

2024

International Association for the Study of Dreams

Conference Program

**ROLDUC ABBEY | ABDIJ HOTEL ROLDUC
KERKRADE, THE NETHERLANDS**

June 8 - 12, 2024

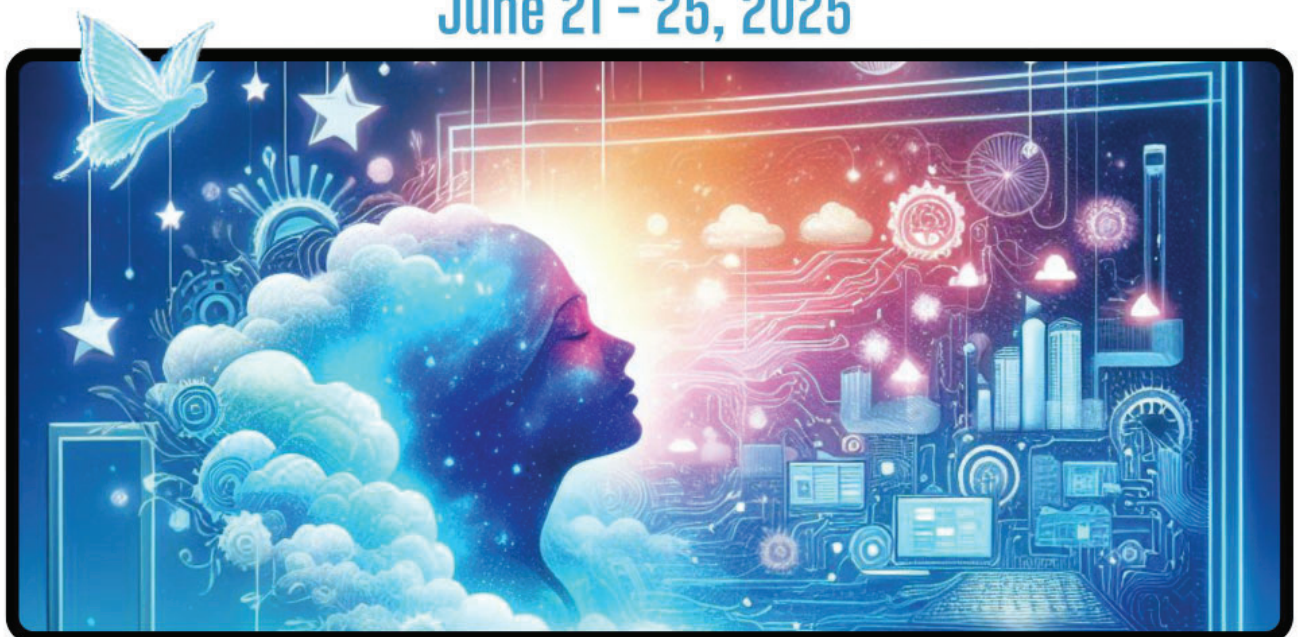




International Association for the Study of Dreams

ANNUAL DREAM CONFERENCE

June 21 – 25, 2025



5 DAY MULTI-FACETED VIRTUAL EVENT



[HTTPS://IASDCONFERENCES.ORG/2025](https://iasdconferences.org/2025)

WELCOME TO THE 41ST ANNUAL CONFERENCE OF THE 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 41st IASD conference, we heartily thank you for joining at the 12th century Abbey Rolduc, Kerkrade, The Netherlands, a place where history, culture, and dreams intertwine. This year's theme, "Deep Roots," explores the profound connections between our dreams and the ancestral threads that shape our existence — from our evolutionary past to cultural legacies and personal histories. Rolduc, a monumental 12th-century abbey, provides an ideal backdrop for this exploration. Its historical ambiance and tranquil environment offer the perfect setting for delving deep into the roots of our subconscious. As you walk through its cloisters and halls, you are walking alongside the echoes of the past, making it a fitting venue to reflect on how deeply our dreams are interwoven with the very fabric of life. Join us for a transformative experience that promises to deepen your understanding of the mind's most intimate journeys.

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 the Dutch countryside.

Planning Your Time

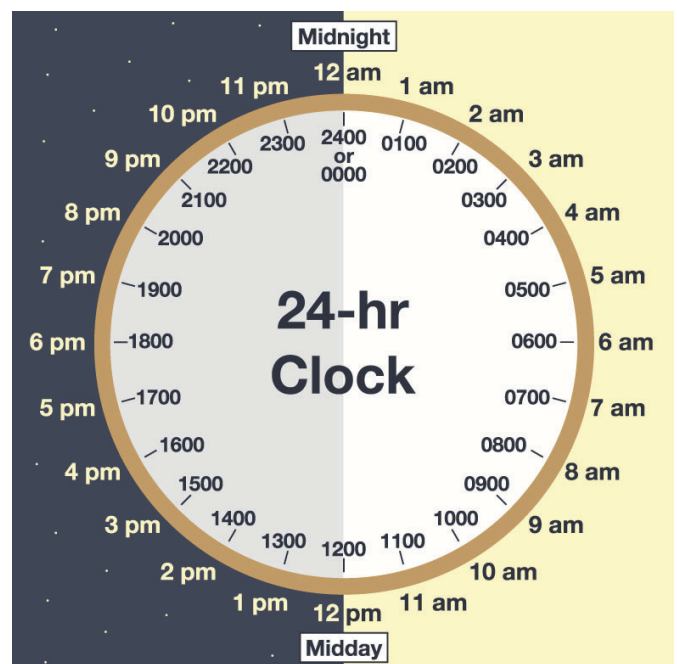
To plan your activities, the "Schedule at a Glance" is at the end of this booklet. Be sure to note the special events:

- Opening Reception — An Interactive Experience
- Eight Morning Dream Groups
- Four Keynotes and two Invited Presenters
- Dream Art Exhibition and Reception in the Cloister
- The Dream Telepathy Contest — practice your psi dreaming skills to visualize what is inside the envelope
- The Dutch/German Frontier Dream Hike
- Chorus – 15 min impromptu gathering at dinner times for those who want to sing in the Cathedral
- Dream Ball — dance the night away dressed up like an image or element from your dreams at our costume dream ball Wednesday 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 Harry de Bont
Conference Co-Hosts



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 and Database Manager
Harry de Bont - Conference Co-Host
Maxime Zeef - Conference Co-Host and Dream Ball Team Chair
Alina Mansfield – IASD Office and Registration Manager
Bibi Ansari –Registration Co-Manager
Laura Atkinson – Web Manager; Layout & Graphic Design
Jean Campbell – IASD Advertising and PR Manager
Benny Levy – AV Volunteer Manager
Curt Hoffman – Program book and Document Editor
Julie Sparrow – Pre-conference Volunteer Manager
Geoff Nelson – Room Monitor Volunteer Manager
Katja Valli – Research Track Program Chair
Nicoline Douwes Isema – Social Media Chair
Remy Mallett–CE Administrator
Scott Sparrow – Recording Database Manager
Robert Waggoner, Cynnie Pearson - Psi Contest Co-Chairs
Maarten Van Rootselaar —Virtual Bookstore Manager
Tobi Hoffman – IASD Product Sales
Bhaskar Banerji – Dream Hike Leader
Carol Malady --Program Ad Sales Manager
Kiran Anumalasetty – International Keynote Speakers Contact
Suzanne van Doorn – Local Keynote Speakers Contact

Crisis Intervention Team (Yellow badges with red lettering):

Dr. Kimberly R. Mascaro, Co-Chair
Dr. Angel Morgan, Co-Chair

Submission Reviewers:

Sheila Asato	Ava Lindberg
Mark Blagrove	Kimberly Mascaro
Edward Bruce Bynum	Angel Morgan
Michelle Carr	Geoff Nelson
Laurel Clark	Melanie Rosen
Harry de Bont	Michael Schredl
Leslie Ellis	Alan Siegel
Art Funkhouser	Tadas Stumbrys
Jayne Gackenbach	Misa Tsuruta
Curtiss Hoffman	Katja Valli
David Kahn	Susanne van Doorn
Ed Kellogg	Hester van Leeuwen
Phil King	Robert Waggoner
Barbara Koning	Bernard Welt
Maxime Zeef	

Dream Ball Team:

Maxime Zeef – Chair
Bhaskar Banerji
Katherine Bell

Exhibition Jury:

Julie Nauman-Mikulski
Dorine Hulshof
Walter Berry
Kim Vergil
Uta Goebel-Gross

Art Exhibition Committee:

Julie Nauman-Mikulski, co-chair	Christi Cervetti
Walter Berry, co-chair	Willem Fermont
Roberto Gongloff	Susan Joseph
Maxime Zeef	Amy Lloyed
Delia Puatti	Gloria Sturzenacker
Kim Vergil	Dorine Hulshof
Uta Goebel-Gross	

Social Media Committee:

Nicoline Douwes Isema, chair	
Laura Atkinson	Delia Puiatti
Christian Gerike	Amina Mara
Melissa Johnson	Linda Mastrangelo
Kimberly Mascaro	Jean Campbell

Conference Volunteers:

Many thanks to all of our volunteers that help our conference run smoothly and make it possible for all to enjoy!

