2023
40th Annual Conference
International Association for
The Study of Dreams

Conference Program

June 18 - 22, 2023
Ashland Hills Hotel & Suites
Ashland, Oregon
ENROLL IN IASD ONLINE

DREAM STUDY GROUPS PROGRAM

Celebrate IASD’s 40th … and the DSGP’s 4th Anniversary!

Enroll in the IASD online Dream Study Groups Program (DSGP), featuring the:
- Foundation series,
- Research series,
- Dreams and Ethnicity series, and
- Dreams and the Arts series!

http://iasdreamcourses.org/

The cost for participation in the DSGP, $50 for IASD members and $75 for non-members includes:
- Access to the “DSGP Tea Room”, a global forum for dreamers.
- Access to one of these series in the DSGP: Foundation, Research, Dreams and Ethnicity, or Dreams and the Arts.
- A one-year membership in the chosen series, where members will interact on forums and discuss course content over the year.

International Association for the Study of Dreams
The World’s Premier Dream Organization
Celebrating 40 Years of Dream Knowledge and Wisdom
Founded 1983

Contests & Games
Dream Research Speaker Series!
Free & Open to the Public!

Come Celebrate with Us!

https://iasdreams.org
Welcome to the 40th Annual Conference
International Association for the Study of Dreams

On behalf of our Conference Committee and over 70 additional IASD volunteers who have cooperated in the preparation of the 40th IASD conference, we heartily welcome you to Ashland! We hope you will enjoy the Ashland Hills Hotels and Suites in Ashland, Oregon, and that you will take the opportunity to explore Southern Oregon while you are here, a region of outdoor adventure, artistic and theatrical attractions. The conference hotel is on a 14-acre property, where you can rest in the intimate courtyard patio and pool or relax in the open spaces surrounded by nature and inspiring views of the surrounding Ashland Hills. We hope your conference experience will be a rich one, with the opportunity to experience a great variety of dream perspectives, community building opportunities, and dreamwork techniques, as well as to enjoy the charming natural beauty of Ashland.

This year’s conference keynote, as well as the entire program, spans the spectrum from arts and culture to the science of dreaming. This conference welcomes first-time attendees as well as those who have attended regularly. Our program includes receptions, a hospitality suite, and private IASD buffet lunches. We hope to provide you with opportunities to meet other dreamers and dreamworkers from all over the world. We have designed the tracks in hopes that everyone can learn new perspectives on dreams and can hear from experts in the field of dreams. The tracks address a variety of dream fields, such as dream research and theory, clinical psychology, arts and humanities, culture and history, dreamwork, spiritual and religious aspects of dreams, psi and lucid dreaming, and mental imagery. We are featuring Dreams and Ethnicity and Dreams and the Arts at this conference. We are also featuring a Newcomers Morning Dream Group. Since no one can attend all the sessions, note that many are recorded and provided at no charge for all those who registered for the full conference, or for a nominal fee for those who could only attend at some point but wish to order a recording.

Planning Your Time

To plan your activities, the “schedule-at-a-glance” is at the end of this booklet. Be sure to note the special events:

- Opening Reception — a meet and greet
- 8 Morning Dream Groups
- Keynotes and Invited presenters
- Dream Art Exhibition, Reception and Meet the Artists event — Stardust Lounge
- The Dream Telepathy Contest — practice your psi dreaming skills to visualize what is inside the envelope
- Organizational Lunches for those who wish to be involved in various IASD committee activities and plans
- The Hospitality Suite – open times when you can relax and meet with other dreamers
- Opportunities to refresh in the pools or other hotel facilities
- Dream Ball — dance the night away dressed up like an image or element from your dreams at our costume dream ball Thursday evening

We thank the presenters, the volunteers and the artists who make all this possible. We also thank all of you very much for attending and coming together with us to share your dreams, your visions and your knowledge.

On behalf of IASD and the Conference Committee
Robert Hoss and Katherine Bell, Program Chairs

International Association for the Study of Dreams

IASD was founded in 1983, and it is the premiere international dream organization in the world. We are a non-profit, international, multidisciplinary organization dedicated to the pure and applied investigation of dreams and dreaming. Our purposes are to promote an awareness and appreciation of dreams in both professional and public arenas; to encourage research into the nature, function, and significance of dreaming; to advance the application of the study of dreams; and to provide a forum for the eclectic and interdisciplinary and cross-culture exchange of ideas and information. Our membership represents over 38 countries and people from all disciplines; including psychologists, therapists, artists, anthropologists, academic scholars, dreamworkers, researchers, educators, students, and writers.
WE'RE CELEBRATING!

Throughout 2023, IASD will be celebrating its 40th Anniversary: forty years of encouraging dream knowledge and wisdom. And we are inviting all dreamers, everywhere, to celebrate along with us.

We have a year full of 40th Anniversary special events to offer. For a look at the ongoing calendar, just go to (https://www.asdreams.org/40th-anniversary-events) There is something for everyone to enjoy. Thanks for joining us and joining in the fun.

IASD Dreamwork Ethics Statement and Principles of Community
http://www.asdreams.org/ethics-and-confidentiality

Dreamwork Ethics:
IASD supports an approach to dreamwork and dream sharing that respects the dreamer’s dignity and integrity, which recognizes the dreamer as the decision-maker regarding the significance of the dream, and which honors the dreamer’s decision to share or discontinue sharing a dream. Ethical dreamwork helps the dreamer work with his/her own dream images, feelings, and associations, and guides the dreamer to more fully experience, appreciate, and understand the dream. Every dream may have multiple meanings, and different techniques may be reasonably employed to touch these multiple layers of significance. Be aware that unexpected issues or emotions may arise in the course of the dream-work. Dream groups should establish an agreement about the degree of privacy and confidentiality which are essential to creating a safe atmosphere. Please understand that dreamwork outside of a clinical setting is not a substitute for psychotherapy or other professional treatment. IASD recognizes and respects that there are many valid and time-honored dreamwork traditions, and we invite and welcome the participation of dreamers from all cultures. There are social, cultural, and transpersonal aspects to dream experience; thus, we do not mean to imply that the only valid approach to dreamwork focuses on the dreamer’s personal life. Our purpose is to honor and respect the person of the dreamer as well as the dream itself, regardless of how the relationship between the two may be understood.

Professional Presentation Ethics:
Attendees at IASD conference sessions have the expectation of learning something new from an introduction to new information or approaches – they do not expect a sales pitch on a product, book or service, and are generally offended when that occurs. Overt self-promotion and direct solicitation, such as openly advertising and selling books or services during the presentation, is considered unprofessional and unethical and is not permitted during a session. You may reference your work in a professional manner, however, if it acts as source material in support of your presentation. The IASD conference provides an Attendee Information Table where you may display information on your events, products or services. The sale of all books and other products must be done through the conference bookstore, except by prearrangement with the vendor manager.

IASD Principles of Community:
IASD is committed to promoting an environment that supports every person in an atmosphere of mutual respect, cooperation, professionalism, and fairness. Realization of this commitment requires awareness and active participation by every member of our community. IASD holds the following values to be important to its mission, and asks that those participating in IASD events, as a presenter or attendee, strive to honor and help create an atmosphere supportive of these values: Receptivity: An open, respectful exchange of ideas, including cultural, scientific, and arts-based investigations into dreams and dreaming. Diversity: A constructive educational environment for participants at conferences and other activities, that welcomes the multiplicity of different approaches to dream studies, and strives to create an open, inclusive atmosphere of mutual respect. Integrity: A community that aspires to practices of the highest quality at annual conferences, regional events, online courses, and online conferences, based on a foundation of ethical principles of dreamwork. Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse. IASD does not condone discrimination based on sex, race, ethnicity, age, gender, sexual orientation, culture, national origin, religion or spiritual beliefs, ability/disability, language, political ideology, or socioeconomic status, and seeks an environment free from sexual harassment and the abuse of power.
Thank You - Conference Committee and Volunteers

You can spot the committee members and the volunteers by the yellow ribbons on their badges - they are there to help you. We could not have put this conference on without their help, so thank them when you see them!

IASD Conference Management Core Team
Bob Hoss – IASD Conference Director
Katherine Bell – Program Co-Chair/Database Manager/ Dream Ball Team Chair
Angel Morgan - Conference Co-Host and Diversity Advisory Committee Chair
Kelly Bulkeley - Conference Co-Host
Bob Krumhansl –Registration Co-Chair
Alina Mansfield – IASD Office and Pre-Registration Manager
Laura Atkinson – Web Manager, Program Design
Jean Campbell – IASD Advertising and PR Manager
Carol Malady - IASD Ad Manager
Harry de Bont – AV Volunteer Manager
Curt Hoffman – Program and Document Editor
Julie Sparrow – Pre-conference Volunteer Manager
Geoff Nelson – Room Monitor Volunteer Manager
Katja Valli – Research Track Program Chair and Online Track Virtual Co-Host
Nicolene Douwes Isema – Online Track Virtual Co-Host
Michelle Carr – President and Online Track Onsite Co-Chair
Remy Mallett– Hospitality Chair and Online Track Onsite Co-Chair
Scott Sparrow – Recording Manager
Robert Waggoner, Cynnie Pearson,
Maureen Boyd Biro, Sherry Puricelli -- Psi Contest Co-Chairs
David Hemsath—Virtual Bookstore Manager
Tobi Hoffman – Bookstore Set-up and Vendor Manager
Marcia Emery – Registration Materials and Local Support
Bhaskar Banarjee – Official Conference Photographer

Conference Volunteers
Many thanks to all of our volunteers that help our conference run smoothly and make it possible for all to enjoy!
Sheila Benjamin
Laurel Clark
Donald (Max) Deaton
Jason Dobrowner
Mara Flynn
Elizabeth Foster
Colleen Hickey
Tobi Hoffman
Karla Holland-Sholer
William Judge
Amy Katz
Christa Ladny
Benny Levy
Amanda Lux
Kayla Minicucci
Adam Neal
Glory Nelson
Kathlyn Pihl
Thomas Pope
Delia Puiatti
Ruby Roebuck
Chris Smits
Natalie Snider
Jeri Staley
Tamara Starr
Patrick Vendomske
Pat Wilkerson
Richard Wilkerson

Submission Reviewers
Sheila Asato, Kimberly Mascaro
Mark Blagrove, George Leute
Edward Bruce Bynum, Ava Lindberg
Michelle Carr, Kimberly Mascaro
Laurel Clark, Angel Morgan
Alaya Dannu, Geoff Nelson
Harry de Bont, Michael Schredl
Leslie Ellis, Alan Siegel
Art Funkhouser, Tadas Stumbris
Jayne Gackenbach, Misa Tsuruta
Curtiss Hoffman, Katja Valli
Ryan Hurd, Hester van Leeuwen
David Kahn, Robert Waggoner
Ed Kellogg, Bernard Welt
Phil King, Maxime Zeef

Art Exhibition Jury
Julie Nauman-Mikulski
Walter Berry
Denise Kester

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William Judge
Amy Katz
Christa Ladny
Benny Levy
Amanda Lux
Kayla Minicucci
Adam Neal
Glory Nelson
Kathlyn Pihl
Thomas Pope
Delia Puiatti
Ruby Roebuck
Chris Smits
Natalie Snider
Jeri Staley
Tamara Starr
Patrick Vendomske
Pat Wilkerson
Richard Wilkerson

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Walter Berry
Denise Kester

Art Exhibition Committee
Julie Nauman-Mikulski, chair
Walter Berry, co-chair
Christi Cervetti
Willem Fermont
Roberto Gongloff

Social Media Committee
Ryan Hurd, chair
Christine Anderson
Dash Bark-Huss
Andrew Bell
Nicoline Douwes Isema
Christian Gerike
Andrusa Lawson / Wolf

Dream Ball Team
Katherine Bell, chair
Bhaskar Banarjee
Marcia Emery
Linda Mastrangelo
Angel Morgan

Crisis Intervention Team (yellow badges with red lettering)
Dr. Kimberly R. Mascaro, Chair
Dr. Alan Siegel
Dr. Michelle Carr
Linda Mastrangelo LMFT
Conference Overview

Navigating the Program • The best way to get an overview of the conference is to review the Schedule-at-a-Glance on the last few pages of this booklet. In each cell of the schedule, room names are in [brackets] along with the abbreviated names of the presentations and presenters’ last names. To find your way to the rooms, the Facility Map with room names and locations can be found following the Schedule-at-a-Glance. If a particular session catches your eye, go to the Program of Events section to read a description of that event or to the Bio Section to find out about the presenter.

Registration and Information Desks • On Sunday and on Monday morning you will find two types of Registration Desks in Constellation Hall, one marked for Pre-registrants and another Special Activities desk for walk-in registrants, ticket sales and payments. Starting on Tuesday, both desks will be combined as an Information Desk. It provides the same services plus a single point of contact, information, and directions to attendees. Note that the Lost and Found box will be at these desks.

Your Badge Holder • Take a look at what is inside your badge holder. If you ordered buffet lunches the tickets will be in your badge holder. Full conference paid attendees, presenters and volunteers will find a complimentary drink ticket for a welcome drink (alcoholic or non-alcoholic) during the opening reception, or at the Art reception or the Dream Ball. Pick up a lanyard from the box to hang your badge on. There will also be a box or stack of stick-on ribbons for you to attach to your badge to identify yourself as a presenter, first-time attendee, crisis intervention or other categories by which you may be identified. Peel the tape off the back and stick it on the bottom of your badge holder.

