploration of this material.

* Chris Cunniffe - *Meeting “Your Selves” in Your Dreams: An Exploration of Soulmates and Counterparts*

Using some of my strangest dreams as primary source material, this presentation will explore the metaphysical concept of “counterparts”. Bearing some relation to the more conventional concept of soulmates, counterpart theory suggests that we share a deep soul connection with many of our family members, friends and acquaintances.

* Dan Gilhooley - *Meeting Death at the Fisherman’s Cottage*

I present an analysis of my dream of a colleague’s death on the evening he died in his sleep. I learned of his death a day later. The dream contains an unidentified speaker and the dreamer, encounters with archetypal imagery, a dead body and a female personification of Death. Alternate interpretations are considered.

* Jennie Meyer - *Goddess Dream Incubation Study*

Ten women received ten days of dream incubation materials pertaining to ten different goddesses. Participants listened to the guided visualization before bed and sent all dreams to the email provided. The study investigates dream content and dreamer responses for both collective nightly themes and individual personal experiences.

10:30 - 12:30 Arts Symposium - Orion

Speakers:

* Walter Berry, Bambi Corso, and Keith Himebaugh - *The Art Inside the Dream: Dream Drawings, Animation, and Dream Tracking*

Walter will show dream drawings that have been produced by the dreamer’s unconscious. Bambi will show how repetitive images and colors change the understanding of dreams through Dream Tracking. Keith will show an animation he helped create for the people of Ukraine and the dreams he had surrounding the process.

10:30 - 12:30 Hybrid Research Symposium: Aquarius

*Psychological Benefits of Lucid Dreaming*

### Speakers:

* Clarita Bonamino: *Lucid Dreaming Experiences in Adolescents and Their Impact on Waking Life*

This study explored the activities adolescents engage in when lucid dreaming, how these experiences are perceived, and how they subsequently affect their waking life. We discuss the importance of lucid dreaming to adolescents and its potential use as a therapeutic tool to support motor learning, personal growth and psychological well-being.

* Virginia Bennett: *Psychological Resistance to Lucid Dreaming and How to Overcome It*

Many people desire to have lucid dreams, know the techniques, but do not experience them for psychological reasons. Behaviorism, cognitive and psychodynamic theories can help to overcome “resistance” to lucid dreaming. This presentation will clarify limiting beliefs and emotions, finding ways to enhance the natural ability of lucid dreaming.

* Karen Konkoly: *Experimentally Inducing Dream Content During REM Sleep to Promote Creative Problem-Solving*

We presented sounds during REM sleep linked to previously unsolved riddles. We assessed whether sounds could influence lucid and non-lucid dream content, and whether dreaming about puzzles could increase solving rates the next morning.

* Remington Mallett: *Viewing Lucid Dreaming Therapy Under the Lens of Emotion Regulation*

Dreams can submerse you in a terrifying situation without intention or consent. For nightmare sufferers, this inability to choose dream content can lead to serious health problems. We will review our recent work suggesting that lucid dreaming offers therapeutic control over dream content akin to waking models of emotion regulation.

12:30 - 2:00 1 hour 30 minute Lunch Buffet (prereserved tickets): Cosmos 1

12:30 - 2:00 Conference Planning Group Luncheon Meeting (Lunch from Buffet): Board Room

2:00 - 4:00 Art Workshop - Board Room

### Speakers:

* Emma Peters and Virginia Bennett - *Embodied Dreaming: Dream Incorporation Using Three Different Bodily Stimulation Methods*

This talk will start with a brief introduction to dream incorporation, previous research and the results of a pilot study presented at the IASD hybrid event 2022. This is followed by the presentation of the results of a new study on dream incorporation, using three different stimulation methods.

2:00 - 4:00 Dreamwork Workshop – Galaxy 2

### Speakers:

### Gary Braun and Jesse Lyon - *Dreaming out Loud: Seeking the Sacred Songs of Our Dreaming Community*

### In Dreaming Out Loud, participants will be invited to explore the world of their dreams through sound, song, and movement. We will listen for and catch the sacred song contained within the dream, and experience the potential community medicine contained within the dream of the individual.

2:00 - 4:00 Arts Workshop – Galaxy 1

### Speakers:

* Amy Lloyd, Tara O’Grady, and Susan Joseph - *The Art of Dreaming with Fellini and Dylan*

“I’ll let you in my dreams if I can be in yours.” Bob Dylan’s lyrics create a place for collaboration.  Federico Fellini drew his dreams, inspiring his films; people still dance in fountains today. An artist, songwriter, and producer invite you to explore dreamscapes using images, words, and sound/music.