Jordan Trew.	Tadas Stumbrys
Iris Roukema	Sheila Asato
Sophia Sanchez	Derek Wright
Marianne Shertenleib	Dave W Green
Christopher Benz	Amina Montana
Janelle Cassidy	Rene Dimbat
Donald "Max" Deato	Molly-Ann Basterfield
Elena Gonzalez	Laia Gregori
Monique Dankers	Ashmin Singh
Simone Anthes	Ricky Leslie
Alexandra Korthof	Domenica Abad
Dr. Barbara Koning	Ivan Burduk
Phillip Backx	Marius Lange
Pieter Loef	Karla Holland-Scholer
Arnold Sisselaar	Natalie Snider
Melissa Johnson	Elena Gerhardt
Jacki Welch	Paula Rincon

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 an eclectic and interdisciplinary and cross-cultural 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.

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.

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 by 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 Saturday and on Sunday morning you will find two types of Registration Desks in the Cloister Hall, one marked for Pre-registrants and another Special Activities desk for walk-in registrants, sales and payments. Starting on Sunday, 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 also be given a complimentary drink token for a welcome drink (alcoholic or non-alcoholic) that can be used during the opening reception, or at the Art reception or the Dream Ball. 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 and YELLOW BADGE RIBBON or look for any Program Committee Member, who will also be wearing a YELLOW BADGE RIBBON.

Capture Memories, Respect Privacy •

At the IASD conference, we love to take photos to remember the experience and share them on social media. Here are some privacy guidelines to ensure everyone feels comfortable:

- Ask before you click

Dutch privacy law (AVG) asks that anyone who is recognizable in a published image gives their informed consent, even if it's just on a Facebook page. So, when you take a picture, tell the people in it where you are going to use it, and ask if they are ok with that.

- Revoke easily

When you see a picture of yourself posted online but aren't happy with it, you can have it removed, even if you said yes initially. Just ask the person who posted it 'can you remove it?' and according to the AVG they must, no questions asked.

- But what if someone accidentally walks into my picture?

If you accidentally took a picture without consent, you have two options:

1. ask their permission afterwards (and make a new friend)
2. or blur them beyond recognition. A good free photo editing tool for this is Snapseed.

- Special privacy note for workshops and dream groups

Dreams are an intimate topic. For extra privacy we say: no pictures or records of any kind in dream groups or workshops.

- No recording or live streaming of a presentation
- This one should speak for itself. But also, there's no need: presentations are recorded by IASD, so you can listen back and enjoy at home after the conference.

Enjoy snapping memories! These guidelines let us share the conference joy responsibly and inspire others to join next year!

Products and Exhibits

Bookstore • Books from many of our authors/presenters can be found at the bookstore, adjacent to the registration tables in the Cloister Hall. It is managed by Maarten Van Rootselaar and staffed by volunteers. The bookstore will be open during lunch and dinner breaks. There will be an opportunity to meet authors and have copies of their books signed by them on Tuesday 19:15-20:00 after Dinner. 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 17:30 on Wednesday, so you need to pick up your unsold books and sample copies and work out payment with the bookstore volunteers prior to or within that 1:30 to 18:30 window. 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 fee and approval pre-arrangements with the conference committee may be sold in other than the bookstore 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 viewing 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 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 Rolduc Abbey Hotel reception desk for assistance. IASD has asked two 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 Angel Morgan and Kimberly Mascaro. 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 one of the Conference Hosts (or other appropriate individual) to mediate. If you have an ethics concern you may ask to speak with the IASD Ethics Committee Chair, Kim Mascaro, or with the IASD President, Deirdre Barrett, who will follow our ethics policy and practice in handling the concern within the Ethics Committee. To make contact with them, 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 Ethics Committee. 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 conference scholarships and grants; and more. Contact diversityresponse@asdreams.org to learn more about any of these initiatives, including special opportunities to sponsor scholarships and awards. And remember: That's the contact address for any comments on ethnic and racial Diversity, Equity, and Inclusion in all IASD functions. Thank you for your support! 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 to 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 practically able to meet, within the constraints of what the facilities can or do offer. We also have planned for space 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.

FEATURES OF THIS YEAR'S PROGRAM

IASD CE credits • The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. The International Association for the Study of Dreams (IASD) maintains responsibility for this program and its content. As per APA guidelines, psychologists must attend a CE course in entirety to receive full credit for their participation. Partial credit will not be awarded for partial attendance. All Research

sessions are eligible for CE (totaling 16 credits). Everyone who registered for CEs should have received an email with a PDF including all CE-related info (i.e., instructions, schedule, survey link, etc.) shortly before the conference.

Opening Ceremony: An Interactive Alignment of Energies to Start the Conference, 18:00 – 18:30 PM, Saturday, June 8th, in the garden en route to Aula Major

Embark on a journey of deep reflection and musical enchantment at our opening ceremony! Set against the historical backdrop of the Rolduc Abbey, we invite you to join us in creating intentional roots for a good beginning to the conference. This immersive experience combines musical performance with contemplative moments, designed to align our collective energies and prepare our minds for a transformative exploration of dreams. What better way to start a conference by making music, walking through an ancient garden and colour your thoughts? Don't miss this unique opportunity to set a profound and harmonious tone for the days to follow!

Evening Receptions • There are two formal receptions, the Opening Reception on Saturday evening after the opening keynote, and the Arts Reception on Monday evening in the Lounge and around the Cloister where the Art is exhibited. Each reception will have complimentary 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 token (for certain alcoholic or non-alcoholic bar drinks) which can be used at either reception.

IASD Membership Meeting (open to ALL) • Monday 10 June from 15:45-17:30. One of the primary purposes of our annual conferences is to hold the annual IASD Membership Meeting. This meeting is open to all attendees – members, non-members, and those curious about IASD 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 IASD 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 IASD achievements and future plans from our president, as well as the announcements of voting results for the member-elected Board members, and of IASD awards. We welcome and encourage your attendance.

Committee Luncheons • Take your lunch from the Buffet in the Grote Eetzaal using one of the carryout boxes and then join the group upstairs in the Kleine Eetzaal (capacity 26 persons) – check the Site Map and Schedule-at-a-Glance for location and times.

- **Research Group Luncheon** – Sunday 9 June 12:00-13:30. All researchers, including student researchers, are warmly welcome, whether or not you 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.

- **2025 Conference Planning Luncheon** – Monday 10 June 12:00-13:30. For those on the core conference committee as well as others who wish to join the planning group, to volunteer, please join us. The 2025 conference will be virtual over Zoom, and we will need Zoom-experienced volunteers, who will be compensated, to help manage the logistics of the symposia and panel tracks.

- **Regional Representatives Luncheon** – Tuesday 11 June 12:30-14:00. Come mingle with your fellow Regional Representatives in person, hosted this year by Kelly Bulkeley, Regional Events Committee member. This is an informal gathering; you can trade ideas, tell stories about your region, ask questions, and just generally enjoy each other's company. See you there!