Sign-up Sheets for Morning Dream Groups and Limited Attendance Workshops • Each morning begins with one-hour Morning Dream Groups; there are eight of them to choose from. Be sure to sign up for one of these groups on the first day in the registration area (look for the table marked “Morning Dream Group Signup”) since attendance may be limited for some groups. Also look for a second table marked Limited Attendance Workshop Signup and sign up for any of the limited attendance workshops you wish to attend that are marked as such (number in brackets) on the Schedule and Program Description. The Workshop sheets will remain available until the workshops fill, but early sign-up for these is recommended.

If You Have a Question or Need a Problem Resolved • Go to the Registration/Information desk and ask a Volunteer, who will be wearing a YELLOW BADGE RIBBON, or look for any Program Committee Member, who will also be wearing a YELLOW BADGE RIBBON.

Photography prohibited during workshops. For legal, privacy and personal safety reasons, no photography is allowed during workshop sessions, even if the presenter has asked for it. All of the workshop participants must give written permission to have their photos taken (especially if the photography is going to be uploaded online or in social media). Taking photos of Zoom presentations potentially falls under copyright if shared online, unless the presenter announces that participants are welcome to take photos of the projected slides for their personal learning. It is NOT PERMITTED to stream any session while it is taking place, even if you are the presenter. Photography is permitted in places like the meal rooms, courtyard, public spaces, dream ball, etc., which are considered “public areas”, but even then please be courteous and ask the person you wish to photograph for permission.

Products and Exhibits

Bookstore • Books from many of our authors/presenters can be found at the bookstore, adjacent to the registration tables located in Constellation Hall. It is managed by Tobi Hoffman and Alina Mansfield and operated by the Information Desk Volunteers. Some books are sample copies only, and copies may be ordered through the information table from the virtual bookstore manager. If you wish to buy a book, take it over to the Information Desk to the volunteer stationed there. There will be an opportunity to meet authors and have copies of their books signed by them on Tuesday after the General Membership Meeting. Note to book authors: If you have brought your books for sale, you should see the bookstore manager as soon as you register, drop off your books, and sign the agreement if you haven’t already done so. If you have brought sample copies, they should be labeled “Sample only – Not for sale”. It is IMPORTANT to note that the bookstore closes at 4 PM Thursday. On Thursday from 4 to 6:30 PM, you will need to pick up your unsold books and sample copies, and work out payment with the bookstore volunteers. We cannot be responsible for loss or for shipping of books left in the bookstore area.

IASD Information Table and Conference Message Board • There is a marked table in the Registration area which contains IASD-related information as well as other information we may have acquired to help you. Also please check the nearby message pin-up boards daily for schedule changes, and messages which may be posted in your name.

Attendee Information Table • There will also be a marked table located in the Registration area that offers a place for conference attendees to display literature and other materials related to their dreamwork. Please visit the table to learn more about your fellow dreamworkers. If you have items that you want sold at the conference, please speak to the bookstore manager. Only items for which vendors have made pre-arrangements with the vendor manager may be sold in the bookstore/vendor area.

Conference Recording • There is no need to worry if you can’t attend everything you want to attend. Selected sessions will be recorded on Zoom by IASD and will be available for at least a year after the conference; longer if practical. A video/audio download of almost all lecture-based sessions will be provided to all who registered for the full conference and for..
a small fee to partial registrants (order forms are available at the Special Activities Registration Desk). After the Conference we will announce ordering information and pricing for audio only recordings. Those reserving a copy will be sent a passcode for access to the download within about 30 days after the conference.

**Crisis Intervention, Ethics, Diversity and Disability**

**Crisis Intervention** • If your crisis is of a medical or physical nature, it should be reported to the Hotel reception desk for assistance, or, if the crisis is immediate, you can call 911; but also be sure to inform the operator of your location in the Hotel, as well as the Hotel desk so they can properly handle the responders. IASD has asked several of our psychological professionals to stand by and assist in the event of an emotional crisis. If you experience emotional distress or lingering concerns following a workshop or other event, and would like a chance to talk with someone, please ask anyone wearing a YELLOW badge with RED lettering on it marked “Crisis Intervention”. The team consists of Kim Mascaro, Michelle Carr, Alan Siegel, and Linda Mastrangelo. If you cannot find one of them, please ask your Room Monitor for assistance or go to the Information Desk for assistance in locating them (they will call them on their cell phones to meet with you). Your trust is important to us; we will handle such situations in confidence.

**Grievances** • It is IASD’s aim to conduct our activities in a manner which conforms to the American Psychological Association’s Ethical Principles of Psychologists and the IASD Ethics Statement and Principles of Community. While IASD attempts to anticipate problems and to assure fair treatment for all participants, situations may arise that require intervention and/or action by the convention staff or an officer of IASD. If you have a concern or suggestion about the program, the facility, or a particular presenter, at a minimum submit it as part of the online conference evaluation. If it is an immediate need that relates to the facility or the conference in general, you may ask your Room Monitor or Information Desk volunteer to contact the Conference Chair (or other appropriate individual) to mediate. If you have an ethics concern you may ask to speak with the IASD Ethics Chair or the IASD President, who will follow our ethics policy and practice in handling the concern within the Ethics Committee. To make contact with the appropriate individual who might help you, please go to the Information/Special Activities Desk and indicate that you would like to report a significant grievance or possible ethics violation. Depending on its nature, you may be asked to submit the grievance in writing, so that it can be addressed by the appropriate person(s); your identity will be kept confidential.

**Diversity** • The IASD Dreams and Ethnicity Portal is offered by the IASD Diversity Task Force Advisory Committee (DAC) to encourage further understanding of authentic, culturally diverse perspectives on dreaming, and to promote increased ethnic diversity in all IASD functions: membership and recruitment, leadership positions, conferences and symposia, dream-studies research, publications, educational outreach, and public-relations efforts to advance dreamwork and the general understanding of dreams and dreaming. The IASD Dreams and Ethnicity Portal includes photos and bios of DAC members; videos, podcasts, and publications; information about IASD’s DEI dream research grants, DEI student research awards; Culture-Keeper memberships; BIPOC scholarships and grants; and more. Contact diversitiresponse@asdreams.org to learn more about any of these initiatives, including special opportunities to sponsor scholarships and awards. And remember: That’s the contact address for any comments on ethnic and racial Diversity, Equity, and Inclusion in all IASD functions. Thank you for your support! You can visit the portal https://www.asdreams.org/dreams-and-ethnicity-portal/

**Disability** • IASD has requested that those who may have a special need should let us know when they register. If you have not pre-registered, let the registration desk know when you arrive. We cannot promise to meet every request; however, we will attempt to satisfy those that we are actually able to meet, within the constraints of what the facilities can or do offer. They may not be able to offer personal devices or wheelchairs, but they can help you rent them if you request them.

**Wheelchair and Aisle Access** • The hotel has been asked to leave clearance in at least one aisle in each session space for wheelchairs and people using walkers. We also have planned for space to be provided in the front of the room for persons using wheelchairs, canes, crutches or motorized vehicles. Room setups do not always remain as planned or requested, so the room monitors have been asked to assist you by moving chairs to provide space if requested. **Special Seating:** Signs marked “Reserved for Limited Sight/Hearing” are placed on a few chairs in the front rows of the larger session rooms for those who need them. Attendees are told that if the seats are not taken as the room fills, they may sit there, so if the signs were inadvertently removed or if you require that seating and it is occupied, you may ask a volunteer or room monitor to intervene for you if the situation needs to be sorted out. If you have a special lodging related need, go to the hotel front desk to request assistance. If they are unable to resolve it you may request help from the Sales and Catering Manager, Kasey Colangelo (Kasey.Colangelo@neumanhotelgroup.com).

**Features of This Year’s Program**

**Online track** • This year we are offering an Online track which includes selected lecture sessions of the full conference program (evidence-based research, theory, clinical and educational talks) as well as the addresses by the invited research speaker Jayne Gackenbach and the research keynote speaker Mark Blagrove. The Online track (formerly called Hybrid, because its sessions include both on-site and online) will run during the four main days of the conference, and it is highlighted and marked as ‘Online’ in the program and on the Schedule-at-a-Glance. The Online track is open to all on-site participants as well as those who register only for the Online track and join us virtually via Zoom.
IASSD CE credits • IASSD has now been approved by the American Psychological Association to sponsor continuing education for psychologists at the 2023 Annual Conference, both through in-person attendance in Ashland, Oregon, and through online participation via our Hybrid Track. IASSD maintains responsibility for this program and its content.

Both in-person and online attendees will be able to obtain 12 CE credits across 7 symposia. The specific instructions for how to obtain CE credits and a schedule with CE symposia highlighted have been emailed to all CE registrants prior to the conference, and will also be available onsite at the registration desk for onsite attendees.

Evening Receptions • There are two formal receptions, the Opening Reception on Sunday evening after the opening keynote, and the Arts Reception on Tuesday evening in the Art Exhibit area (Stardust Lounge). Each reception will have complimentary bulk beverages (lemonade, tea and coffee), snacks, and a cash bar for you to buy drinks of your choice. For paid full conference attendees, presenters and volunteers, your registration fee includes one complimentary drink ticket (for certain alcoholic or non-alcoholic bar drinks) which can be found in your badge holder and can be used at either reception.

Hospitality Suite • Open Monday through Thursday and again Friday morning – see the schedule-at-a-glance.

We cordially invite you to join us at the Hospitality Suite, the location of which will be announced at the opening of the conference. It’s a casual way to make contact with other dreamers outside of the conference sessions and workshops; to share ideas, experiences, and dreams; to greet old friends and make new ones — all in a relaxed and welcoming environment. No meals are provided, only snacks and beverages, but you are welcome to bring your own food, perhaps after picking up a meal to go at the Luna Cafe or before or after your buffet lunch in Cosmos 1. The room will also host some special thank-you gatherings, one for just our Volunteers on Monday evening at 10:00 PM and another for just our Presenters on Tuesday evening at 5:30 PM. There will also be one for Exhibiting Artists on Tuesday at 11:30 AM - 1:00 PM. On Friday morning after the conference has ended, the Hospitality Suite will be open from 8 AM to 11 AM, to help soften the saying good-bye process. We look forward to greeting you at the Hospitality Suite!

IASSD Membership Meeting (open to ALL) • Tuesday 20 June from 3:45 PM to 5:15 PM. One of the primary purposes of our annual conferences is to hold the annual IASSD Membership Meeting. This meeting is open to all attendees – members, non-members, and those curious about IASSD and perhaps becoming a member. All are welcome, and we want everyone who can to attend, particularly if you are not yet a member, so you have an opportunity to find out about how much fun being part of IASSD can be. We will try to keep the business part short. This is a chance to meet our members, our incoming officers and board, and to hear about recent IASSD achievements and future plans from our outgoing and incoming presidents, as well as the announcements of voting results for the member-elected Board members, and of IASSD awards. We welcome and encourage your attendance. Copies of IASSD’s book Dreams that Change Our Lives will be given away to three lucky attendees at the membership meeting.

Committee Luncheons • Take your lunch from the Buffet in Cosmos 1 and then join the group in the Board Room (capacity 22 persons) – check the Site Map and Schedule-at-a-Glance for times.

• Research Group Luncheon – Monday 19 June 12:30 to 2:00 PM. All researchers, including student researchers, are warmly welcome, whether or not they are presenting in the Research track. The meeting is an informal networking event, so come to meet old friends and colleagues and to make new ones! No formal program is included.

• Regional Representatives Luncheon – Tuesday 20 June 1:00-2:30 PM.

• 2023 Conference Planning Luncheon – Wednesday 21 June 12:30-2:00 PM. For those on the core conference committee as well as others who wish to join the planning group, to volunteer, or who are just curious about our 2024 conference, the location of which we plan to announce at the 2023 Conference.

Juried Dream Art Exhibit • Opens Monday June 19 in Stardust Lounge at 12:00 noon and will remain open until 8:00 p.m. on its first day. After the first day, the Exhibition will be open during some of the break periods; please check the conference schedule for specific daily hours. The Exhibition changes year to year, but in the past has featured anywhere from 50 to 100 works of original dream-inspired art in various media including painting, drawing, collage, sculpture and video. Art awards will be decided by a jury based on criteria that includes originality, integrity, universality, and relevance to dreams and dreaming.

• A Peoples’ Choice Award will go to the artist selected by popular vote, so pick up your ballot at the Dream Art Exhibition—and be sure to vote!

• On Tuesday June 20, an informal Gathering for Exhibiting Artists will take place from 11:30 a.m. to 1:00 p.m. in the Hospitality Suite.

• An Arts Reception is held on Tuesday evening from 8:00 to 10:00 p.m. Award winners will be announced at the Reception and light refreshments and beverages will be served. We look forward to seeing you there!
Dream Telepathy Contest • Monday evening at 9:45, immediately after the Keynote.