2:00 - 4:00 Lucidity Workshop - Andromeda

### Speaker:

### E.W. Kellogg - *Lucid Being and the Healing Matrix*

This workshop will feature exercises and meditations for empowering and healing ourselves through developing lucid waking and lucid dreaming skills, and will focus on how we can apply these skills to create our own personal Healing Matrix, for use both when mindfully awake, and while lucidly dreaming.

2:00 - 4:00 Dreams and Health Symposium - Orion

### Speakers:

### Laurel Clark - *Healing Dreams*

After receiving an unexpected cancer diagnosis, I wanted dreams to guide my treatment choices. Frustrated, it seemed that my dreams weren’t helping. After reviewing my dream notebooks, I discovered dreams that WERE offering guidance, although not in the form I expected. I share how I recognized the guidance and support.

* Theresa Coimbra - *The Importance of Dreams in Illness Awareness and Health Recovery*

This talk will present the importance of dreams when health is being threatened. Theresa Coimbra will share her clinical experience of health recovery through dreams.

* Jesse Lyon - *Interpreting 2.5 Million Dreams: Integrating Artificial Intelligence with a Human Touch*

The DreamApp team has developed a platform that uses dreams as a therapeutic and diagnostic tool for mental health. This presentation demonstrates how we developed this platform, the integration of artificial intelligence and machine learning for therapy, and the resulting data from over 2.5 million dream inputs collected.

* Jesse Lyon - *The Nightmares of Ukrainians: How the War Affects Mental Health*

Since the Russian invasion, Ukrainians are stuck in a vicious cycle: the more disturbing the events, the lower the quality of sleep. This further exacerbates the impact on their physical and mental health. The DreamApp team has conducted research to analyze the effects of this trauma, utilizing dream reports.

2:00 - 4:00 Hybrid Theory symposium: Aquarius

*How Dreams are Formed, Inside and Out*

Speakers:

* David Kahn: *Theory of Dream Formation and Function*

The emergent dream narrative consists of emotionally salient memories and material from random brain activation interwoven with memories. A function of dreaming at this stage creates associations between memories and random brain activation. These new associations are sources for a second order emergence, which may result in a transformative dream.

* James F. Pagel: *The Paradox of REMS Dreaming*

REMS is defined physiologically by the presence of the intracranial theta rhythm. Unlike the other sleep/dream frequencies, REMS theta is not propagated outside the brain. Physiologic characteristics of REMS theta include environmental disconnection, resonance with other states, and intrapersonal focus. These psycho-physiologic patterns affect the content of REMS dreams.

* Emma Peters: *Embodied Dreaming:* *Dream Incorporation Using Three Different Bodily Stimulation Methods*

This talk will start with a brief introduction to dream incorporation, previous research and the results of a pilot study presented at the IASD hybrid event 2022. This is followed by the presentation of the results of a new study on dream incorporation using three different stimulation methods.

* Melanie Rosen: *Me and My Dream Body*

The presentation analyses the relationship between the dream body and waking body from the philosophical perspective of body-based theories of the self. I evaluate to what extent the dream body should be considered the "same body" as the waking body in a non-standard sense of identity

4:00 – 4:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

## 4:15 – 5:45 Mental Imagery Workshop – Board Room

## Speaker:

## Jacob Kaminker - *Bringing Down the Creative Spark: Dreams, Imagination, and the Arts*

## This workshop aims at developing a dialogue with dream imagery through the imagination, using mental imagery and expressive arts tools for exercising imaginative faculties, in the interest of promoting psychospiritual growth in attendees and/or in psychotherapy clients.

## 4:15 – 5:45 Clinical Workshop – Galaxy 1

## Speaker:

## Isaac Taitz - *Gamify Your Sleep and Dreams*

## Learn and discuss the pop culture representations of sleep and dreaming to inform the sleep hygiene of your family, friends, patients, and yourself! Dr. Taitz will lead a workshop for how to combine Geek/Superhero Therapy and Integrated Behavioral Sleep Medicine.

## 4:15 – 5:45 Clinical Workshop - Andromeda

## Speaker:

## Lynne Ehlers - *Dream Journey to Wholeness through the Alchemical Colors Black, White and Red*

## In this slide presentation with images from art, we will explore the psychological meaning of black, white and red as sequential stages in the process of individuation, with group writing and discussion of white and red as a pair of archetypal opposites demanding balance within each of us.

## 4:15 – 5:45 Arts Symposium - Orion

## Speakers:

## Patricia Kilroe, Bernard Welt, and Loren Goodman - *A Vision in a Dream: Reading Dream Poetry*

## Poems from Shakespeare's time to the present are discussed through the lens of dream poetry. The first presenter analyzes sonnets by Shakespeare and Milton. The second presenter discusses Coleridge's "Kubla Khan." The third presenter examines several contemporary poems about dreams and dreaming. Each presenter engages participants in an exercise.