Juried Dream Art Exhibit • Opens Sunday June 9 around the Cloister and will remain open the entire conference until Wednesday morning, when art removal will begin at 10:00 – 10:30. The Exhibition will feature almost 100 works of original dream-inspired art by 62 artists 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 check your

registration bag for a copy of the ballot - and be sure to vote!

- On Monday June 10, an informal Gathering for Exhibiting Artists will take place from 18:00 to 19:00 in the Kleine Eetzaal.
- An Arts Reception is held on Monday evening from 20:30 to 23:00. Award winners will be announced at the Reception and light refreshments will be served and a pay bar available. We look forward to seeing you there!

Dream Telepathy Contest • Sunday evening 9 June at 20:45, immediately after the Keynote.

Hosted by Robert Waggoner, The Dream Telepathy Contest, a tradition at IASD's conferences, is inspired by the experiments which Drs. Montague Ullman and Stanley Krippner conducted at the Maimonides Medical Center and reported in their book, *Dream Telepathy: Experiments in Nocturnal ESP*.

Conference attendees will find an entry form in their bags and are welcome to gather for instructions on Sunday evening (June 9). Their objective: to dream of a target picture which a volunteer "sender" will try to telepathically broadcast overnight. After retiring with the intention of dreaming of the target picture, contest participants record their dreams the next day and place them in a box at the information desk. Contest committee members then review the entries and evaluate how close each came to the target picture.

The most successful dreamers of the target image will be announced at the Dream Ball on our final night.

Annual Costume Dream Ball • Thursday from 20:00 to Midnight (Costume parade 20:00 to 21:00)

On the last evening of the IASD conference we are pleased to announce the 2024 Dream Ball! For the grand finale of the IASD conference, we invite you to delve deep into the roots of your subconscious and celebrate in a shared realm where dreams intertwine with reality. Although costumes are optional on this mystical evening, we encourage you to embody an image or

element from your dreams, transforming it into a tangible, waking reality. Let your creativity bloom! The evening will start with a dream costume parade commencing at 20:00 (8:00 PM). You will be given 1 minute to unveil the connection between your costume and your dream (or 2 minutes for groups). This enchanting gathering is not just a celebration but a magical culmination of our conference, where the deep roots of our dream world are celebrated and explored.

During the evening a great band called 'Yesz' will give you the YES feeling while you dance the night away on some upbeat tunes. This group of friends has been making people excited for 20 years. The band will be playing popular songs from different genres, with their saxophonist hyping things up even more! So, let's get your dreams moving and see you on the dance floor!

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

Recommendations for Costumes: There is a costume shop semi close by called Karnevalswierts. Address: Homerusplein 11, 6411 AW Heerlen.

PLEASE NOTE: If your dreams are diversely populated, that's a beautiful thing; however, we want to ensure that the choice of costumes ensures an open, inclusive atmosphere of cultural appreciation, mutual respect and safety. It will take some thought but 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. We hope you enjoy exploring the multiplicity of creative possibilities for dream costumes that won't offend.

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>

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/evaluation2024/>.

Orientation to the Hotel and Surrounding Area

Getting to and from the Rolduc Conference Site

•Bikes:

- Rolduc currently has 6 bicycles renting for €19.50 per bicycle per day (can be arranged on the day of renting)
- They can also provide more bicycles during the conference, we need the number of bicycles up front so Rolduc can reserve them with a third party (we asked for costs and how much time they need up front, reply pending).

•Taxi:

- Taxi Maastricht looks like a reliable taxi company with lots of cars and experience with large groups and individual travel, including an English website: <https://taxiservicemaastricht.nl/en/>

•Uber:

- Keep order/waiting time into account, 20 to 30 mins minimum (as probably lots of Ubers need to come from Maastricht). Uber estimates can be more or less the same for taxis, although regular taxis are more expensive usually.

Please order Taxi or Uber in advance.

• **Site Maps:** Note that near the back of the booklet is a diagram of the Abbey Rolduc and the conference room locations, as well as the Buffet Lunch location in the Grote Eetzaal.

• **Local Attractions:** Look for information on local attractions on the IASD Information table, or go to <https://www.visit Zuid Limburg.com>.

Hotel Policies:

- Complaints: If you have any complaints of any nature, report them immediately to an employee of at the front desk, to try to resolve.
- Cameras: Video cameras are used to promote

the safety of you and your property. In the event of incidents, disturbances or accidents, recordings can be shown to third parties.

- **Pets:** Pets and animals are not allowed in the buildings of the abbey complex. An exception to this are so-called assistance dogs (e.g. guide dogs for the blind).

- **Smoking:** The hotel is smoke-free. Smoking is only allowed in the special smoking room in the basement, on the terrace and outside the building. If you violate the legal smoking ban, you can be held liable for the sanctions imposed by the government (a fine of up to €150 per violation observed, and any resulting damages).

- **Consumptions:** You may order a drink in the catering areas and on the terrace, but you may only use this drink within the complex or on the terrace. You are not allowed to bring in any drinks or food from outside.

- **Removing hotel property:** You are not allowed to take property (glassware and other items) from our company outside, with the exception of onto the terrace. Damage or stealing properties of third parties (for example, artwork) may result in police action.

- **Quiet:** When entering and leaving the hotel or and when enjoying the outdoor areas and corridors, we ask you not to cause noise such as loud talking or shouting.

- **Unacceptable behavior:** Threats, abuse and other forms of aggression are prohibited. If warned, any repetition may result in removal and denial of access.

- **Narcotics and hallucination inducing drugs:** You may not carry hard or soft drugs in any form. If you refuse to be searched or are caught in possession or use, you will be removed.

- **Weapons:** You are not allowed to carry any weapons. A large pocket knife is also seen as a weapon. Violation may result in police action.

- **Fireworks:** It is prohibited to let off fireworks within the abbey complex.

- **Lost and Found:** The management cannot be held liable for lost property. If you find an object within the abbey complex that apparently belongs to someone else, turn it in at reception. Lost property will be deposited with the police or the authority designated for this purpose by the municipality after one month. Anyone who collects a lost item must be able to identify themselves.

- **Web Access:** The hotel includes complimentary Wi-Fi in all lodging rooms. Wi-Fi is also available in

certain conference areas, particularly in lecture type session rooms. Connect to Abdij Rolduc WIFI; no password needed.

- **Breakfast** for those staying at the Hotel Rolduc: Every morning we serve a delicious breakfast buffet in the Grote Eetzaal between 7 am and 10 am and on Saturdays, Sundays and public holidays from 8 am until 11 a.m. You need a ticket for breakfast which will be provided when you check in.
- **Reception:** The reception is open 24 hours. Take your room key outside at all times. From 17:00 the front door will be locked for our safety. You can call 24 hours. We will then ask you to show your key in the camera. From your room you can dial 00455466888 and you will be connected to the reception.
- **Checkout Time:** On the day of departure, the room is available from Monday to Friday until 10:00 am. On the day of departure, the room is available on Saturdays, Sundays and public holidays until 11:00 am.
- **Parking** is only possible at P1. This is the large car park on the right before you enter the gate. The 30-minute parking spaces in front of the reception are only for loading and unloading. The remaining parking spaces are for the private use of residents and businesses.

SPECIAL EVENTS:

Dream Hike along the Dutch/German Frontier

Why not air out your dreams on Monday, June 10th, 18:00-20:00? Bhaskar Banerji is leading our traditional conference dream hike this year. Pick up your bagged meal at the door between conference rooms 1 and 2, grab your hiking shoes, and we will take you on a trek along the Dutch and German border. We will guide you along a few interesting historical sites in a scenic area along the Wurm River. Be aware that there are some hills and valleys. The elevations altogether amount to approximately 100 meters.

Daily Chorus Experience . . . “Timeless Echoes”

Like to sing? Like great acoustics? Join us for “Evening Singing” in the cathedral here at Rolduc. We will gather for 15 minutes each day, at the beginning of each dinner break. It will be very informal, singing Taizè music and a composition by Curtiss Hoffman. No specific musical skill is

needed, just a willingness to sing simple songs, and an appreciation of the amazing acoustics of the Rolduc cathedral.