Co-hosted by Cynthia Pearson, Sherry Puricelli, Maureen Boyd Biro, and Robert Waggoner, the Dream Telepathy Contest invites dreamers to "try their psi," based on the ground-breaking experiments which Drs. Montague Ullman and Stanley Krippner performed at the Maimonides Medical Center and reported in their book, Dream Telepathy: Experiments in Nocturnal ESP. On Monday evening, participants will gather for instructions; then, later that night they will attempt to dream of the "target" picture. One person is designated as the “sender” who will attempt to telepathically broadcast the target picture. Contest participants go to sleep with the intention of dreaming of the target picture and then record their dreams as soon as they wake and place them in a box, on the IASD Information Table, for judging. Contest committee members review the entries and evaluate how close they came to the target picture. The most successful dreamers will be announced at the Dream Ball.

Annual Costume Dream Ball • Thursday from 8:00 PM to Midnight (Costume parade 8 to 9 PM)

On the last evening of the IASD conference, it’s time to spend some timeless hours in a shared space where dreams come alive in waking life! Costumes are not mandatory, but you are encouraged to take this chance to dress up like an image or element from your dreams and dance the night away.

Our entertainment for the ball will be The Rogue Suspects, Southern Oregon’s premier musical act for over 20 years. Members of the ensemble represent the region’s top vocal performers, music directors, actors, dancers, and musicians. All are very well known for their extraordinary performances and contributions to the Southern Oregon performing arts community, individually and collectively.

SOME TIPS TO HELP YOU PREPARE FOR THE DREAM BALL

from the Dream Ball Committee and Diversity Task Force Advisory Committee (DAC)

Start thinking now about your costume! There will be a dream costume parade that begins at 8:00 pm. You will have 1 minute to present how your costume relates to your dream (2 minutes for groups). We hope you will enjoy this dream community celebration and magical conclusion to the conference!

Where to get great costumes in Ashland:

Renaissance Rose Costume Shop
258 A St, Ashland, OR 97520
541-708-6562

PLEASE NOTE: Cultural Appreciation •

If your dreams are diversely populated, that’s a beautiful thing. However, IASD members sharing the dance floor will appreciate your awareness that cultural and/or racial appropriation is harmful to other people in waking life.

The IASD Principles of Community statement says we value “Diversity: A constructive educational environment for participants at conferences and other activities, that welcomes the multiplicity of different approaches to dream studies, and strives to create an open, inclusive atmosphere of mutual respect.” We hope you enjoy exploring the multiplicity of creative possibilities for dream costumes that won’t offend other members.

The IASD Principles of Community also says we value “Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse…” If your dream costume idea might target someone else’s religion, race, ethnicity, culture, gender, sex, sexual orientation or personal identity, then it’s best to dream up a new dream costume idea.

Thank you for helping create a safe space for our dream ball to be a great success!

Here’s some valuable information that might help you decide what not to wear: https://www.ohio.edu/orgs/stars/Home.html and https://www.youtube.com/watch?v=KMhKooYOQrM

If you have questions, you can email the Diversity Task Force Advisory Committee: diversityresponse@asdreams.org

Conference Evaluations •

We appreciate hearing what you loved about the conference and what didn’t work as well for you. Please put your feedback in writing by completing the online Full Conference Evaluation form (see link below), so we can respond thoughtfully and use your comments for future planning. We will email you a reminder with the link after the conference. It only takes about 5-10 minutes! The FULL CONFERENCE EVALUATION FORM can be found at: http://iasdconferences.org/ and click on evaluations.

Pandemic Precautions •

Although the impact of the pandemic has subsided from its peak, the virus is still with us, and we will be bound by whatever the local regulations are at the time, so note signs that the Hotel may have posted. Also, we have asked that people attend only if they have been vaccinated or have had a negative test shortly before attending. We also advise that you take the precautions that you are personally comfortable with, such as having been vaccinated yourself, and/or wearing a mask for your own protection and for the protection of other attendees. If you see others wearing masks or distancing, please be courteous and respect their needs, decision, and privacy.
Orientation to the Hotel and Surrounding Area

Local Transportation:
Uber and Lyft are available.
For Taxis call Crater Lake Taxi: 541-333-3333

Site Maps:
Note that near the back of the booklet is a diagram of the Ashland Hills Hotels and Suites and the conference room locations, as well as the Buffet Lunch location in Cosmos 1.

Local Attractions:
There may be information such as the restaurant map or summary of local attractions on the IASD Information table, or you can see the Concierge in the hotel registration lobby for brochures of all of the local attractions.

Hotel Amenities:
Two tennis and pickleball courts, seasonal outdoor pool, year-round outdoor jacuzzi, two playhouses, swing set for kids.
Bike-Friendly Property: Complimentary bike use, bike repair/work area and bike storage. Sign out bikes at the Front Desk.
Business Center: Located adjacent to the Front Desk, open 24 hours.
Fitness Center: Located at the end of the hall across from room 145 in the main building, open 24 hours.
Coin Operated Laundry: Located next to Fitness Center, and another one on the 3rd floor in the Suites Building across from room 388, open daily from 8am to 9pm.
Soda, Snack and Ice Machines: Located throughout the hotel. Please call the front desk to locate the one nearest to you.
Oregon Beer, Wine and Additional Snacks: Available for purchase at the Front Desk

Diagrams of the hotel layout are at the back of this program.

Hotel Policies:
Check-out: 11am. Please let the Front Desk know if you would like to request a late checkout and every effort will be made to accommodate your request. Charges will apply.

Fire and Safety: For your safety and security, please review the emergency evacuation plan on the back of all guest room doors. Learn the locations of fire extinguishers and alarms. If you suspect a fire or hear an alarm, leave the building immediately. Before opening the door, check to see if it’s hot. If so, remain in the room and contact the Front Desk. If the door is cool, open it slowly to check outside conditions before exiting. Above all, remain calm.

Please be sure your vehicle is secured. We are not responsible for theft or damage to vehicles or contents. To insure your privacy and security, please double lock your door.

Smoking:
This is a non-smoking hotel. A fee of $250 will be charged for any smoking in a guest room and/or on the patio/balcony, including vaping and cannabis. Please call the Front Desk to ask the location of our designated smoking areas.

Web Access:
The hotel includes complementary Wi-Fi in all lodging rooms. Wi-Fi is also available in certain conference areas, particularly in lecture type session rooms. Connect to “Ashland Hills Hotel,” no password.
Dining:

**Private IASD Buffets for Lunch:** Ashland Hills is providing private IASD buffet meals to be served in Cosmos 1 during our 1½ hour meal breaks. We highly recommend these for quick service and a chance to gather as a group. Meal menus will be posted on the IASD Information board, and special diets can be ordered when you get to Cosmos 1.

**Hotel Restaurant: LUNA CAFE + MERCANTILE**

Note that this restaurant has very limited capacity but there is room inside or out on the deck or balcony. Enjoy casual fare made from scratch with fresh flavors. Our Oregon centric eatery, located off the lobby, offers specialty pizzas and burgers, flavorful salads, artisan coffee, house-made desserts, micro brews, Oregon wine, and a great selection of craft drinks at the bar.

Hours and Menu: LunaCafeAshland.com

**Continental Breakfast:** Served on the mezzanine from 7am to 10am for hotel residents.

**Nearby Restaurants:**

There are many great restaurants in Ashland for enjoying lunch or dinner; some are within easy walking distance of the hotel. We plan 2-hour dinner breaks to give you time. For a partial listing, go to [https://www.tripadvisor.com/Restaurants-g29998-Ashland_Oregon.html](https://www.tripadvisor.com/Restaurants-g29998-Ashland_Oregon.html). The map below features a limited list, but might help orient you to relative locations.
OPENING DAY
Sunday, June 18th

1:00 – 6:30

Registration: Constellation Hall
Sign up for a space-limited Morning Dream Group (see pg 12)
Sign up for space-limited workshops
Sign up and purchase Continuing Education Units
Purchase tickets for Twelfth Night - Oregon Shakespeare Festival

1:00 – 5:00

Presenter AV Checkout
(Test your presentation out on the conference AV equipment)

1:00 – 6:00

IASD Board Meeting #1: Galaxy 1
(Dinner served 5:00 for those who’ve pre-reserved)

5:00 – 6:30

Dinner on Your Own

6:30 – 7:00

Welcome: Angel Morgan, Kelly Bulkeley, Alaya Dannu, Christine Anderson

7:00 - 8:30

Opening Panel - Aquarius Ballroom

Theater and Dreaming

Chair: Kelly Bulkeley

Panelists: Kamilah Long, Evren Odcikin, Donya K. Washington

This panel of three leading OSF artists will share their thoughts and reflections on the dynamic interplay of theater, creativity, culture, and dreaming. Themes to be discussed include the power of the imagination, the transformative effects of art, and the future of live theater.

8:30 – 11:00

Opening Reception: Orion Ballroom
Morning Dream Groups

8:00 - 9:00 a.m.
These meet every morning at this time, in the same rooms. Make sure you sign up at the Morning Dream Group Workshop Signup Table, since space is limited for some.

Group One:  Board Room (22 person limit)
Dashiel 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:  Cosmos 1 (no limit specified)
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 Three:  Galaxy 2 (16 person limit)
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 Four:  Cosmos 2 (20 person limit)
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 Five:  Galaxy 1 (20 person limit)
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 Six:  Andromeda (24 person limit)
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.

Group Seven:  Orion (no limit specified)
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 Eight:  Aquarius (16 person limit)
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.
Monday, June 19th

8:00 - 9:00
Morning Dream Group (See page 12 for options)

9:00 – 9:15
Fifteen Minute Transition w/Beverages: Constellation Hall

9:15 - 10:15
Dreamwork Symposium: Andromeda
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: Orion
Robert Waggoner and Nigel Hamilton - Inner 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
Invited Presenter: Aquarius

Jean Houston – Epidaurus Reborn
If ever there was a place made for the rebirth of Epidaurus, the healing center of Ancient Greece, it would be in Ashland, Oregon. It features beautiful natural landscapes, healing waters, great theater, and a remarkable, ebullient, creative community. Now, with this IASD conference, a focus on the healing power of dreams.

10:15 – 10:30
Fifteen Minute Transition w/Beverages: Constellation Hall

10:30 - 12:30
Dreamwork Workshop: Galaxy 2 (30 person limit)
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
Dreams and the Arts Poetry Workshop: Cosmos 2
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
Clinical Workshop: Galaxy 1
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 on how to combine Geek/Superhero Therapy and
Integrated Behavioral Sleep Medicine.

10:30 - 12:30
Dreamwork Workshop: Andromeda
Helois Garman – *Dreams: Theater of Our Inner World*

Dreams can be seen as a stage where our various parts interact with each other, representing our inner world.

10:30 - 12:30
Dreams and the Arts Symposium: Orion
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
Online Research Symposium: Aquarius

PTSD Nightmares and Psychotherapeutic Mechanisms
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 (virtual) - *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 (virtual) - *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 (pre-reserved tickets): Cosmos 1
Research Luncheon Meeting (take lunch from buffet): Board Room (22 person limit)
Hospitality Suite Open (bring your own Lunch)
2:00 - 4:00
Dreams and the Arts Workshop: Cosmos 2
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
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
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
Dreams and Ethnicity Panel: Orion
Jean Campbell, Valley Reed, Teresa 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
Online Research Symposium: Aquarius
Methodological Approaches to Studying Dreams
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 (virtual): 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 (virtual): Methodological Challenges in Studying Possible Dream Functions
A great many theories of 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.
**Mark Blagrove: Relationship between Affect in Waking Life and in Dreams: a Longitudinal Study**

This study tested whether daily variations in stress and affect predict dream emotions. Multilevel analyses revealed that nightly-sleep quality predicts positive and negative dream emotions, while daily stress and trait-sensitivity predict negative dream emotions. This contradicts a previous within-person investigation, which demonstrated trait-anxiety, not daily stress, predicts negative dream affect.

**Nina Fabian and Gregory Mahr: Dreaming Restores Imagination and Ability to Paint for a Blind Visual Artist: A Case Study**

A case study of a visual artist with adult-onset blindness who, after treatment for depression, regained the ability to experience visual dreams, leading to the return of visual imagery, visual imagination, and ability to paint. The poster will include examples of her dream-inspired art at various points in time.

**Maja Gutman Music: The 2020 Dreams: Revealing Continuities between Waking Reality and Collective Dreaming**

The born-digital project explores epochal events in the year 2020 via the perspective of collective dreaming, utilizing computational NLP technologies and human close reading. The findings suggest that the increase in the semantic similarity between dreams and news may be due to the media’s cumulative effects on the dreaming mind.

**Armin Hamrah, Neil Agrawal, Norah Wolk, and Remmy Mallett: Can we Induce Lucid Dreams? A Meta-analysis of the Wake-back-to-bed Induction Method**

Many studies have tested the efficacy of wake-back-to-bed (WBTB) for lucid-dream induction, but they have provided mixed results. Here, we conducted a meta-analysis across all such studies and observed that WBTB is an effective approach to induce lucid dreams.

**William E. Kelly and Richard C. Zamora: Does Coping Mediate Effects of Negative Affect and Stress on Nightmares?**

Nightmares have been speculated as a means of coping with negative emotions and stress. To partly examine this, the current study examined relationships between nightmares, negative affect, stress, and coping styles. Coping strategies did not mediate relationships between negative affect or stress and nightmares. Only negative affect independently predicted nightmares.