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## 4:15 – 5:45 Ethnicity Panel - Aquarius

## Speakers:

## Alaya Dannu, Stephanie Burns, and Akinke Lucas - *Ancestral Dreaming: Cosmic, Community and Individual Healing*

## What is Ancestral Dreaming? What are its root origins, influences, and manifestations? This panel focuses on three different aspects of ancestral dreaming that aim to add value and knowledge to the conversation around dreams, ancestral dreams, and how they influence our lives.

## 5:45 – 7:45 Two hour dinner break (on your own and travel to Oregon Shakespeare Festival)

## 8:00 – 11:00 After Dinner Shakespeare Play – Under the sky at the Elizabethan Theatre

## *Twelfth Night, or What You Will*

## Thursday, June 22nd

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## 8:00 – 9:00 Morning Dream Groups (see Monday schedule)

9:00 – 9:15 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

9:15 – 11:15 Dreamwork Workshop - Cosmos 2

Speaker:

* Patty Hlava - *Journey through Consciousness with Yoga Nidra*

This experiential workshop will take you on a journey of conscious sleep where you can connect with the expansive terrain of your innermost consciousness. You will be guided in a complete yoga nidra practice and prompted creative expression to support integration and assimilation of your experience.

9:15 – 11:15 Dreams and Health Workshop – Galaxy 1

Speaker:

* Naomi Kimmelman - *What about Daydreaming? Harnessing a Wandering Mind for Creativity and Improved Mental Health*

Humans spend almost half of our waking lives in a state of consciousness wandering. This workshop will focus on daydreaming, or mind wandering. We will explore themes of focus, awareness, distraction, and the relationship between daydreaming and creativity, mindful living and mental health. The presentation includes lecture and experiential components.

9:15 – 11:15 Spiritual Workshop - Andromeda

Speakers:

* Thomas Zenho Whalen and Rick Issan Elkin - *Dreams as Koans; the Role of Embodied Dream Practice Within Zen Buddhism*

Koans play a large role in traditional Zen practice/realization. It is not usually appreciated that many traditional koans reflect dream consciousness. We will explore the intersection of koans, dream consciousness, current neuroscience and embodied cognition.

9:15 – 11:15 Education Workshop - Orion

Speaker:

* Jen Barchers - *Demystifying Dreams through Drawing: Engaging Students in Collaborative and Engaging Dreamwork*

Dreams are images, and sometimes, words cannot quite capture the essence of a dream. Drawing a dream, even simply, can provide additional symbolic insight into a dream in addition to its linguistic description. In an educational setting, drawing a dream is a wonderful tool to engage students in group dreamwork.

9:15 – 11:15 Arts Panel - Aquarius

Speakers: Oregon Shakespeare Festival – *TBA*

11:15 – 11:30 Fifteen Minute Transition w/Coffee & Tea: Constellation Hall

11:30 - 1:00 Dreamwork Workshop: Galaxy 2

Speaker:

* Susan Ackerman Joseph - *Sensing the Signs: Somatic Dreamwork*

This workshop invites participants to sense into their dreamy material for guidance and inspiration, using somatic resonance practices. Starting with simple techniques intended to reduce tension and resistance in the body, followed by a guided somatic experience, this gentle approach facilitates a deep connection to the dream’s offerings.

11:30 - 1:00 Arts Workshop: Galaxy 1

Speaker:

* Alaya Dannu - *Giving Form to the Formless - AI Generative Art, Ancestral Dreams and Visions* What are the many ways we can honor our artistic creativity through our dreamwork? What tools can we use today if more traditional tools do not inspire us to be creative? This workshop explores the use of dream narratives for AI generative art. Laptop or smartphone is required.

11:30 - 1:00 Extraordinary Dreams Workshop: Andromeda

Speaker:

* Jeanne Van Bronkhorst - *Visitations: Inviting Our Loved Ones into the Dream*

Visitation Dreams—dreams in which deceased loved ones visit us—are profoundly moving experiences. In this workshop I will explore visitation dreams and their emotional impact on dreamers, and then lead participants through a guided meditation designed to help dreamers seek out or invite their own visitation dreams.

11:30 - 1:00 Dreamwork Workshop: Orion

Speaker:

* Tzivia Gover - *Lucid on the Page: A Writing Experience for Dreamers*

Shakespeare wrote: “Are you sure/that we are awake?/It seems to me/That yet we sleep, we dream.” In this experiential workshop, we’ll look to literary examples and draw on the science of lucid dreaming as we explore the liminal spaces between sleep and dreams to wake up our writing.