Guided tour of the 12th Century Abbey Rolduc

The Episcopal Center of Rolduc is offering us two 90-minute English-language tours of Rolduc, one on Monday, June 10 at 18:00 (during our dinner break and free time) and another on Thursday morning, June 13 at 9:00 am (for those who don't have to leave right away). The tours are limited to a maximum of 25 people so there will be a signup at the IASD registration desk when you arrive. There will be a cost of €10 per person. It may be a nice extension for those who were planning on attending Bart Koet's workshop, on Wednesday, June 12 at 11.30 am, in which Bart explains how the Rolduc building was created based on a dream

Dining Options:

Lunch and Dinner Buffets: If you pre-ordered a meal for a buffet at Rolduc that is your best option for a wide selection and ability to make the next session on time. On nights where there is a long break for meals and there is no Dinner Buffet planned, we suggest one of the local restaurants below.

Nearby Restaurants: See the map below for local restaurants within walking distance or a short ride from the Rolduc Abbey. When we don't offer a buffet we planned 2 1/2 to 3 hour dinner breaks to give you time. The map below features the majority of nearby restaurants and helps orient you to relative locations. It is followed by a list of those restaurants and grocery stores with distances from Rolduc Abbey.

Rolduc Hotel Restaurant:

Note that Rolduc has an excellent restaurant for dinner meals, the Brasserie de Kanunnik, but with limited capacity, so it's advisable to make your reservations very early at <https://rolduc.com/en/brasserie-2/>

OTHER LOCAL FACILITIES:

Art supply shop:

Action, Onze Lieve Vrouwestraat 3, 6461 BM Kerkrade

Laundries:

Mengelers Stomerij en Wasserij, Langheckweg 12, 6468 EL, Kerkrade
 Stomerij vanSchijndel, Akerstraat 53, 6466 HB Kerkrade
 Sjtriech "Esje", Pastoor Verheggenstraat 44, 6466 JJ Kerkrade
 Van Sloun stomerij B.v., Spekhofstraat 10, 6466 LZ Kerkrade

RESTAURANT MAP



Restaurants near Rolduc Kerkrade	Address	rating	distance		price indication
			km	miles	
high rating by the Fork					
De posthoom	Laurastraat 39, 6471 JH	9.5	4.7	2.9	€ 35
Fletcher Hotel, Castle Erenstein	Kerkradersteenweg 4, 6468 PA	8.5	3.6	2.2	€ 37
Brasserie Parkstad	Roda J.C. Ring 59, 6466 NH	8.3	7.8	4.8	30
Ghorban Delikatessen Manufaktur	Krämerstrasse 5, 52062 Aachen	9.2	13	8.1	30
Stampeat Restaurants	Grotestraat Centrum 14, 6301 CX				
	Valkenbrug	8.6	26	16.2	38
Holland Casino Valkenbrug (Taste)	Cauberg 28, 6301 BT	9.2	27	16.8	35
Regional	Vijlervhof Hilleslagerweg 2, 6294 AP, Vijlen	8.8	15	9.3	40
Restaurant t'Klückske	Holset 44, 6295 NC, Lemiers	8.7	17	10.6	38
Restaurants in walking distance		Google rating			
Meteora Greek restaurant	zonstraat 33, kerkrade	4.5	1.3	0.8	-
Snackbar Friture Anita	Abtenlaan 5, 6461 JG Kerkrade	5	0.8	0.5	-
Asai sushi & grill Kerkrade	Hoofdstraat 59, 6461 CN Kerkrade	4.5	1.9	1.2	-
Dé Wieëtsjaf	Markt 47, 6461 ED Kerkrade	4.4	2.9	1.8	-
	Hammolenweg 7C, 6466 XT				
Eten en drinken by Iris	Kerkrade	4.4	2.8	1.7	-
	Bleijerheiderstraat 7, 6462 AC				
Cuisine de Sandro	Kerkrade	4.2	1.7	1.1	-
	Schütz-von-Rode-Straße 10,				
Patras Grill	52134 Herzogenrath, Duitsland	4.5	2.1	1.3	-
Supermarkets					
	Im Straßer Feld 1, 52134				
Aldi Süd	Herzogenrath, Deutschland	4.3	1.1	0.7	cheapest
	Onze Lieve Vrouwestraat 5, 6461				
Jumbo	BM Kerkrade	4.3	1.1	0.7	normal
	Hertogenlaan 29, 6461 BT				
Albert Heijn	Kerkrade	4	1.2	0.7	normal

MORNING DREAM GROUPS

Morning Dream Groups meet at 8:00 am every morning, in the same rooms.

Be sure to sign up at the MDG Workshop Signup table on Saturday when Registration opens, since space is limited for some groups. To be fair to all, please sign up for only one Morning Dream Group that you will attend for the duration.

Group One: Room 11 (10 person limit)

Susanne Van Doorn – The Spiritual Earth: Dreams, Spirituality, & Meditation to Explore Our Planet's Well Being

We will seek understanding of our spiritual relationship to Earth as experienced in our dreams. Daily group discussion will be based on the alchemical elements of earth, water, air, and fire. Dreams will be explored using the "If It Were My Dream" approach. A group meditation will conclude the meeting.

Group Two: Room 12 (16 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 Three: Room 6 (15 person limit)

Asha Sahni – Dream Haiku

Haiku – short, structured poems of Japanese origin – can mine rich seams in dreams, offering clarity and focus, unearthing kernels of truth beyond conscious understanding. Each morning we will write one or more haiku inspired by a recent dream. No previous writing/poetry writing experience needed.

Group Four: Room 4 (no limit specified)

Apela Colorado -- Integral Indigenous-Western Dreamwork

This dreamwork method explores collective and ancestral themes, keeping with principles of Indigenous Mind. The dream themes from the week will then be presented back to the iASD community in a Special Presentation. This process restores relations with the group and land.

Group Five: Room 2 (no limit specified)

Animal Dreams
Victoria Rabinowe

Animal dreams foster a deep connection with untamed facets of our primal selves. With an amalgamation of established, emerging and innovative embodied dream work techniques, we will explore animal themes from personal, collective, archetypal, and allegorical perspectives as we investigate our fundamental, instinctive, animal nature. All skill levels are welcome.

Group Six: Room 1 (18 person limit)

Bernard Welt and Loren Goodman- First-Timers Morning Dream Group: We're Here to Share Our Dreams

This workshop for anyone attending an IASD conference for the first time provides a home base for reflection upon knowledge and insights gained day to day. We introduce and try out time-tested practices for recalling, recording, and exploring dreams in your dream journal and with others. (In English.)

Group Seven: Aula Major stage area (12 person limit)

Donna Glee Williams – Writers Dreaming, Dreamers Writing

This group will support creative oneironauts in bringing back The Boon from their nighttime Hero's Journeys and offering it to their people in the form of poetry and fiction. We'll mix projective, Senoi, and Gestalt approaches with guided imagery and language craft, including ways to sidle up to automatic writing.

Group Eight: Kleine Eetzaal (25 person limit)

Amina Mara – Lucid Dreaming

This dream group is for those looking to increase their lucid awareness in dreams. We will focus on improving lucid dreaming skills using games, exercises, and dream sharing techniques. This group is great for beginners or advanced lucid dreamers who want to deepen their practice.

PROGRAM BEGINS

SATURDAY, 8 JUNE

13:00 – 17:30

Registration: Hall
Sign Up for Morning Dream Groups
(see page 14)

13:00 – 17:30

Presenter AV Checkout - Aula Major
(try your presentation out on the conference AV equipment)

13:00 – 18:00

IASD Board Meeting #1: Kleine Eetzaal
Dinner served 16:00 for those who've pre-reserved.