**Anthony Levasseur: Fascia Ecosystem: A Step Forward in Dream Engineering and Research**

The Fascia Ecosystem is an innovative set of tools designed to overcome the current limitations of dream research. It can be used to facilitate dream investigation by allowing remote real-time interaction between researcher and dreamer and provides a comfortable, reliable, user-friendly, and accessible alternative to standard polysomnographs.

**Remington Mallett: Wake me up! Nightmare Evanescence through a Real-time Distress Call from Sleep**

In nightmares, no-one can hear you scream. Or can they? Here, we present a case of a mayday help request sent directly from a nightmare using real-time electrophysiological signalling. The request was received by the experimenter, the participant was awoken from their nightmare, and longitudinal follow-ups indicated long-term relief.

**Daniel Morris: Sensory Disconnection and Lucid Dreams: a Multi-study Analysis**

In REM sleep, stimuli can be incorporated into dreams. What determines whether a sound is incorporated into a dream? Data from multiple lucid dreaming studies were analyzed, totalling 45 overnight sessions. We compared brain activity preceding auditory cues as a function of whether the dreamer responded to the cue.

**Brian Nuckols: Psyche Speaks: A Discourse Analysis on a Dream Journal**

This paper, based on the dream journal of a person in the first month of Jungian analysis, analyzes the symbolism of the dreamer. The study explores how the unconscious compensates for the conscious personality, contributing to the understanding of Jung’s theory of individuation and the role of dreams in psychoanalysis.
Daniel Oldis: *Reconstructing the Dream: Proofs of Concept*
This poster depicts ongoing research into dream recording in Japan, America, Europe and Russia. The results of the research constitute proofs of concept for the reconstruction of dream narratives into digital media. Modalities discussed are visual, verbal and motor aspects of dream experience. Technologies depicted include fMRI, fNIRS and EMG.

Claudia Picard-Deland: *Subjective Sleep Depth and Dream Immersion across the Night*
The subjective feeling of being asleep does not always correspond to objective measures of sleep. In this study, we aimed to uncover how sleep perception fluctuates across a night of sleep and how it relates to mental experience using a serial awakening paradigm with collection of multiple dream reports.

William Rekshan: *Faces and Facelessness in Dream Reports*
Face processing is a very early and basic component of social interaction. As a result, it is surprising that there are dreams containing characters that are faceless. We review dream reports containing words related to faces and facelessness to better understand this phenomenon.

4:15 – 6:15
Dreams and the Arts Workshop: Cosmos 2
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.

4:15 – 6:15
Dreams and the Arts Workshop: Galaxy 1
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
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
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 Valenzuela - *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.
4:15 – 6:15
Extraordinary Dreams Symposium: Aquarius
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 Bronkhorst - 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)
Hospitality Suite Open (bring your own Dinner)

8:15 – 9:45
Keynote: Aquarius

Introduction by Angel Morgan
Andras Jones - Radio8Ball: The Pop Oracle
Participants “consult The Pop Oracle” by asking questions which are answered by picking songs at random. The songs are performed live by guest singer-songwriter Bart Davenport and interpreted . . . like communal dreams. There will be a few scheduled guests who will ask questions to The Pop Oracle, but several participants will be chosen at random from the audience, so you might end up being the star of the show. What’s your question for the Pop Oracle?

9:45 – 10:30
Dream Telepathy Contest: Aquarius
Cynnie Pearson, Maureen Boyd Biro, Sherry Puricelli, and Robert Waggoner

10:00 – 11:30
Hospitality Suite – Reception Party for Volunteers only
Tuesday, June 20th

8:00 – 9:00
Morning Dream Group (See page 12 for options)

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

9:15 – 11:15
Dreamwork Workshop: Cosmos 1
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
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
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
Dreams and the Arts Workshop: Andromeda (limit 50 persons)
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
Dreams and the Arts Symposium: Orion
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.

Patricia Kilroe - Enacting the Recurring Dream: Scene Shifts and Character Transformations in Mary’s Wedding
In this presentation we consider how the play Mary’s Wedding by Stephen Massicotte weaves a dream narrative while also capturing dreamlike setting shifts and character transformations. We then consider how parallels between drama and dreams—particularly in Mary’s Wedding—can inspire our own efforts to practice dream theater.

Misa Tsuruta - Sleep and Dreams in Japanese Short-form Poetry Waka
Waka is one of the short-form poetry in Japanese literature, consisting of only 31 letters/ syllables. This presentation discusses the era when this form was established, along with some history and consequences. Also, poems with their favorite topics, such as night, sleep and dreams, will be explored.
Richard Russo - *Dreaming of Ahab*
This talk will examine the one dream in Melville’s classic novel, *Moby Dick*, exploring its images and themes to discover the role it plays in the book, and to show how applying our dreamwork skills to a literary dream can deepen our understanding of the work.

**9:15 – 11:15**  
**Lucidity Symposium: Aquarius**

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 (virtual) - *Differences in Lucid Dream Reports and Non-Lucid Dream Reports: A Single-Case Analysis*
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 (virtual) - *Lucid Dreaming for Creative Writing*
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/Beverages: Constellation Hall**

**11:30 - 1:00**  
**Lucidity Workshop: Cosmos 2**
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 (20 person limit)**
Linda Mastrangelo - *Well of Dreams: A Psychopomp’s Guide to the Underworld*
From the Greek ψυχομπός meaning the “guide of souls”, a psychopomp is one who can travel between worlds. In this workshop, ancient mythology/mystery cults, personal psychopompic 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**  
**Dreams and the Arts Symposium: Andromeda**
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**  
**Dreams and the Arts Symposium: Orion**
*Dreaming and Theater*
This symposium will discuss the relationship between dreaming, theater, and creativity. First, in a general overview with examples of dream inspired theater, theater in dreams, and dream incubated theater, from Ancient Greece to the 21st Century, with a special emphasis on dreams in the time of Shakespeare and the dreams and dreamers in the plays of Shakespeare.
Angel Morgan – *Dream Arts, Theater Arts*

Angel Morgan presents the relationship between dream arts and theater arts, with the link between dreams and creativity as her guide. Drawing from her background in theater/film, and phenomenology/psychology she weaves examples of dream inspired theater, theater in dreams, and dream incubated theater, from Ancient Greece to the 21st Century.

Kelly Bulkeley – *The Dreamers of Shakespeare: The Oneiric Power of His Plays*

The phrase “Dreamers of Shakespeare” has three concentric meanings: the dreamers within the plays, the dreamers (actors, directors, stagehands, etc.) who produce the plays, and the dreamers who for centuries have attended and interpreted the plays. This presentation will show how Shakespeare’s dramatic works continue to shape people’s dreams today.

Bernard Welt – *The Meaning of Dreams in Shakespeare’s World*

Dreams mattered to Shakespeare’s contemporaries, in ways that can help us to better understand his era as well as his plays. This critical summary of ideas about dreaming in the English Renaissance emphasizes the analogy between dreaming and creative activity that became a feature of an evolving humanism.

**11:30 - 1:00**

**Online Clinical Special Event: Aquarius**

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 (pre-reserved tickets): Cosmos 1
Regional Rep Group Luncheon Meeting (take lunch from buffet): Board Room (22 person limit)
Hospitality Suite – Meet and Greet for Exhibiting Artists only

**2:30 - 3:30**

**Online Research Invited Address: Aquarius**

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.

**2:30 - 3:30**

**Dreams and Ethnicity Event: Galaxy 1**

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  
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  
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.

3:30 – 3:45  
Fifteen Minute Transition w/Beverages: Constellation Hall

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

5:15 – 8:00  
2 3/4 hour Free Time and Dinner (on your own at local restaurants)

5:15 – 6:15  
Book signing: Constellation Hall

5:30 – 8:00  
Hospitality Suite Open for Presenters only - Casual Reception  
(bring your own dinner; snacks and drinks provided)

7:00 – 8:00  
Entertainment: Aquarius  
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

8:00 – 9:00
Morning Dream Group (See page 12 for options)

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

9:15 – 10:15
Dreamwork Workshop: Cosmos 2
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 – 10:15
Dreams and the Arts Event: Galaxy 1
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 – 10:15
Dreams and the Arts Event: Andromeda
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 – 10:15
Dreams and Ethnicity Event: Orion
Marta Aarli - 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
Online Special Event: Aquarius
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/Beverages: Constellation Hall

10:30 - 12:30
Dreamwork Workshop: Board Room (16 person limit)
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
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 to bring all members into a new level of communicating with the unconscious.

10:30 - 12:30
Dreamwork Workshop: Galaxy 1
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
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
Dreams and the Arts Symposium: Orion
Walter Berry, and Keith Himebaugh - The Art Inside the Dream: Dream Drawings, Animation, & Dream Tracking
Walter will show dream drawings that have been produced by the dreamer’s unconscious. Keith will show an animation he helped create for the people of Ukraine and the dreams he had surrounding the process.

Victoria Rabinowe -- The Art of One Dream: A Guide to Soul-Stirring Creativity
Victoria will present twenty creative techniques for working a single dream to demonstrate the profound breadth and depth that one dream can hold. Masks, maps, mandalas, storyboards, collages, monologues, melodramas, poems and prose will illustrate how insightful, soulful creativity can change the direction of a life.

10:30 - 12:30
Online Research Symposium: Aquarius
Psychological Benefits of Lucid Dreaming
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 submerge 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 (pre-reserved tickets): Cosmos 1
Conference Planning Group Luncheon Meeting (take lunch from Buffet): Board Room (22 person limit)
Hospitality Suite Open (bring your own lunch)

**2:00 - 4:00**
Dreams and the Arts Workshop: Board Room (22 person limit)
Robbyn Peters Bennett - *Sketching Your Dream*
Would you like to sketch a dream image to feel closer to it? This class is a playful, liberating experience with exercises that help us wiggle free of the inner critic, let go of our preconceptions of what drawing is supposed to be and enjoy sketching our dreams.

**2:00 - 4:00**
Dreamwork Workshop: Galaxy 2 (20 person limit)
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**
Dreams and the Arts Workshop: Galaxy 1
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
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
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 - *TikTok Dream Interpretation – Social Media and Mental Health*
Having built a social media following of over 2.6 million, I have made some remarkable discoveries about the public opinion on dreams and how to share quality information online. This presentation shares insights on the topics of demographics, tone of voice, attention span, hot topics, misinformation and criticism.

2:00 - 4:00
Online Theory Symposium: Aquarius
*How Dreams are Formed, Inside and Out*

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 (virtual): *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 Online 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/Beverages: Constellation Hall

4:15 – 5:45
Dreamwork Workshop: Galaxy 2
Will Phillips – *Guided Interview – Worksheet Approach*
I will demonstrate how the 14-item Guided Interview Worksheet can gently connect dreamers to their dreams. I will ask several volunteers to present dream segments, not for analysis, but to demonstrate how each item independently can elicit meaningful connections with the dreamer.

4:15 – 5:45
Clinical Workshop: Galaxy 1
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
Dreams and the Arts Symposium: Andromeda
*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.
Bernard Welt - How Does a Poem about Dreaming Mean?
In this presentation, we analyze and contrast two celebrated sonnets about dreaming, by William Shakespeare and John Milton. Ultimately, we ask: How and why do dreams inspire poetry?

Loren Goodman - Collaborating with Coleridge
In this presentation, we discuss Coleridge's poem “Kubla Khan” in literary-historical context, particularly within the sub-genre of the “dream poem.” We then examine how the poem continues to inspire contemporary practitioners of poetry, and conduct a collaborative experiment, rewriting the poem together on the spot.

4:15 – 5:45
Dreams and Ethnicity Panel: Orion
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.

4:15 – 5:45
Online Theory Symposium: Aquarius
Alwin Wagener – How Dreams Prepare Us for Waking Life: The Embodied Cognition Theory of Dreaming
This presentation is to introduce the Embodied Cognition Theory of Dreaming, which is a novel proposal based on the theory of embodied cognition that describes dreams as having three functions that serve to prepare individuals for waking life. This presentation will describe the theory, support for it, and its implications.

Robert J. Hoss – Dream Content Support for an Emotional Processing Theory of Dreams
Various research studies suggest an emotional processing (or emotional problem solving) function to dreaming. This talk will discuss some of the elements of the theory as well various content studies that support the theory including singular cases, an 18-month series and a 45-year series from a PTSD survivor.

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

8:00 – 11:00
After Dinner Shakespeare Play – Under the sky at the Elizabethan Theatre
Twelfth Night (see map below for directions)
(attendees may buy 1-2 tickets at the special rate of $49.50 each from the Registration desk.)
Thursday, June 22nd

8:00 – 9:00
Morning Dream Group (See page 12 for options)

9:00 – 9:15
Fifteen Minute Transition  w/Beverages: Constellation Hall

9:15 – 11:15
Dreamwork Workshop: Cosmos 2 (24 person limit)
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
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
Dreams and the Arts Panel - Orion
Twelfth Night Discussion
Chair: Bernard Welt
This session will reflect on the Shakespeare play Twelfth Night, which conference attendees will have had the opportunity to attend the previous evening. The discussion will include members of the OSF company involved in the production of the play.