11:30 - 1:00 Hybrid Research Symposium: Aquarius

*Contemplative Perspectives on Dreaming Across Cultures*

Speakers:

* Gabriela Torres Platas: *Neural Correlates of Dream Yoga and its Effects on Cognitive Interference, and Mind Wandering*

We aim to characterize Dream Yoga practices and how they can shift habits over time. We will employ neuroscientific advances to study neural correlates of such dreaming states. We will monitor advanced practitioners with EEG, informed by extensive interviews, post-sleep dream reports, and real-time two-way communication during dream experiences.

* Michelle Carr: *Effects of Focusing- and Compassion-Based Dreamwork on Nightmare Sufferers and Control Subjects*

The overall goal of the current study is to compare the effects of two types of intentional dreamwork practice on primary outcome measures of dream anxiety, well-being, and attitude towards dreams, in both nightmare sufferers and control subjects, as well as to qualitatively describe dreamwork session experiences.

* Michael Schredl: *Dreaming of God and The Role of Faith in Everyday Life: An Empirical Study*

Christian faith and dreams are closely intertwined. The online survey data support a continuity between biblical times and modern times, that is, Christians for whom their faith plays an important role in their everyday lives think that dreams can carry messages from God.

1:00 - 2:30 1 hour 30 minute Lunch Buffet (pre-reserved tickets): Cosmos 1

1:00 - 2:30 Optional Group Luncheon Meeting (Lunch from Buffet) : Board Room

2:30 – 4:00 Dreams and Health Workshop: Galaxy 1

Speaker:

* Theresa Coimbra - *Psychographism for Dream Work (as conceived by Maria Hippius for Initiatic Therapy)*

The participants will use Psychographics to build a bridge to a chosen dream, and learn about Initiatic Therapy, on which the technique is based.

2:30 – 4:00 Long Term Journaling Panel - Andromeda

Speakers:

* Cynnie Pearson, Sheila Asato, Kelly Bulkeley, and Sheldon Juncker - *Long Term Journal Keeping: Past and Future*

Dream journal keepers often meet at IASD conferences to discuss observations and discoveries. This year, four presenters will offer insights into long term journal keeping from their work in the arts, writing, history and technology, and we will include discussion of how new technology may support recordkeeping in the future.

2:30 – 4:00 Dreamwork Symposium: Orion

*How Can We Best Support Dreaming in a Digital and Connected World?*

People look to digital tools for resources, understanding, and connection. Resources and communities for dreaming now exist digitally. This symposium interweaves research, literature reviews, theory, and reflections upon ethics to ask the question of how best dreaming can be supported in a digital and connected world.

Speakers:

* William Rekshan - *The Landscape of Dreams in a Digital World*

How do people interact with dreams online? What are the dreams they share, the problems they seek to solve, and the resources offered? This talk will review market research on how dreaming is represented in the digital world and present data-driven research on dreams shared in social media (Reddit).

* Daniel Rekshan - *Dreamwork Ethics in an Emerging New World: Core Competencies for Empowered Dreaming* How can we dream well in a connected world? Dreams create our world. The internet enables new ways to study and direct human dreaming at an unprecedented scale. This talk explores the ethics and etiquette of dreamwork in our rapidly changing world.

2:30 – 3:30 Hybrid Education Symposium: Aquarius

*Dreams, Creativity, and Art*

Speakers

* Deirdre Barrett, Jayne Gackenbach, and Robin Adair - *Creative Projects in a Freshman Dream Seminar*

The Harvard freshman seminar, Dreams: Our Minds by Night, surveys dream research and interpretation of students’ dreams but focuses predominantly on dreams and creativity. This talk will showcase a sample of final class projects including dream paintings, dream fiction and film, dream songs, dream dance and dream-related computer programs.

3:30 - 4:15 45 Minute Transition w/Coffee & Tea: Constellation Hall

4:15 - 5:30 Hybrid Invited keynote: Aquarius

Speaker:

* Mark Blagrove - *The Science and Art of Dreaming and Dream-Sharing*

Experiments on the relationship between sleep, memory and dreaming can be complemented by the use of the Ullman method to explore memory sources of dreams. This was extended by Mark Blagrove to holding events for the public exploration of dreams with the dream painted simultaneously by his collaborator Julia Lockheart, and resulted in research on the increases in empathy that dream sharing elicits.

5:30 – 5:45 Closing Ceremony: Aquarius

Performer:

* Alaya Dannu

5:45 – 8:00 Two hour fifteen minute dinner break (on your own at local restaurants)

5:45 – 7:45 Board Meeting #2 – Galaxy 1 (dinner served)

8:00 – 9:00 Costume Parade: Aquarius Ballroom

9:00 – 12:00 Dream Ball – Aquarius/Orion/Andromeda Ballroom

Performers:

* Dance Music by The Rogue Suspects -- *Soul Review*