15:00 – 18:00

Dinner on Your Own in the Rolduc restaurants or local restaurants.
Note: advanced reservations needed for Rolduc restaurants

18:00 – 18:30

Opening Ceremony - The Garden en route to Aula Major

18:30 - 19:00

Welcome - Aula Major

19:00 20:30

Opening Keynote Aula Major

Dr. David M. Pena-Guzman:
Non-Human Dreamers
introduced by Angel Morgan



In this presentation, we will consider research that strongly suggests that a wide range of nonhuman creatures experience those nightly “visions” that take hold of the mind when the physiology of sleep reduces the external world to silence. Then, we will explore what the dreams of these creatures mean for theories of animal cognition, especially in connection to imagination. Dreaming, in short, reveals nonhuman animals to be imaginative agents capable of impressive mental feats that, when properly understood, should make us reconsider some of our most deeply rooted assumptions about the human-animal divide.

20:00 – 23:00

Opening Reception
Foyer, Bar, and Garden

SUNDAY, 9 JUNE

EARLY MORNING

7:00 – 9:00 Breakfast Buffet for those with Abbey Hotel Lodging

8:00 – 9:00 Morning Dream Groups

BREAK

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

MORNING

9:15 - 10:15 Arts Workshop: Room 6 (30 person limit)

• *Sheona McEwan -- Using Sapphire® Imagery and Waking Dreaming to Support Children with Anxiety*
How do you help children deal with worry monsters? In this workshop you will follow in the footsteps of two children (case studies of 10-year-olds) who are dealing with anxiety. Using Sapphire® Imagery and waking dreaming you can find out how these techniques could support children you work with.

9:15 - 10:15 Health Workshop – Room 4

• *Melissa Haggerty – Dreaming with Plant Allies*

Learn about plants that support sleep and dreaming, and how to meet your dream healer and communicate with plant allies in the dream world. Participants make their own dream bags for under their pillow and interact with herbs that amplify dream intentions.

9:15 - 10:15 Extraordinary Dream Event – Room 2

• *Clare Johnson (chair) and Kimberly Mascaro – Initiation Dreams: From Dark Nights of the Soul to Cosmic Wisdom*

What happens in our psychospiritual life as we journey from birth to death? In this participatory event, we explore and share initiation dreams where we're shown powerful truths or new paths, and our lives change forever. Lucid dream encounters with cosmic beings, shamanic dismemberment, rebirthing dreams: what is their purpose?

9:15 - 10:15 Lucidity Symposium – Room 1

• *Nigel Hamilton (chair) – Lucid Dreams: A Powerful Vehicle for Healing the Psyche*

Lucid Dreams can be a powerful vehicle for healing the psyche. They can, when treated sensitively initiate a series of profound paradigm shifts in consciousness during the psycho-spiritual transformation process, culminating in a spiritual awakening.

• *Melinda Powell – From Fear to Freedom in Dream Lucidity: A Jungian Perspective*

This presentation considers lucid dreaming as a tool for healing with the emotional effects of past traumas. We will look at this topic from a Jungian perspective and review research that has tested the effectiveness of treating nightmares through engaging the Creative Imagination across a spectrum of lucid awareness.

9:15 - 10:15 Invited Presenter: Aula Major

• *Marja Moors -- Pearls on the Healing Path - How Dreams Support Us during the Challenges of a Disease, introduced by Susanne Van Doorn*



In November 2023, six months after the publication of her autobiographical book on alchemy and dreams *In Dialoog met het Onbewuste, Dromen en Alchemie in Tijden van Verandering*, Marja unexpectedly received a breast cancer diagnosis.

Immediately, she felt the impulse to investigate how dreams and the use of visualizations could help her in the healing process. Especially during the first episode after such a diagnosis, one feels quite helpless: how to navigate among all the choices that have to be made without enough knowledge and a clear overview available. Supportive dream images showed up for her during tough times, in which the chemo treatment was a challenge. In her presentation, she will share her healing journey and the most precious dream pearls she found along the way.

BREAK

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

MID-MORNING

10:30 - 12:00 Research Poster Session – Kleine Eetzaal

Katja Valli and Melanie Rosen, co-chairs

• *Mark Blagrove -- Online viewing of surrealist dream-related artworks increases intention of visiting art galleries.*

The online viewing of classic (including Ernst, Magritte, Varos, Suzanne Duchamp) and contemporary (Lockheart) surrealist artworks, many of them dream-related, increases intention of going to an art gallery. The change in intention is related to aesthetic judgements by participants of the artworks.

• *Gez Quinn, Sheldon Juncker, Dan Kennedy, and Kelly Bulkeley -- AI Interpretations of Freud's and Jung's Dreams*

An AI-supported system can be trained to generate distinctly Freudian and Jungian interpretations of a dream. This poster shows the results of applying such a system to dreams of Freud's (from *The Interpretation of Dreams*) and Jung's (from *Memories, Dreams, Reflections*).

• *Joseph De Koninck -- Do Threats in Dreams Challenge the Mood Regulation Theory?*

This study suggests that the mood regulation function often associated with REM sleep and dreaming is still active in the presence of threats in dreams. Indeed, dreamers' positive bias in evaluating the mood of their dreams is still a predictor of positive morning mood regardless of its negative narrative content.

• *Aurélien de la Chapelle, Perrine Ruby -- Dream recall frequency is associated with working memory performance under distraction: a MEG study*

We investigated the brain activity (Magnetoencephalography) and performance of low (LR) and high-frequency dream recallers (HR) during an auditory working memory task under auditory distraction. HR performance was more impaired than that of LR (especially by hard-to-ignore distractors), and showed electrophysiological markers of a more impaired filtering of irrelevant stimuli.

• *Lejla Elezi -- Dreams for peace*

Presenting an ongoing dream circle of women from war regions, focusing on dreams for peace. The main themes of the circle are discovering what peace is, cultivating it within each of the members as well as bringing it out into the world.

• *Elena Gerhardt -- Exploring the Links Between Lucid Dreaming, Mindfulness, and Meditation Practices*

The study explored the parallels between the attainment of higher-order awareness in lucid dreams and the practice of meditation. By examining the role of meta-awareness in both phenomena, the study aimed to shed light on the varying degrees of association between these states of consciousness and contribute to their understanding.

continued on next page

- *Ville Loukola -- The Effect of the COVID-19 Pandemic on Threatening Dream Content in a Finnish Sample of Diary Dreams*

Previous research indicates that the COVID-19 pandemic has affected dreaming negatively. Our results in a large sample of systematically collected home dreams do not show an overall increase in threatening dream content during the pandemic, although a minority of dreams are more heavily affected by the pandemic.

- *Daniel Morris -- Can We Experimentally Induce a Dream of our Choosing?*

Participants performed two distinct tasks designed to be readily incorporated into dreams, each entailing a unique respiratory signature that could be objectively verified during sleep. When participants entered REM sleep, experimenters presented one of two sounds, attempting to induce dreams with elements of the associated task.

- *Claudia Picard-Deland, Remington Mallett, Raphaëlle Semin, Anthony Levasseur, Tobi Matzek, Tore Nielsen, Michelle Carr -- Neurocognitive study of spiritual encounters in lucid dreams: a case report*
Encounters with dream characters can at times be meaningful or spiritual. Our case report shows one expert lucid dreamer who repeatedly called for 'God' in their dreams, both at home and in the laboratory, to ask them predefined questions. Results may help understand neurocognitive aspects of dreamed social interactions.

- *Tracey Pierog -- Impact of Dream Therapy: Reducing PTSD and substance abuse in female Ukrainian adolescent refugees*

Dream Therapy can help female Ukrainian adolescent refugees address their mental health needs while waiting for more formal mental health support. Strong evidence suggests this can be a healing experience that can benefit this population, and can be adapted to other refugee populations for similar results.

- *Edwina Portocarrero – PillowTalk*

PillowTalk is an interface for spoken dream reports. A pillow with embedded electronics and wifi communication allows the dreamer to speak their sleep mentation to the pillow upon waking. The pillow records and sends to the dreamer's computer for later retrieval and analysis, bypassing app and smart assistant data collection concerns.

- *Yui Yoshioka -- The Relationship between Over-Adaptive Tendencies and Emotions in Dreams among College Students*

The purpose of this study was to examine the relationship between over-adaptive tendencies and emotions in dreams, a questionnaire survey was conducted on 229 college students. The results showed that the over-adaptive group experienced overall dream emotion and negative and positive emotions more strongly, especially joy/happiness, anxiety/fear, satisfaction, and confusion/shock.