9:15 – 11:15
Education Workshop: Aquarius
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.

11:15 – 11:30
Fifteen Minute Transition  w/Beverages: Constellation Hall

11:30 – 1:00
Dreamwork Workshop: Cosmos 2
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
Dreams and the Arts Workshop: Galaxy 1 (25 person limit)
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 (25 person limit)
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
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
Online Research Symposium: Aquarius
*Contemplative Perspectives on Dreaming Across Cultures*
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.

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.

Michael Schredl (virtual): *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
Hospitality Suite Open (bring your own lunch)

2:30 – 4:00
Dreams and Health Workshop: Galaxy 1 (16 person limit)
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
Dreamwork Symposium: Andromeda
William Rekshan and Dan Rekshan - *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.

2:30 – 4:00
Long Term Journaling Panel: Orion
Cynnie Pearson, 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 record-keeping in the future.
2:30 – 4:00
Online Education Symposium: Aquarius

*Dreams, Creativity, and Art:*

Deirdre Barrett - *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.

Jayne Gackenbach and Robin Adair - *Dream Meaning Through Art Making: A Continuing Education Course*
This presentation will report on a Continuing Education course which was offered at the University of Saskatchewan. The course was listed as an art course but added a dream component. Thus, it was taught by a psychologist and a visual artist. The structure of the course will be presented.

4:00 - 4:15
Fifteen Minute Transition w/Beverages: Constellation Hall

4:15 - 5:30
Online Invited Keynote: Aquarius

*Introduction by Michelle Carr*

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 Dance Ceremony by Alaya Dannu: Aquarius

5:45 – 7:45
Two and a half hour dinner break (on your own at local restaurants)
Costume preparation
Board Meeting #2 – Galaxy 1
(Dinner served at 5:45 for those who’ve pre-reserved)

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

9:00 – 12:00 Dream Ball: Aquarius / Orion / Andromeda Ballroom
Dance Music by The Rogue Suspects -- *Soul Revue*
Marta Aarli, MA, LPC is a psychotherapist and dream guide in Colorado, integrating 30 years of training in psychodynamic, analytic, transpersonal and contemplative psychology, Gestalt parts dialogue, creative expression, active imagination, shamanic journeying, dream re-entry, dream theater and ancestral healing. She offers dreamwork sessions, individual and couple’s therapy, women’s groups and dream groups, and is currently writing a book on dreamwork and healing. Marta is also a musician and poet.

Susan Ackerman Joseph aka SackJo22 (Los Angeles), certified somatic practitioner (MFT, PNE, PHP, SEP Trainee) and multi-media artist, is a lifetime wanderer in the realm of the creative experienced through dreams, nature and esoteric practice. Whether holding healing space for individuals and groups, making something in the studio, or contributing to artistic collaborations, her integrative offerings are an invitation to sense life deeply.

Robin Adair is a visual artist and art educator. He teaches classes in painting, drawing, and art journaling through the Community Arts Certificate Program at the University of Saskatchewan. He also facilitates public and school programming at the Remai Modern in Saskatoon. He holds a Bachelor of Fine Arts, and a PhD in English Literature.

Jen Barchers PhD, Colorado, USA. Professor of Humanities, Anthropology, Philosophy, Sustainability and Dream/Consciousness Psychology; Colorado Mountain College; Naropa University. Faculty of the year 2017, German Marshall Fund Fellow.


Deirdre Barrett, PhD, teaches at Harvard University. Her books include The Committee of Sleep, and Pandemic Dreams. Deirdre is Editor of DREAMING, and Past President of IASD and The Society for Psychological Hypnosis. She makes digital dream art which has appeared in National Geographic and in the IASD show.

Katherine R. Bell, PhD (astrophysics) is from Santa Cruz CA, USA. She has hosted the weekly interview podcast The Dream Journal for over four years. She has been facilitating dream groups and workshops for almost 30 years, has been a coach for over 10 and is nearing completion of her first book. Katherine is on the IASD Board of Directors and the Ethics Committee and is Conference Planning Co-Chair and Chair of the Dream Ball Team. ExperientialDreamwork.com.

Virginia G. Bennett, PhD is a clinical psychologist and consultant in private practice in Berkeley, California. For over 20 years, she has taught graduate psychology courses, guided individuals and groups in dreamwork, and presented at numerous conferences. Since the 1970s she has daily recorded her own lucid and non-lucid dreams. She views dreams as multi-dimensional experiences: psychological, spiritual, and biological in nature, the meaning of which only the dreamer knows…

Walter Berry, MFA, Author of the best-selling book, Drawn into the Dream, is a certified dreamworker, runs dream groups in Los Angeles which have been featured in the N.Y. Times and the L.A. Times. He is a former member of the Board of Directors of The IASD, co-chair of the IASD Arts Exhibition and is a frequent workshop leader at IASD conferences and other venues both regionally and international.

Mark Blagrove is Professor of Psychology and Director of the Sleep Laboratory at Swansea University, a past-President of IASD, and a Fellow of the British Psychological Society. He graduated in Natural Sciences from Cambridge University, and has researched sleep, memory and dreaming for almost 40 years. Since 2016 he has undertaken public Ullman dream discussions, with artist Julia Lockheart simultaneously painting each dream as part of their DreamsID.com collaboration.

Leah Bolen is the Sleep and Dream Specialist for Miraval Resort and Spa. She also held the role of Executive Director for the nation’s leading marketing technology company. Through workshops and private consultations, Leah blends the experience she’s honed within her traditional job with her passion and knowledge for dreams.

Clarita Bonamino (MSc, BEng) is a PhD candidate at Queensland University of Technology, Brisbane Australia. Her research investigates the sleeping and lucid dreaming behaviours in adolescents with a particular focus on the effects of lucid dreaming practice on motor learning.

Sophie Boudrias, PsyD is a psychologist, art psychotherapist and professor of art therapy at the Université du Québec en Abitibi-Témiscamingue (Montreal, Canada). She studies psychotherapeutic applications of the memory reconsolidation framework using dreams and art therapy. She is the author of a book chapter entitled Neuroscience and SomaticArt Therapy: Emotional Memory Reconsolidation.

Gary Braun is a dream worker based in Eugene, Oregon. Gary has 15 years experience leading experiential dream workshops, facilitating several monthly dream groups, and assisting individuals deepen their dream work practice. He has trained in a variety of dream work methodologies under Robert Moss, completing the Level Three Dream Teacher Training. Gary’s passion is assisting people to deepen their relationship to their dream life, and dreams to society again.

Kelly Bulkeley, Ph.D. is a psychologist of religion focusing on dreams. He is Director of the Sleep and Dream
Dreams for Self-Discovery. IASD past president and former Sleep and Dreams. Co-editor and contributor to Interpreting Weaving Dreams into the Classroom and the Encyclopedia of Dreaming, contributor to Dreams that Change Our Lives, minister and pastoral counselor, Laurel is author of Intuitive meditation, mindfulness, intuition, and spirituality. An interfaith Laurel Clark

New Awareness Network.

within Australia. Currently he is the Program Director of The businesses in the welfare to work and rehabilitation arena the Seth Materials. David has founded and run large scale workshops, and groups focused on dreams, lucid dreams and Australia. He has taught and facilitated many dream classes, the relationship between dreams and mental health, with particular interest in nightmares, lucid dreams, and novel techniques in dream engineering.

Jean Campbell is an IASD Board member and Editor of IASD’s DreamTime magazine. She is Director of the nonprofit organization The IMAGE Project, and author/editor of several books including Group Dreaming: Dreams to the Tenth Power (Wordminder Press, 2006) and Sleep Monsters and Superheroes: Empowering Children through Creative Dreamplay (Praeger/ABC-CLIO, 2016)

Michelle Carr, Ph.D. is an Assistant Research Professor in the Center for Advanced Research in Sleep Medicine in Montreal, Quebec. She is President of the International Association for the Study of Dreams, and lead organizer for a research network on Dream Engineering. Dr. Carr studies the relationship between dreams and mental health, with particular interest in nightmares, lucid dreams, and novel techniques in dream engineering.

Alexandria Casteel is an anthropology graduate student in the Ecology, Evolution, Environment and Society Program at Dartmouth College. Her work examines social movements in cities, including earth justice, care, and stewardship practices among Black Baltimoreans and urban ecosystems. Future work hopes to examine how activists engage community care and dreaming as tools for disrupting the systems and structures that produce inequality and enacting social-ecological change.

David Cielak, M.Sc Rehabilitation, lives in Fremantle, Australia. He has taught and facilitated many dream classes, workshops, and groups focused on dreams, lucid dreams and the Seth Materials. David has founded and run large scale businesses in the welfare to work and rehabilitation arena within Australia. Currently he is the Program Director of The New Awareness Network.

Laurel Clark, D.D., D.M., CDP, USA. teaches metaphysics, meditation, mindfulness, intuition, and spirituality. An interfaith minister and pastoral counselor, Laurel is author of Intuitive Dreaming, contributor to Dreams that Change Our Lives, Weaving Dreams into the Classroom and the Encyclopedia of Sleep and Dreams. Co-editor and contributor to Interpreting Dreams for Self-Discovery. IASD past president and former Board Chair, graduate of Institute for Dream Studies and School of Metaphysics.

Theresa Coimbra is a Brazilian Clinical Psychologist in private practice since 1986, with studies in dreams, mythology, and sand tray, and further degrees in Jungian Psychology, in 2002, and Initiatic Therapy, in 2004. From 1985 to 2012, Theresa studied Initiatic Therapy under Vera Schiller de Kohn, founder of the Center for Integral Development in Quito, Ecuador, who studied under Dr. Karlfried Graf Durkheim and Dr. Maria Hippius, in Todtmoos-Rutte, Germany.

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Chris Cunniffe is originally from Long Island, NY. He is a graduate of Holy Cross College (B.A., 1993) and Harvard Law School (J.D., 1996). He has resided in the Charleston, SC metro area since 1998. Chris is the Managing Broker with real estate firm Engel and Völkers Charleston. He separately offers dream and law of attraction coaching services through his coaching business, Lucid Coaching, LLC.

Alaya A. Dannu, MA (aka Diya Dannu) is a doctoral student at Fielding Graduate University, USA, completing her degree in Human Development. Her topic of inquiry endeavors to illuminate the nature and importance of ancestral dreaming, its ability to inform identity and human development, to enhance the academic and scholarly inquiry, and bring awareness to her matriarchal tradition that was revealed through her ancestral dreaming experiences.

Lynne L. Ehlers, Ph.D., licensed Clinical Psychologist and Teaching Member (CST-T) of ISST/STA with a private practice in Albany, California, offering dreamwork, sandplay, case consultation and Jungian-oriented depth psychotherapy for adults. For many years she has taught classes on dream symbolism and sandplay at local universities and presented papers at dream and sandplay conferences. She is the author of Alchemy and Individuation: The Colors of Transformation, (2022) Analytical Psychology Press.

Dr. Leslie Ellis is author of Clinician’s Guide to Dream Therapy (Routledge, 2020), and former vice president of IASD. She has been working with dreams as a teacher and psychotherapist for more than 25 years, and has developed a special expertise in working with trauma-related nightmares. She offers online courses on Embodied Experiential Dreamwork, both through her own course site as well as via The Jung Platform and The Polyvagal Institute.
Marcia Emery, Ph.D. is a pioneer in the field of applied intuition, a psychologist, intuitive consultant and former professor. She blends intuition and dreams in her published books. Marcia is a former IASD board member and expert on the Dream Decoders TV show and on the America Now Television series. Her published books are “Marcia Emery’s Intuition Workbook, The Intuitive Healer and Power Hunch.

Nina Fabian, DO is a US resident and psychiatry resident at Henry Ford Hospital in Detroit, Michigan.

Rev. Azima Lila Forest, MDiv, USA is a Unitarian Universalist minister and a teacher in the universal Sufi tradition. She has been working with dreams for 50 years; her dreamwork mentors have been Jeremy Taylor and Robert Moss.

Jayne Gackenbach is one of the past presidents of IASD. Over her 40-year academic career as a dream researcher she examined first lucid dreams and later how media, especially video game play, affects dreams. Ten books, particularly “Conscious Mind, Sleeping Brain” and “Boundaries of Self and Reality Online”, were published. Throughout her life she has been an artist and crafter who over time used art as a form of dreamwork.

Heloisa Garman, Psy.D is an Illinois licensed clinical psychologist and a resident of Illinois. She specialized in individual, and family therapy from a system’s perspective. Taught and supervised in major Brazilian universities. Had extensive training with dream work at the Jung Center in Evanston, Ill. Developed a method of dreamwork published in the Developmental Psychology Journal and at AFTA (American Family Therapy Academy). Gave workshops at the IASD.

Dan Gilhooley, MFA, PsyA.D (USA) is an artist and psychoanalyst on the faculty of the New York Graduate School of Psychoanalysis. Elected to the National Academy of Design, he was a Fellow in the IPA’s Psychoanalytic Research Training Program at Yale University. With his patient Frank Toich, Gilhooley published Psychoanalysis, Intersubjective Writing and a Postmaterialist Model of Mind (Routledge) which won a Gradiva Award for Best Psychoanalytic Book in 2020.