10:30 - 12:00 Dreamwork Workshop: Room 6 (30 person limit)

- *Theresa Coimbra – The Relevance of Dreams to Literature and Psychology*

This workshop connects the work of Jungian analyst and author James Hollis with the Brazilian writer, Clarice Lispector. The central question we'll work, "Who am I?", may go beyond cultural, established behaviors to heighten the participants' dream importance via, "...that rich personal mythology presented to us from the nocturnal depths". Please bring a dream to work on.

10:30 - 12:00 Dreams and the Health Workshop: Room 4

- *Linda Schiller – Integrated Healing of PTSDreams and Nightmares: Practical Tools and Protocols*

This workshop will offer both a description and a demo of the GAIA method (Guided Active Imagination Approach) for addressing nightmares, as well as body/mind skills offering healing modalities for nightmare relief for both PTSDreams and when the traumatic events are still ongoing.

10:30 - 12:00 Dreamwork Workshop: Room 2

- *Julia Lockheart and Mark Blagrove -- Ullman Dream Discussion with Simultaneous Painting of the Dream, and Painting Printed onto a T-shirt*

This presentation addresses similarities between the ideas of Jung, who explored the unconscious mind, and the art movement Dadaism, which emphasised irrationality and bizarre creativity. It also describes two dream-sharing and art events held in Zurich in the Summer of 2023, at the C.G. Jung Institute and at Cabaret Voltaire.

10:30 - 12:00 Extraordinary Dreams Symposium – Room 1

- *Joy Fatooh (chair) and Ralf Penderak -- Good Data, Good Stories: IASD's Group Psi Game*

As part of IASD's annual online PsiberDreaming Conference, an ad hoc group collaborated to precognitively dream a target image, then discuss their pooled dreams to identify the target. The last 5 years' strict protocol yielded results, statistically comparable with research on individual dream psi, that strongly support the group approach.

- *Tina Tau -- Stealing Socks for the Apocalypse: Dreams and the Climate Change Crisis*

How can dreams help us to prepare for and survive the unfolding global environmental crisis? This talk will explore two extraordinary dreams, "Faraway Planet" and "Stealing Socks for the Apocalypse," that might serve as compasses or guides in this overwhelming time of ecological and societal change.

- *Ruth Kara-Ivanov Kaniel – Kabbalistic Dreams and Nocturnal Revelations*

The lecture will deal with dream journals of kabbalists from 16th-17th centuries. This unique genre offers a rare peek into the souls of mystics and reveals theological, historical & psychological knowledge as well as their authors' attitude to masculinity and femininity, inner symbolic vocabulary, sexual images, and emotional states.

10:00 - 12:30 Dreams and the Arts Panel – Aula Minor

- *Kelly Bulkeley (chair), Bernard Welt – Movies that Dream for Us: A Discussion with Writer-Director Kristoffer Borgli*

This session offers a rare opportunity to hear Kristoffer Borgli, the writer-director of *Dream Scenario*, 2023's remarkable hit film about the mystery of dreams and the terrors of celebrity., discuss his own ideas about dream-themed cinema. Our panel of experts will also address other recent dream-centered films.

LUNCH BREAK

12:00 – 13:30 1 hour 30 minute Lunch Buffet (pre-reserved tickets): Grote Eetzaal

12:00 – 13:30 Research Luncheon Meeting (take lunch from buffet in the Grote Eetzaal): Kleine Eetzaal. Limited seating (max 26); (for those with pre-reserved tickets, take lunch from buffet in the Grote Eetzaal in the carryout boxes provided)

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, i.e., no formal program is included.

continued on next page

EARLY AFTERNOON

13:30 – 15:30 Posters Open for Viewing: Kleine Eetzaal

13:30 – 15:30 Clinical Workshop: Room 12 (26 person seating)

•Sven Doehner – *Alchemical Dream-Work, Inspired by James Hillman's "The Dream and the Underworld"*. "Principles" that guide Alchemical Dream-work will be presented.

13:30 – 15:30 Dreams and Health Workshop – Room 6

•Laura Hanks – *Fire, Earth, Metal, Water, Wood: A Tour of the Five Elements of Chinese Medicine Dream Interpretation*.

The five elements in Chinese medicine contain a powerful key to understanding your dreams. Based on observing patterns and cycles in nature, celestial realms, and human physiology, this workshop promises to open a new portal of perception in your personal and professional dream practices! Includes lecture and movement section.

13:30 – 15:30 Dreamwork Workshop – Room 4

•Robert Hoss – *Working with the Wisdom within Your Dreams*

The transformative "wisdom behind the dream," often reported in Lucid dreams, is actually very much there in your every-night dreams - just less obvious. The clues to recognizing and understanding this natural self-healing force will be presented, followed by the opportunity to practice working with it using your own dream.

13:30 – 15:30 Dreams and Education Workshop – Room 2

•Ava Lindberg – *The Collective Spirit of The Dream Game: Discovering Group Patterns in Dreaming Using Gamification*

You will experience exercises on how to play The Dream Game, use previous dreams as entry into the playful dream psyche, then learn how compelling gamification can be to intensify differentiation of dream imagery, symbols, and meaning. You will be invited to join Dream Game #12 after the conference.

13:30 – 15:30 Dreams and the Arts Symposium -- Room 1

Methodological Approaches to Studying Dreams: Surrealism and Dreams, Film, Poetry, and Art: with Live Painting of Breton's (1924) Urinal Dream

The Manifesto of Surrealism was published in 1924 by André Breton. A urinal-themed dream of Breton from 1924 will be painted in this symposium, while speakers address the high value Surrealism placed on dreaming, and explore the dream-like processes in surrealist art, poetry and films.

•Julia Lockheart -- *Surrealist painting of dreams*

Julia Lockheart will introduce the main concepts of the Surrealist movement and describe some of its fine art outputs. She will then paint a dream of Surrealist leader Andre Breton, about flying urinals. The audience will watch the painting process and will discuss the artwork at the end of the symposium.

•Mark Blagrove (chair)-- *Surrealism and the valuing of dreams and dreaming*

Mark Blagrove will describe the birth of the surrealist movement from its precursor, Dadaism. He will explore the high value that Surrealism placed on dreaming, including the use of waking dream séances, so that bizarre images and thoughts could be elicited in public events.

•Bernard Welt -- *Parker Tyler and the (Eventual) Triumph of Surrealism in Film*

The critic and poet Parker Tyler, the first to proclaim that "the order of the Dream" is the essence of

experimental cinema, will be our guide as we consider examples of Surrealism in commercial as well as avant-garde films.

- *Loren Goodman— The relationships of Dadaist and surrealist poetry to dream-like processes*

Loren Goodman will review Dadaist and Surrealist poetry, including that of Hugo Ball (1916), Kurt Schwitters (1994) and Tristan Tzara (1939). Some of this poetry is based on non-word sounds, and some is concrete, based on shape. Examples will be read, and their relationship to dream-like processes will be explored.

13:30 – 15:30 Research Panel – Aula Major (CE)

- *Paul Zerr, (chair) and Martin Dressler (co-chair) – Lucid Dream Induction in Experimental Settings*

In this panel discussion, experimenters with research experience in lucid dreaming experiments will discuss, in collaboration with members of the audience, what they have learned through their research practice, in order to share and preserve implicit knowledge relating to lucid dream induction, and lucid dreaming experiments in general.

- *Emma Peters -- Embodied induction: using muscle and vestibular stimulation for lucid dream induction*

The Embodied Dreaming Project examines incorporation of different bodily stimuli into dreaming. Here, empirical data on the potential of electrical muscle stimulation and galvanic vestibular stimulation in facilitating lucid dreaming experiences will be presented. We will discuss the future trajectory of the Embodied Dreaming Project.

- *Leila Salvesen -- Exploring the interplay between sensory stimulation and dream lucidity*

Sensory stimuli offer a readily available, easily implementable, and non-invasive approach for influencing mental activity during sleep. We will discuss the current state of the literature, and present novel insights from a recent lucid dream induction study, delving deeper into the specific case of lucid dreaming.

- *Mahdad Jafarzadeh Esfahani -- Lucid dream induction with wearable sleep tech*

As an extension of our multi-center in-lab study aimed at inducing lucid dreams with minimal equipment, we are now transitioning our methodologies and technology including an EEG headband and a tablet into home settings. Our goal is to explore the applicability of various induction techniques within a naturalistic home environment.

- *Achilles Pavlou -- Lucid dream induction with artificial intelligence*

A machine learning driven lucid dream induction method will be presented, highlighting its scientific basis and potential. The presentation will discuss results from previous studies and share updates from ongoing research at the University of Athens, which has refined aspects of the protocol and is using a larger sample size.

- *Nico Adelhofer -- Lucid dream induction with focused ultrasound*

Transcranial ultrasound offers high-resolution, 3-dimensional neuromodulation. I will present pilot data on whether a direct experimental influence on dream content is possible when applied to brain areas including the amygdala and frontopolar cortex: previous data suggest that triggering both areas in sequence might result in lucid state insight during sleep.

BREAK

15:30 – 15:45 Fifteen Minute Transition w/Beverages: Hall

continued on next page

MID AFTERNOON

15:45-17:15 Dreamwork Workshop: Room 12 (26 person seating)

- *Sandra Kuiters – Translating Dreams to Clear Lessons for Daily Life by an Emotional Freedom Techniques Based Method*

Deepdive into the layered meanings of dreams with emotional freedom techniques.

15:45-17:15 Extraordinary Dreams Workshop: Room 6

- *Clare Johnson – Power Animals and Dream Guides: Mythical Creatures, Wise Beings... Or Your Own Pet*
Have you ever dreamed with animals or guides? From a pet cat or dog, to a mythical creature or wise being, it's illuminating to explore who appears in our dreams... and why! With Dr. Johnson's original techniques, we'll connect with our power animals and explore the purpose of dream guides.

15:45-17:15 Dreamwork Workshop: Room 4

- *Joanna Kowalewska – Illuminating Dreams through Yoga Nidra*

The transformative workshop, "Awakening Dreams through Yoga Nidra", illuminates how Yoga Nidra enhances dream recall, lucidity, and deepens our connection with dreams. The second part includes a guided Yoga Nidra practice with healing instruments, culminating in a sharing circle and reflective discussion.

15:45-17:15 Culture and History Symposium – Room 2

- *Silja Heikkilä (chair) -- Dreams and Living Heritage*

My dissertation, *Dreams and living heritage: An ethnological study of dream conceptions and dream-telling situations*, examines Finnish dream telling and interpretation tradition based on survey and interview material (N=62). My presentation discusses the socio-cultural elements of dreaming and sheds light on constructing and transmitting different dream conceptions.

- *A.S. Katoch -- The Lot of Oneiros: Astrology and Dreams*

This presentation delves into astrological oneirocriticism, examining the Lot of Oneiros from Hellenistic astrology and its survival into medieval European and Islamic periods. We will rediscover the Lot of Oneiros' archetypal significance in dream prognostication and interpretation, exploring the rich intersection of cultural astronomy and dreams.

15:45-17:15 Dreams & Ethnicity Panel: Room 1

- *Stephanie Burns (chair) – Elemental Dreaming*

Our panel will discuss the significance of the elements and its role in facilitating understanding of our dreams. Dreams offer portals to ancestral and indigenous wisdom that guide us towards healing and spiritual inquiry. The presentation focuses on water as a conduit that carries messages to the psyche via dreams.

- *Stephanie Burns -- Elemental Ancestors*

Although the Earth is composed primarily of water, we frequently fail to recognize its profound wisdom. Dreams featuring water may offer insights from our forebears, as elemental ancestors dwell in the watery domain of the subconscious. By exploring dreams and rituals, we can learn to preserve and heal the planet.

- *Nana Fofie Bashir -- Dreaming the Elements: Portals to Inner Wisdom*

Dreams offer portals to ancestral and indigenous wisdoms that guide us to personal and collective healing and spiritual inquiry. Here we will explore how those wisdoms teach us to work with water and other elements as portals to, and languages of, our dream wisdom.

continued on next page

- *Akinke Lucas -- Dreaming Between Two Realms*

Traditionally, African culture uses dreams to communicate with the psyche. Dreams use the elements to help carry images, sounds, and objects to help the psyche process messages and instructions. The presentation will discuss how the water elements carry essential messages to the psyche via dreams to heal the psyche.

15:45-17:15 Research Symposium: Aula Major (CE)

- *Robert Hoss (chair) -- Variation in Dream Metaphors in Relation to PTSD Recovery*

A content analysis of 45 years of nightmares of a Veteran with PTSD suggests that sensory-motor and visual metaphors in dreams mirror and possibly aid stages of recovery. The dream metaphors appear similar to how veterans in therapy use verbal metaphor to describe their experiences of PTSD to health practitioners.

- *Alwin Wagener -- The Embodied Cognition Theory of Dreaming and Metaphor Transformation in Posttraumatic Dreaming*

Presenting a content analysis of 45 years of recorded nightmares of a Veteran with PTSD illustrating (data and examples) variations in dream content and thematic action metaphors over a 45-year recovery period. Analysis suggests the form and context of dream metaphor mirrors and possibly aids in stages of recovery.

- *Kelly Bulkeley - Dreaming and Play: New Research on a Potential Function of Dreaming.*

The potentially functional quality of play in dreaming can be reliably identified in empirical research. Three new technologies of analysis—SDDb word searches, LIWC, and AI—are used to compare several different sets of dreams in an effort to distinguish them according to the relative presence or absence of play.

DINNER BREAK

17:15 – 19:30 Two Hour Dinner Break: Grote Eetzaal (pre-reserved tickets)

EVENING EVENTS

17:15 – 17:30 – 15 minute Chorus Event (Cathedral)

19:30 – 21:00 Keynote: Aula Major



- *Francesca Siclari – The Electrophysiological Landscape of Sleep and Dreams introduced by Martin Dresler*

Sleep is characterized by a wide spectrum of conscious experiences, ranging from unconsciousness to vivid hallucinatory experiences in the form of dreams. In this talk I will present a series of studies assessing the neural correlates of sleep-related conscious experiences in both healthy sleepers as well as in patients with sleep disorders.

21:00 – 23:00 Dream Telepathy Contest: Aula Major

- Robert Waggoner

21:00 – 23:00 Vortoren Zoon –Thank You Gathering for Volunteers only

MONDAY, 10 JUNE

EARLY MORNING

7:00 – 9:00 Breakfast Buffet for those with Abbey Hotel Lodging

8:00 – 9:00 Morning Dream Groups

BREAK

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

MORNING

9:15 – 10:45 Dreams and Arts Workshop: Kleine Eetzaal (26 person limit)

• *Ann Bengtsson – Mandala Drawing Technique*

Mandala drawing technique is a method of revealing your dream symbols to give you a deeper understanding of the symbols in a creative way, the Self opens. It is a method of focusing awareness and suggests a creative method of understanding the deeper meaning of your most energy-laden dream symbols.

9:15 – 10:45 Dreamwork Workshop: Room 6

• *Cameron Cordova – The Greatest Story Ever Told - How Synchronicity and Dreams Explain the Infinitude of Reality*

All the world's a stage for a story that must be told, but how we choose to tell it makes all the difference. Synchronicity is a language for that which words could never say. Let's learn how past and future can come present until all falls into place.

9:15 – 10:45 Dreamwork/Bodywork Workshop: Room 4 (30 person limit)

• *Jean Campbell -- Dreamwork/Bodywork*

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 information contain the information necessary to healing.

9:15 – 10:45 Dream Theory Symposium: Room 2

• *Ashmin Singh (chair) -- Dreaming during Trauma*

It is envisaged that a Neuropsychanalytic lens provides a fresh perspective by broadening our understanding of dreaming in traumatized states. In tandem with neuroscience, the psychodynamic perspective offers an invaluable access through which to navigate the multifaceted landscape of dreaming during trauma.