Lael Gold, Ph.D., the founder of Productive Slumber (productiveslumber.com), provides individual guidance and group programs to clients worldwide. A former Mellon Fellow and an award-winning educator, Lael created and taught literature, film, and writing courses at U.C. Berkeley where she earned her doctorate in comparative literature. Lael is a writer and comedian, as well as a dreamworker, and humor and play are hallmarks of her work.

Loren Goodman, PhD is Director of Creative Writing and Professor of English literature at Yonsei University/Underwood International College in Seoul, Korea; and the author of Famous Americans, (2002 Yale Series of Younger Poets), Non-Existential Facts (2018), and, with Pirooz Kalayeh, Shitting on Elves and Other Poems (2020).

Tzivia Gover, MFA, CDP, is the author of books, including, Dreaming on the Page: Tap into Your Midnight Mind to Supercharge Your writing. She combines dreamwork and writing in Dreaming on the Page workshops online and in person. She is a Certified Dreamwork Professional and a Certified Proprioceptive Writing Instructor. Tzivia hosts 350 Dreamers, a worldwide network dreaming for global healing. She dreams and writes in western Massachusetts. Visit www.thirdhousemoon.com

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Nigel Hamilton, PhD. is Director of the CCPE, a Transpersonal Psychotherapy Training Centre and Clinic, London, where he lectures and practices as a Psychotherapist. He is Co-Founder of the Dream Research Institute (DRI). He originally trained as a Physicist, working at the MIT for using light in Energy Storage Research.

Armin Hamrah is a senior in high school residing in the California Bay Area, USA, intending to study Cognitive Science in college and beyond. He has one published paper through the Stanford Center on Longevity which explores racial/ethnic determinants in U.S. adults with all-cause dementia, and this is his second paper in the making. He is a National Merit Finalist and an AP Scholar with Distinction.

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Andras Jones is a multi-disciplinary artist (writer, musician, actor, producer) who has brought his many fields of endeavor together in an interactive performance format he calls Radio8Ball. Participants “consult the Pop Oracle” by asking questions which are answered by picking songs at random. The songs are performed live by the gues songwriter and interpreted .. . like communal dreams.

Sheldon Juncker, B.Sc. Computer Science (United States) is a software engineer who works in the fields of dream research, data analysis, and app development. He is currently developing a dream journaling app, working with Kelly Bulkeley and others on a research project about pandemic dreams and helping to maintain the Sleep and Dream Database.

David Kahn, PhD, USA received his PhD in Physics from Yale University. He is currently on the faculty of Harvard Medical School in the Department of Psychiatry, engaged in research to help develop a neuropsychology of dreaming that can be used as a basis for a brain-based theory of psychiatry.

Ed Kellogg III (USA) earned his Ph.D. from Duke University. He has published papers on his work in fields as diverse as the biochemistry of aging, bioelectricity, general semantics, lucid dreaming, psi-dreaming, dream healing, and the phenomenology of consciousness. In 2020, 2021, and 2023 he co-hosted and presented at IASD's online Many Worlds of Lucid Dreaming Conference. You can find most of his work freely available online at https://duke.academia.edu/EdKellogg.

William Kelly, Ph.D. is an associate professor of clinical mental health counseling at Neumann University. He also is a practicing Licensed Professional Counselor. His clinical and research interests are nightmares and psychodynamic theory.

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Naomi Kimmelman, MA is a Licensed Marriage and Family Therapist (LMFT # 116653) in private practice currently seeing clients located in California. She holds a Master’s Degree in Holistic Counseling Psychology with an emphasis in Depth Psychotherapy from John F. Kennedy University, studying with Jeremy Taylor. Naomi received her BA in Psychology with a minor in Art from Sonoma State University. She presented on hypnagogia at the 2018 IASD conference.

Karen Konkoly, MS is a PhD candidate at Northwestern University in the USA. She works in Ken Paller’s cognitive neuroscience lab, using EEG to study lucid dreaming. Her projects have focused on how two-way communication with dreamers can help us study how dreams are generated and what functions they may serve.
Katherine Ladd-Pears is a recovered attorney and former naturopath currently pursuing her PhD in depth psychology. Her dissertation explores how women living with self-destructive chronic illness can find meaning by working with their symptoms, synchronicities, and dreams. Kate has used these methods to heal from both multiple sclerosis and cancer.

Justina Lasley, MA is founder of the Institute for Dream Studies and developer of DreamSynergy™, an innovative and comprehensive process using dreams for personal transformation. She shares her passion and insight as an educator, workshop leader, and 30-year dream enthusiast. She is the author of Wake Up to Your Dreams: Transform Your Relationships, Career and Health While You Sleep and Honoring the Dream: A Handbook for Dream Group Leaders.

Andrusa Lawson (BA) United states of America, Born and raised in traditional Islamic culture with over 12 years of personal development in Chinese and Japanese’s martial arts, Taoism, Zen Buddhism, Sufi mysticism, Tibetan dream yoga, Tantra and South American shamanic practices. Andrusa Lawson is the cofounder, Vice president, And Creative Director of Divine by Design INC. A social impact venture based out of Baltimore MD servicing BIPOC dreamers.

Anthony Levasseur, B.Sc., is a master’s student in Biomedical Sciences from the University of Montreal with a background in cognitive neuroscience. He is working as a research trainee in the Center for Advanced Research in Sleep Medicine, as an event organizer for IASD Quebec and as a research assistant for MIT’s Fluid Interfaces Group. He recently submitted a paper on a dream engineering device interface

Dr. Ava Lindberg is a Jungian psychologist (Ph.D., Pacifica Graduate Institute, 2020) and cultural anthropologist (M.A., Columbia University, 1995). Her work emphasizes research, teaching, and therapy. For corporate insight, she executes research and training in new approaches for dreamwork for social scientists. She is a visiting scholar in psychology with The BornGlobal Foundation. An analyst in private therapy practice, she privileges dreamwork. Dr. Lindberg resides in NYC and Quito, Ecuador.

Amy Lloyd (Chicago) is a classically trained visual artist, painter that uses her dream imagery and its potency to fuel her artwork. She is an exhibiting artist and art instructor. IASD Peoples Choice Award 2022.

Julia Lockheart is an artist and is Associate Professor at the Swansea College of Art, University of Wales Trinity St David. She has a PhD from Goldsmiths, University of London. She has painted dreams during Ullman discussion sessions as part of the DreamsID collaboration with Mark Blagrove since 2016.

Kamilah Long is an OSF theater artist with experience as an actor, writer, director, producer, and fundraiser. She helped create this year’s Cyberland series of short films for OSF’s Cinema House.

Athena Lou, BA, Graduate, Elan Training Academy, Leadership and Advanced Facilitation. Business consultant and coach.

Akinke Lucas is a Spiritual Consultant who utilizes her background in Drama Therapy, Somatic healing, social work, and indigenous traditions to guide her in facilitating purposeful healing modalities. She is a Ph.D. (ABD) candidate in Integrative Therapy and Healing Practices at Pacifica Graduate Institute. Akinke recently completed a year ancestral apprenticeship in Africa and Asia where she furthered her indigenous learning and artistic work.

Kelly Lydick, M.A. is the author of Mastering the Dream and Dream Incubation for Greater Self-Awareness. In 2016, Kelly was honored with a Juno Award from the Omega Institute. In 2019, Kelly was a graduate of the inaugural class of Eckhart Tolle’s School of Awakening.

Emma Rose Lynn (M.M. Vocal Performance) is a voice teacher, song catcher, and vocalist from Eugene, Oregon. Building community through music is one of her driving passions; she seeks to bring people together celebrating live music through teaching, song-leading, skill building, and empowerment work with singers of all levels.

Jesse Lyon, MS, CCHt, QS, LMHC is the Chief Dream Scientist at DreamApp. Jesse is also the face behind the viral social media account @LyonMentalHealth with over 1.6 million followers on TikTok alone. Jesse owns Lyon Counseling, with offices in Central Florida, and works specifically with CPTSD, DID, schizophrenia, and the homeless and is co-founder of Trauma-Focused Hypnotherapy, a school that certifies therapists in the use of clinical hypnosis.

Teresa MacColl has a Master’s degree from Naropa University in the Indigenous Mind (IM) Program. The focus of the IM program is to re-educate people socialized in Western cultures in their own cultures of origin, promoting an understanding of indigenous and traditional knowledge that is based in one’s own cultural background. Her environmental science work includes conducting research on fish near dams and diversions to improve fish passage and survivability.

Greg Mahr MD, a US resident and graduate of the Wayne State University School of Medicine, is the Director of Consultation Liaison Psychiatry at Henry Ford Hospital. He has many publications and presentations in psychosomatic medicine. His book The Wisdom of Dreams: Science, synchronicity and the language of the soul, co-authored by Chris Drake was published in September by Routledge Press.

Peter Maich is a lifelong lucid dreamer from New Zealand will be presenting a range of lucid dream entry techniques. He has been interviewed by “New York” for “The Science of Us” and featured as the lucid dreamer for Australian Men’s Health in an article on dreaming and mental health.

Remington Mallett is a postdoctoral research fellow at Northwestern University. He studies sleep and dreams using neuroimaging and computational linguistics.
Roger D. Martinez, BA, LADC, NCAC-ii, College of Santa Fe, Pacifica Graduate Institute, New York Institute of Photography, Treasurer, Taos Artists Organization, Knights of Columbus; Grand Knight, Trustee, Chancellor, Comptroller and Commander. Presentations for IASD: Asheville, Hawaii, Berkeley, Santa Cruz, Sonoma, Boston, Montreal, Scottsdale, Tucson.

Kimberly Mascaro, PhD (U.S.A.) wears many hats. She is a somatic psychologist, psychotherapist, mediation facilitator, educator, artist and author. Dr. Mascaro has worked in the fields of mental health, behavioral health, and education for over 20 years. She currently teaches psychology courses for Arizona State University Online and operates a private practice. Her publications include two books: Dream Medicine (2021, Toplight Books) and Extraordinary Dreams (2018, McFarland).

Katie Mason, MA, LPC is from Denver, Colorado. She is a psychotherapist and facilitates growth and healing using Dreamwork in her Private Practice. Katie is also a dream performer, combining spoken word poetry, humor and dream images to creatively express her truth.

Linda Mastrangelo, MA, LMFT (USA) is the Director for the Institute for Dream Studies, a psychotherapist with a private practice specializing in grief, loss and dreamwork. She has written for The Shift Network, GoodTherapy, SUFI, Lucid Dream Exchange and the book, Sleep Monsters and Superheroes. Linda also serves on the Board of Directors of IASD and is a graduate professor of Consciousness and Transformative Studies at John F. Kennedy University.

Jennie Meyer, M.Div. (Harvard Divinity School) is a poet, spiritual practitioner, and certified dreamwork professional (Institute for Dream Studies, 2021). Jennie leads dream and meditation/writing workshops and series and offers individual dreamwork. She is a contributor to the book, Tidelines: An Anthology of Cape Ann Poets (2021). Her poetry has appeared in numerous publications. She recently received a 2022 grant from Discover Gloucester. She interviewed with The Dream Journal, 2021.

Angel Morgan, PhD is a past President of IASD, transpersonal psychology professor and director of the Dream Studies Certificate program at Sofia University in the US and China, founder of Dreambridge (thedreambridge.com), author/illustrator of The Alphabliss of Miss, and Dreamer’s Powerful Tiger: A New Lucid Dreaming Classic for Children and Parents of the 21st Century. Her MA is in Human Development, and BA in Theater, Film, and Television from UCLA.

Daniel Morris (B.A.) is a first year PhD student in Dr. Ken Paller’s lab at Northwestern University in Evanston, Chicago, USA. He is studying lucid dreaming, sensory disconnection, and the Tibetan practices of Dream Yoga.

Nori Muster MS is a researcher based in Arizona, who has kept a dream journal for 43 years. From 2018 to 2021 she typed all her dream journals, and continues to study them for insights into the nature of dreams.

Rubin Naiman, PhD, is a psychologist, sleep and dream specialist and clinical assistant professor of medicine at the University of Arizona. He has pioneered the development of innovative approaches to sleep and dreams that integrate sleep science and spirituality. He is the author of numerous professional and consumer works.

Julie Nauman-Mikulski lives in the Chicago area and is the Senior Designer at the Museum of Science and Industry. She is also adjunct faculty at Columbia College Chicago. She has exhibited her art internationally and her book, Secrets Inside Shadows is part of the Joan Flasch Artist Book Collection at the Art Institute of Chicago. In her experimental books, all her favorite things come together: graphic design, art, writing and dreams.

Brian Nuckols has a background in Jungian analysis, counseling, and spiritual practices. He has degrees in psychology, training in counseling, numerous certifications (from narrative therapy to hypnosis), conference presentations, and research publications. He’s lectured for the Pittsburgh Jung Group and the Jung Society of New York on the topic of Carl Jung’s Red book.

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J.F. Pagel MS/MD, Associate Clinical Professor at the University of Colorado School of Medicine and Adjunct Professor of Psychology at Cape Breton University has authored >180 publications on sleep and dreaming. Past chair of the AASM education committee, he co-developed the diagnostic code for Nightmare Disorder. His books: The Limits of Dream, Primary Care Sleep Medicine (Ed. X 2), Dream Science, Machine Dreaming, Parasomnia Dreaming (Ed.), and Post-Traumatic Stress Disorder.

Cynnie Pearson (USA) graduated magna cum laude
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Emma Peters is a PhD student working on the neuroscience of sleep and dreaming. After graduating in Cognitive Neuroscience in the Netherlands, she is doing her PhD at the University of Bern. During her PhD, she is working on the Embodied Dreaming Project, focusing on lucid dream induction from an embodied perspective. Previous publications include work on lucid dream induction using virtual reality training and sleep fragmentation and lucid dreaming.

Robbyn Peters Bennett is a childhood trauma specialist, activist in ending corporal punishment, and trainer in the neurosequential model of therapeutics. She studied with the North Pacific Institute of Analytical Psychology, dreamtending at Pacifica Graduate Institute and teaches embodied dreamwork. Robbyn is an artist enjoying stained glass, knitting, piano, jazz singing, gardening, cooking, sketching, sewing, home renovation, and furniture painting! She’s a student of fashion design at the Portland Fashion Institute. https://robbynpetersbennett.org/about.


Claudia Picard-Deland is a Neuroscience PhD student at the University of Montreal, working at the Dream and Nightmare Laboratory at the Center for Advanced Research in Sleep Medicine in Montreal, Canada. She studies dreaming, memory, nightmares, lucid dreams, and sleep perception using polysomnography, serial awakenings and dream engineering approaches.

Xian Prem holds a Ph.D. in Psychology besides numerous certifications in life coaching, creative expression, movement and meditation. She brings two decades of international experience as a workshop facilitator and Transformational Coach, uplifting clients and peers in personal and professional transformation. She has analyzed dreams since the age of ten, exploring various levels of dream reality. Xian Prem resides in the U.S. Xian Prem can be contacted at contact@xianprem.com; www.cftipspsychology.com

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William Rekshan is the CEO of DreamWell, a Public Benefit Corporation, a mobile app that supports sleep and dreaming. He holds a B.A. in Psychology, Philosophy, and Classical Studies, has coauthored peer-reviewed articles in neuroscience, and has helped build award winning mobile applications. He currently lives in Lyon, France.

Laura Roklicer is a PhD candidate in Psychology at Swansea University. Based in Wales, Laura is also an author, screenwriter, and lyricist. She presented her research on the effects of lucid dreaming on creative writing at the 2022 Faculty of Medicine, Health and Life Science PGR Conference, and her paper Lucid Dreaming for Creative Writing is currently under review by the International Journal of Dream Research.

Dr Melanie Rosen is an assistant professor at the philosophy department at Trent University, Ontario. She focuses on the philosophy of dreaming from an interdisciplinary angle and has written articles on the dream self, the nature of dreaming and the cognitive features of dreaming. She completed her PhD at Macquarie University, Sydney and was a Carlsberg distinguished postdoctoral fellow at the Interacting minds Center, Aarhus University in Denmark.

Richard Russo, MA, is Associate Director of the Dream Institute of Northern California. He is a past president of IASD, and for many years was the Editor of DreamTime and Chair of the IASD Arts committee. He has published fiction, poetry, and numerous articles on dreams, and edited Dreams Are Wiser Than Men (a collection of writings on dreams). His art has been exhibited in numerous U.S. galleries and online.

Linda Yael Schiller, MSW, LICSW is an international speaker, dreamworker, and integrative psychotherapist. Author of PTSDreams: Transform Your Nightmares from Trauma through...
Lauren Z. Schneider, MA, MFT, Santa Barbara, CA integrates depth psychotherapy and ecotherapy with dreamwork and her pioneering method, Tarotpy®. Lauren’s recently published book Tarotpy – It’s All in the Cards won the Gold Medal from Living Now Book Awards and Silver Medal from Nautilus Book Awards. Kelly Bulkeley’s review: “Tarotpy does more than any previous book to illuminate the mutually supportive and infinitely creative interplay of tarot and dreaming.”

Michael Schredl, since 1990, has been working in the sleep laboratory of the Central Institute of Mental Health, Mannheim, Germany. His publications cover various topics such as dream recall, dream content analysis, nightmares, dreams and sleep disorders, and sleep physiology. He is editor of the online-journal “International Journal of Dream Research”.

Alan Siegel, PhD. Associate Clinical Professor, UC Berkeley. Past-President of IASD; Consulting Editor for the IASD journal, Dreaming, and Editor-Emeritus of IASD’s Dream Time magazine. A licensed psychologist; author of Dream Wisdom: Uncovering Life’s Answers in Your Dreams; has taught courses on dreams for 45 years in many settings.

Dr. Isaac Y. Taitz, Ph.D., is the president and head psychologist for All Mind Health, serving patients of all ages throughout California, specializing in sleep and dreaming treatments. He received his PhD at Palo Alto University and shadowed at the Stanford Sleep Center, focusing on Integrative Behavioral Sleep Medicine and dream therapies throughout his postdoc. Dr. Taitz has published articles and chapters on dreaming, bereavement, PTSD, gender, ethnicity, and religion.

Tina Tau, Certified Dreamworker, Marin Institute of Projective Dreamwork. Author of Ask for Horses: Memoir of a Dream-Guided Life.

Gabriela Torres Platas holds a Ph.D. in Neuroscience from McGill University. After her doctoral studies, she pursued clinical research training and Co-led a laboratory where she conducted several clinical trials to study the biological mechanisms of Mindfulness-based interventions when used as a treatment in psychiatric disorders. She currently pursuing a postdoctoral fellowship at Northwestern University in the Paller Lab to study the neural correlates of sleep and dream yoga.

Misa Tsuruta, PhD, is a psychotherapist/psychologist in Tokyo, Japan. She has been an IASD member since 2004 and presented at many conferences. Her topics entail Japanese culture and dreams and some other topics. Most of her publications can be found on Academia.edu.

John Valenzuela, Ph.D, is a licensed clinical psychologist in California who earned his degree from Pacifica Graduate Institute. His dissertation research on ethnic identity and dreams has led to further exploration of clinical approaches to dreamwork and the development of consciousness. He has trained with the psychiatrist Dr. Daniel Siegel in recent years in the study of interpersonal neurobiology.

Katja Valli, PhD, is a Professor of Cognitive Neuroscience at the University of Skövde, Sweden and a Senior Researcher at the University of Turku, Finland. She has published over 70 peer-reviewed articles and book chapters on dreaming and consciousness and edited, together with Robert J. Hoss, the reference work Dreams: Understanding Biology, Psychology and Culture (Vol. 1) published in 2019 by Greenwood, an Imprint of ABC-CLIO, LLC.

Jeanne Van Bronkhorst, MA, MSW, (Toronto, Canada) is a former hospice social worker and the author of Premonitions in Daily Life (2013) and Dreams at the Threshold: Guidance, Comfort and Healing at the End of Life (2015). She is a frequent speaker and trainer on dreams at the end of life, and the founding organizer of Toronto Dreamers, an online Meetup.com group dedicated to dreams and dreaming.

Alwin E. Wagener, PhD, is an Assistant Professor and the Director of the masters level Clinical Mental Health Counseling Program at Fairleigh Dickinson University, NJ, USA. His professional goal is to increase understanding of dreams and their therapeutic uses. Towards that end, he has published in academic journals and presented at national conferences on dreams, nightmares, and metaphors. Additionally, he is a professional counselor who incorporates dreamwork in his practice.

Robert Waggoner wrote the acclaimed book, Lucid Dreaming – Gateway to the Inner Self, and co-authored the award winning, Lucid Dreaming Plain and Simple. For 20+ years, he has taught lucid dreaming workshops (with GlideWing, IONS, etc.) and served as co-editor of the free magazine, Lucid Dreaming Experience at www.luciddreamingmagazine.com. In 2022, he helped establish the new non-profit, Lucid Dreaming Foundation.

Carol D Warner LCSW has been active in IASD since Year Two of its existence as a presenter and organizer. She works daily in her private practice with dreams. Her two books, Return: Dreaming and the Spiritual Journey and At the Feet of the Master, explore dreams from psychological and spiritual dimensions.

Donya K. Washington is a Festival Producer at OSF, with an extensive background in directing and producing. She is the Lead Producer for this year’s OSF productions of Rent and The Three Musketeers.

Bernard Welt, PhD, Professor Emeritus at the Corcoran School of the Arts and Design at The George Washington University, has led dream groups since 1985 and taught interdisciplinary dream studies courses. He is co-author with Phil King and Kelly Bulkeley of Dreaming in the Classroom: Practices, Methods, and Resources in Dream Education (SUNY Press).
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# 2023 Conference Program Schedule

Legend: **Red Font** = Theme Track; **Green highlight** = Online Track (a hybrid of onsite and online participants)

<table>
<thead>
<tr>
<th>Time</th>
<th>Pre-Conference Registration Setup: Sat 17 June</th>
<th>Volunteers Setup Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 6:00</td>
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</table>

### Day #1 Sessions - Sun 18 June

<table>
<thead>
<tr>
<th>Time</th>
<th>Registration</th>
<th>Books</th>
<th>Art Exhibit Setup</th>
<th>Day #1 Sessions - Sun 18 June</th>
<th>10 am – Noon AV Volunteer Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00–5:00</td>
<td>Registration</td>
<td></td>
<td></td>
<td>IASD Board Meeting #1</td>
<td>Volunteer Training</td>
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<td>1:00–3:00 Room Monitor Training</td>
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<td>(Dinner served 4pm)</td>
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<tr>
<td>5:00–6:30</td>
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<td></td>
<td>1 to 5pm</td>
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<td>6:30–8:30</td>
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<tr>
<td>8:30–11:00</td>
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<td></td>
<td>8:30–11:00 Opening Reception</td>
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</table>

**Lunch on your own, Luna Café open**

**5:00–6:30 Dinner on Your Own**
<table>
<thead>
<tr>
<th>Time</th>
<th>Registration</th>
<th>Art</th>
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</thead>
<tbody>
<tr>
<td>8:00-9:00</td>
<td>8 AM – 8 PM</td>
<td>Dreamwerk Symposium&lt;br&gt;Dream Series&lt;br&gt;Muster (chair) Nightmare Series, O’Connell Long Term Dream Series [Andromeda] R</td>
</tr>
<tr>
<td>9:00-9:15</td>
<td>Info Desk</td>
<td>Dreamwerk Workshops&lt;br&gt;Dreamwork/Bodyscape&lt;br&gt;Camwell [Andromeda] L</td>
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<tr>
<td>9:15-10:15</td>
<td>Books</td>
<td>Lucid Body &amp; Mind (tables)&lt;br&gt;[Boardroom]</td>
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<tr>
<td>10:15-11:15</td>
<td></td>
<td>Lucidity Panel&lt;br&gt;Inferno Responses to Lucid Dream Requests&lt;br&gt;Wagoner (chair), Hamton [Orion] R</td>
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<tr>
<td>10:15-11:15</td>
<td></td>
<td>15 min Transition w/Coffee &amp; Tea&lt;br&gt;[Constellation Hall]</td>
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<tr>
<td>10:30-11:30</td>
<td></td>
<td>15 min Transition w/Coffee &amp; Tea&lt;br&gt;[Constellation Hall]</td>
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<tr>
<td>11:30-12:00</td>
<td></td>
<td>15 min Beverage Break&lt;br&gt;[Constellation Hall]</td>
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<tr>
<td>12:00-13:00</td>
<td></td>
<td>1hr 30 min Lunch Buffet (pre-reserved tickets)&lt;br&gt;[Cosmos 1]</td>
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<tr>
<td>13:00-13:30</td>
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<td>Research Luncheon Meeting (lunch from buffet)&lt;br&gt;[Boardroom for 22]</td>
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<tr>
<td>13:30-14:30</td>
<td></td>
<td>Hospitality Suite Open (Bring Your Own Lunch)&lt;br&gt;[Location TBA]</td>
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<tr>
<td>14:00-15:00</td>
<td></td>
<td>2h Poster Session Research&lt;br&gt;Carr &amp; Remy (chairs), Blalow, Fabian, Gutman Music, Hamrah, Kelly, Levasseur, Mallet, Morris, Nuckolls, Oldis, Picard-Delam, Roshan [Galaxy 2]</td>
</tr>
<tr>
<td>15:00-16:00</td>
<td></td>
<td>2h Clinical Workshop&lt;br&gt;Dreaming and Sleep Medicine&lt;br&gt;Galton [Galaxy 1]</td>
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<tr>
<td>16:00-17:00</td>
<td></td>
<td>90min Dreams &amp; ETIQUETTE Panel&lt;br&gt;Minimal Dreaming &amp; Ecology&lt;br&gt;Campbell, Reed, MacColl, Caccez (Chair) [Orion] R</td>
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<tr>
<td>17:00-18:00</td>
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<td>15 min Beverage Break&lt;br&gt;[Constellation Hall]</td>
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<tr>
<td>18:00-19:00</td>
<td></td>
<td>2 Hour Dinner Break&lt;br&gt;(on your own in local restaurant)&lt;br&gt;[Location TBA]</td>
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<tr>
<td>19:00-20:00</td>
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<td>Hospitality Suite Open (Bring Your Own Dinner)&lt;br&gt;[Location TBA]</td>
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<tr>
<td>Time</td>
<td>Info Desk</td>
<td>Art Exhibit</td>
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<tr>
<td>8:00</td>
<td>8 AM - 5 PM</td>
<td>MDG 1 Lucid Bank-Bass (side tables) [Board Room]</td>
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<tr>
<td>9:00</td>
<td>9:15</td>
<td>MDG 2 Energetics Prem (side tables) [Cosmos 2]</td>
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<td>9:15</td>
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<td>MDG 3 Embodied Ellis [Galaxy 1]</td>
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<td>9:00</td>
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<td>MDG 4 Dream Gold [Cosmos 2]</td>
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<tr>
<td>15 min</td>
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<td>MDG 5 Finding Soul [Galaxy 1]</td>
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<td>9:15</td>
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<td>MDG 6 Intuitive Hoffman [Andromeda]</td>
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<td>15 min</td>
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<td>MDG 7 First Timers Costello [Orion]</td>
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<tr>
<td>11:15</td>
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<td>MDG 8 Welt &amp; Goodman [Aquarius]</td>
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<tr>
<td>11:30</td>
<td></td>
<td>15 min Transition w/Coffee &amp; Tea [Constellation Hall]</td>
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<tr>
<td>9:15</td>
<td></td>
<td>2h Clinical Workshop POD: Dreams Transforming your Nightmares Schiller [Cosmos 2]</td>
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<tr>
<td>11:15</td>
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<td>Call &amp; Guests Ceremony by Honoring the Dream Lasley [Galaxy 1]</td>
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<tr>
<td>11:30</td>
<td></td>
<td>2h Dreams &amp; the ARTS Workshop Lucid Dream Drama Morgan [Andromeda]</td>
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<tr>
<td>11:30</td>
<td></td>
<td>1h Dreams &amp; the ARTS Symposium Dreaming Across Genres Kilroe, Ruso (chair), Tsutara [Oros] R</td>
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<tr>
<td>11:30</td>
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<td>2h Lucidity Symposium Kellogg, Matz (chair), Scholl (v) R Rude [Aquarius]</td>
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<td>11:30</td>
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<td>15 min Transition w/Coffee &amp; Tea [Constellation Hall]</td>
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<td>11:30</td>
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<td>90m Lucidity Workshop Transcendent Lucid Writing for Dream Power Johnson [Cosmos 2]</td>
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<td>11:30</td>
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<td>90m Extraordinary Dreams Workshop Psychopompic Tales Mastrangelo [Galaxy 1]</td>
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<td>11:30</td>
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<td>90m Dreams &amp; the ARTS Symposium 4 Artists Show How They Work with Their Dreams Naiman-Mitkoff (chair) [Andromeda]</td>
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<tr>
<td>11:30</td>
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<td>90m Online Clinical Special Event Understanding and Exploring Children's Nightmares Siegel [Aquarius] R</td>
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<tr>
<td>11:30</td>
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<td>1h Online Research INVITED Presenter Dream Measuring Thru Art Making: The Personal Journey of a Dream Reaserchner Jaye Goeken (Aquarius) R</td>
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<tr>
<td>1:00</td>
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<td>1hr 3 min Lunch Buffet (pre-reserved tickets) [Cosmos 1]</td>
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<tr>
<td>2:30</td>
<td>3:30</td>
<td>1h Dreams &amp; ETHNICITY Event Ojai Traditions and Dreams of Ancestral Healing Lawson [Galaxy 1]</td>
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<td>3:30</td>
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<td>1h Sleep Workshop Superior Alternative Sleep Schedule Cislak [Andromeda]</td>
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<td>3:30</td>
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<td>1h Dreamwork Workshop DreamWork at Work: Practices to Enhance Corporate Wellness Naiman &amp; Tolen [Orion]</td>
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<td>3:30</td>
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<td>1h Online Research INVITED Presenter Dream Measuring Thru Art Making: The Personal Journey of a Dream Reaserchner Jaye Goeken (Aquarius) R</td>
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<td>3:30</td>
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<td>15 min Beverage Break [Constellation Hall]</td>
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<tr>
<td>3:45</td>
<td>5:15</td>
<td>90m General Membership Meeting Outgoing Presidential Address &amp; Incoming Presidential Address [Aquarius] R</td>
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<tr>
<td>5:15</td>
<td>8:00</td>
<td>2 1/2 hr Free Time &amp; Dinner (on your own at local restaurants)</td>
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<tr>
<td>5:30</td>
<td>8:00</td>
<td>5:30 - 8:00 Hospitality Suite Open Presenters Only Casual Reception (Bring your own dinner, drinks and snacks provided)</td>
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<tr>
<td>5:15</td>
<td>8:00</td>
<td>5:15 - 8:15 Book Signing Hospitality Suite Open for Post-Art Party [Constellation Hall]</td>
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<tr>
<td>8:00</td>
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<td>Dream Art Reception [Stardust Lounge]</td>
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<td>10:00</td>
<td>11:30</td>
<td>Hospitality Suite Open for Post-Art Party</td>
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*Draw on tablecloths and drink dreamy teas!* (Drinks and snacks provided)
<table>
<thead>
<tr>
<th>Time</th>
<th>Info</th>
<th>Art</th>
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<tr>
<td>8:00-</td>
<td>8 AM - 8</td>
<td>MDG 1&lt;br&gt;Lucid Bark-Tuss (tables) [Board Room]</td>
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<tr>
<td>9:00-</td>
<td>PM</td>
<td>MDG 2&lt;br&gt;Energetics Prem (side tables) [Cosmos 1]</td>
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<td>9:15-</td>
<td>PM</td>
<td>MDG 3&lt;br&gt;Embodyed Ellis [16] [Galaxy 2]</td>
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<td>10:15-</td>
<td>PM</td>
<td>MDG 4&lt;br&gt;MDG 5 Finding Soul Laid Pearson [Cosmos 2] [Galaxy 1]</td>
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<td>MDG 6&lt;br&gt;Intuitive Hoffman [24] [Orion]</td>
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<td>MDG 7&lt;br&gt;Dream Party Costello [16] [Aquarius]</td>
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<td>MDG 8&lt;br&gt;First Timers Welt &amp; Goodman [Aquarius]</td>
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<td><strong>15 min Transition w/Coffee &amp; Tea</strong> [Constellation Hall]</td>
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<td><strong>1h Dreamwork Workshop</strong> Leading Dream Group in Person and on the Internet Forest [Cosmos 2]</td>
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<td><strong>1h Dreams &amp; the ARTS Event Dreaming in Words</strong> Goodman &amp; Welt [Galaxy 1]</td>
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<td><strong>1h Dreams and the ARTS Event Musical Dream Tarot</strong> Hoffman [Andromeda] R</td>
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<td><strong>1h Dreams and ETHNICITY Event Dreamwork for Ancestral Healing</strong> Aarli [Orion] R</td>
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<tr>
<td>10:30-</td>
<td>12:30</td>
<td><strong>15 min Transition w/Coffee &amp; Tea</strong> [Constellation Hall]</td>
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<td></td>
<td><strong>2h Dreamwork Workshop Visitation Dreams and Shrine-making</strong> Mascaro [Board Room] (16)</td>
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<td><strong>2h Education Workshop Interactive Dream Group Dynamics</strong> Lou, Martinez [Cosmos 2]</td>
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<td><strong>2h Dreamwork Workshop Dancing w/my Skeleton down the Street</strong> Schneider [Galaxy 1]</td>
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<td><strong>2h Spirituality Symposium Warner (chair), Cunniff, Gilhooley, Meyer [Andromeda] R</strong></td>
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<td><strong>2h Dreams &amp; the ARTS Symposium Art Inside the Dream Berry (chair), Himebaugh, Robinove [Orion] R</strong></td>
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<tr>
<td>12:30-</td>
<td>2:00</td>
<td><strong>Art Exhibit Open 12:30 - 6PM</strong> [Stardust Lounge]</td>
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<td></td>
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<td><strong>1hr 30 min Lunch Buffet (pre-reserved tickets)</strong> [Cosmos 1]</td>
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<td><strong>Conf. Planning Group Luncheon Meeting</strong> [Boardroom for 22]</td>
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<td><strong>Hospitality Suite Open (Bring Your Own Lunch)</strong> [Location TBA]</td>
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<td>2:00-</td>
<td>4:00</td>
<td><strong>2h Dreams &amp; the ARTS Workshop Sketching Your Dreams</strong> Peter Bennett (Tables) [Galaxy 2]</td>
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<td><strong>2h Dreams &amp; the ARTS Workshop Dreaming Out Loud</strong> Braun &amp; Lynn [20]</td>
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<td><strong>2h Dreams &amp; the ARTS Workshop Art of Dreaming w/Felini and Dyer</strong> O'Grady, Joseph [Galaxy 1]</td>
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<td><strong>2h Lucidity Workshop Lucid Being and the Healing Matrix</strong> Kellogg [Andromeda] R</td>
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<td><strong>2h Dreams &amp; Health Symposium Clark (chair)</strong> [Orion] R</td>
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<td><strong>2h Online Theory Symposium How Dreams are Formed, Inside and Out</strong> Kuhn, Page (chair), Peters, Rose [Aquarius] R</td>
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<td>4:00-</td>
<td>5:15</td>
<td><strong>30 min Break</strong> [Constellation Hall]</td>
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<td>4:15-</td>
<td>5:45</td>
<td><strong>90m Dreamwork Workshop Guided Interview Worksheet</strong> Phillips [Galaxy 2]</td>
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<td><strong>90m Clinical Workshop Dream Journey to Wholeness through Alchemical Colors Ehlers [Galaxy 1]</strong></td>
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<td><strong>90m Dreams &amp; the ARTS Symposium Dream Poetry</strong> Welt, Goodman (chair) [Andromeda] R</td>
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<td><strong>90m Dreams &amp; ETHNICITY Panel</strong> Burns, Dunn (chair), Lucas [Orion] R</td>
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<td>5:45-</td>
<td>7:45</td>
<td><strong>2h 15min Dinner Break</strong> (on your own and travel to OSF)</td>
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<td>8:00-</td>
<td>11:00</td>
<td>After dinner Shakespearean Play <strong>Twelfth Night under the sky at the Elizabethan Theatre</strong> [constellation hall]</td>
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### Day #5 - Thurs 22 June

**Breakfast (on your own)**

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<td>8:00 -</td>
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<td>8 AM -</td>
<td>9:00 Transition w/Coffee &amp; Tea</td>
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<td>6:30 PM</td>
<td>[Const Hall]</td>
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#### 2h Dreamwork Workshop
- Journey through Consciousness with Yoga Nidra
- Yogini Viviana
- (24) [Cosmos 2]

#### 2h Dreams & Health Workshop
- What about Dreamsharing for Creativity & Mental Health
- Kimmelman
- (25) [Galaxy 1]

#### 90m Dreamwork Workshop
- Sensing the Signs: Sonic Dreamwork
- Ackerman Joseph
- (25) [Galaxy 1]

#### 90m Dreams & the ARTS Workshop
- AI Generative Art, Ancestral Dreams & Visions
- Dannu
- (25) [Galaxy 2]

#### 90m Extraordinary Dreams Workshop
- Visitation Dreams
- Van Broukhorst
- (25) [Andromeda]

#### 90m Dreamwork Symposium
- Dreaming in a Digital and Connected World?
- W Reckha (Chair), D Reckha
- (25) [Andromeda]

#### 90m Long Term Journaling Panel
- Preparing for Keynote
- Preparing for Keynote
- (25) [Andromeda]

#### 15 min Break (Constellation Hall)

**Post-Conference Friday AM - 23 June**

**Hospitality Room Open for Goodbyes**

- Online Invited Keynote - Mark Blagrove
  - The Science and Art of Dreaming and Dream-Sharing
  - (Introduction by Michelle Carr)
- Closing Ceremony
  - Dannu
  - [Aquarius]
- 5:45 - 7:45 2hr Board Meeting #2
  - Dinner served 5:45pm
  - (Dinner on your own at local restaurant)
- Costume Preparation
- Costumed Parade
- [Aquarius Ballroom]
- 2 1/2 hr Dinner Break
  - Dream Hall
  - Dance Music by The Rogue Suspects - Soul Review
  - [Full Aquarius/Orion/Andromeda Ballroom]
- Hospitality Suite Open (Bring your own drinks)
- (Location TBA)
Dr. Fanny Brewster is a Jungian Psychoanalyst and Professor at Pacifica Graduate Institute. Her publications include topics that engage Jungian psychology with contemporary issues of American culture, creativity and dreamwork. Her most recent book is forthcoming in June 2023, Race and the Unconscious: An Africanist Depth Psychology Perspective on Dreaming. (Routledge)

With great pleasure I endorse my sister, colleague and friend, Dr. Fanny Brewster’s new book on the African psyche. She brings a magnifying lens to images on philosophy, mythology, stories, and dreams, that challenges the Eurocentric blindness of African values and its effect on Black people in the Americas.

I commend the reading of this book to old and new generations in the spirit of balancing social psychic energy and embracing healing in the world.


Available for purchase from routledge.com or amazon.com

Visit fannybrewster.com

Email drbrew3@aol.com

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