• *Emily Cook -- Dreaming of a Better Corporate Culture: The Role of Dreams in Addressing Workplace Toxicity*

One in ten employees work in a toxic culture. The disastrous impact of these workplaces is well documented, both for the individual and the organization. The collation and analysis of employee dreams offers a novel route to insights about workplace culture. This presentation summarizes the existing research.

• *Sonia Kolasinska -- Spatial and Temporal Non-locality of Dream Consciousness: Exploration Inspired by Dreams of Clarity*

This talk will explore the space and time aspects of non-locality of dream consciousness and argue

that consciousness expressed in dreams is an inherent property of the universe bound neither to the spatial, physical boundary of an individual body, nor to the sequential flow of time.

9:15 – 10:45 Dreams and the Arts Panel: Room 1

•*Kim Vergil + artists – Artists Sharing Dream Art Process*

Artists from the Dream Art Exhibition, international and local, will share their creative process in relationship to dreams. They will explain how they integrate their knowledge from dreaming into the Art they produce. When you hear each artists represent their work through their eyes your understanding will be enriched.

9:15 – 10:45 Research Symposium: Aula Major (CE)

•*Perrine Ruby (chair) -- Sensory and Emotional Similarities and Differences between Autobiographical and Dream Memories*

Thanks to an online survey (N=500), we showed a similar hierarchy of the senses in autobiographical and dream memories. Regarding emotions, positive emotions were rated as more intense than negative emotions in autobiographical memories and negative emotions rated as more intense than positive emotions in dream memories.

•*Anthony Bloxham -- Dreaming and Memory Consolidation: Where is the Link?*

The aim of this talk is enhancing understanding and research methods in the scientific quest for a relationship between dreaming and memory consolidation.

•*Sophie Boudrias – Searching for Emotional Memories in Written and Visual Dream Reports*

The research presented here is an analysis of the written and visual dream reports (e.g., drawing, sculpture) from 5 participants in art psychotherapy, in the aim of understanding how their emotional memories may have manifested in these.

BREAK

10:45 – 11:00 Fifteen Minute Transition w/Beverages: Hall

MID-MORNING

11:00 - 12:00 Dreams and Arts Special Event: Room 6

•*Sharon Pastore – Dreaming Songs into Existence: Melodies, Music, and Inspiration*

This entertaining and informative special event will explore how dreams influence songwriting and musical creativity. Included will be live vocal performance of both original and beloved dream-inspired songs as well as interactive discussion and reflections around the creative process from both empirical research and real-life examples.

11:00 - 12:00 Theory Symposium: Room 4

•*Matthew Erdelyi – Sigmund Freud's Contributions to Dream Science*

This presentation reclaims and elaborates Freud's contributions to dream science: Dreams are hypermnesic; they have meaning, and at both manifest and latent levels; context is key to depth; jokes can serve as clarifying models of dreams; both universal symbols and universal distortions are at play in dreams.

11:00 - 12:00 Spiritual Symposium: Room 2

•*Tony Hawkins -- The Cosmic Nature of Dreaming and a 'Manhattan' Project to Uncover It.*

Exploring precognitive dreams reveals a higher-dimensional realm governed by love, challenging conventional scientific understanding. The 'Manhattan Project' for dreaming proposes a collective

effort to unravel these dimensions, emphasizing dreams as a bridge to this cosmic truth, bridging spirituality and science, advocating for a deeper exploration of dreams' potential.

- *Jason Dobrowner (chair) – Bridging Worlds: Ancient Insights and Modern Physics on Dreams and Reality*
Ancient cultures around the globe developed beliefs that dreams act as gateways to other realities and as vehicles for divine revelations. This talk explores how these cosmologies fit within modern scientific frameworks, and how dreams can be used as guides to push our understanding of reality forward.

11:00 - 12:00 Lucidity Panel: Room 1

- *Robert Waggoner (chair) and Nigel Hamilton – Inner Responses to Lucid Dreaming 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 note any response from a non-visible respondent. This pilot study explores a responsive inner awareness within lucid dreams.

11:00 - 12:00 Invited Research Presenter: Aula Major (CE)

- *Martin Dresler – The Neuroscience of Lucid Dreaming: Past, Present, and Future, introduced by Daniel Erlacher*



Lucid dreaming allows conscious awareness and control of vivid dream states; however, its rarity and instability make neuroscientific experimentation challenging. In this lecture I will highlight past research on the neuroscience of lucid dreaming, and explore how advances in wearable neurotechnology, large-scale collaborations, citizen neuroscience and artificial intelligence can help to facilitate the decoding of this intriguing phenomenon.

LUNCH

12:00 - 13:30

1 hour 30 minute Lunch Buffet (pre-reserved tickets required): Grote Eetzaal

12:00 - 13:30 Conference Planning Luncheon Meeting: Kliene Eetzaal
(26 person limit) (for those with pre-reserved tickets,
take lunch from buffet in the Grote Eetzaal in the carryout boxes provided)

AFTERNOON

13:30 - 15:30 Dreams and Arts Workshop – Kleine Eetzaal (26 person seating)

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

A variety of dream journal techniques will explore metaphors, symbols and paradoxes with provocative writing prompts and dream re-entry methods. Complex messages of the night will be revealed through poetry and prose bursting with creative insights. Dreams are the muses that come in the night. All skill levels welcome.

13:30 - 15:30 Clinical Workshop: Room 12 (26 person seating)

- *Roger Martinez and Athena Lou – Secrets of Interactive Group Dynamics*

Interactive Group Work utilizes each member of the group in an effort to better understand and work with dreams. It incorporates a multitude of theoretical backgrounds and contemporary thought bringing the dreamer into a new level of communicating with the unconscious and bringing waking life to new heights.

13:30 - 15:30 Spiritual Workshop: Room 6 (30 person limit)

- *Tzivia Gover – Dreaming Toward Bliss*

Statistically speaking, dream emotions skew toward the challenging or negative. But taking an active approach to dreams that encompasses both modern science and ancient wisdom —dreaming can become a nightly invitation to connect with the source of joy and well-being that resides within each of us.

13:30 - 15:30 Dreamwork Workshop: Room 4

- *Walter Berry – Unmasking the Mystery of the Dream*

Dreams are a visual thing. When we draw our dreams we capture that wonderful visual cornucopia that dreams offer before our consciousness and egos mess with it. Discover the mystery the unconscious presents to us by watching a few people draw their dreams which we will then do dreamwork on.

13:30 - 15:30 Dreamwork Workshop: Room 2

- *Indrani Thanguturu – Integration of Shadow Selves Using Dream Work*

Many selves within our being and shadow selves/disowned selves play an important role in our lives, without us realizing that these parts exist. In this workshop I am going to use a dream work method to acknowledge, accept, and integrate shadow parts within our being expanding our consciousness fully.

13:30 - 15:30 Clinical Symposium: Room 1

- *Katherine Bell (chair) -- Dreams, The Treasure Hunt*

I will describe how and why a treasure hunt mentality is valuable 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.

- *Sven Doehner -- Alchemical Dreamwork, inspired by James Hillman's "The Dream and the Underworld". How to Discover Perspectives Invisible to our Waking Consciousness.*

- *Marilyn Manzi -- Acute Stress Disorder and Dream Psychotherapy*

This presentation will skim Acute Stress Disorder, Generalized Anxiety Disorder, and PTSD; differentiate from Brief Psychotic Disorder. The modality of focus is through dreamwork; Jungian orientation. The audience will gain tools in how to utilize dreams/nightmares to aid recovery for the dreamer experiencing nightmares connected to a traumatic event.

- *Mary Walsh -- The Healing Potential of Dream-work with Epileptics*

This presentation discusses the clinical implications of recent research on sleep and dreaming in epileptics and characteristics of epileptic dreams (including the incorporation of nocturnal seizures into dream content). The healing potential of working with epileptic nightmares, and the importance of recognizing depressive content in epileptic dreams are discussed.

13:30 - 15:30 Research Panel: Aula Major (CE)

- *Sarah Schoch, chair – The Neuroscience of Dreaming*

While dreaming is a universal human experience, its systematic study presents inherent challenges. Recent progress in neuroscience methods has prompted new approaches to dream research, offering fresh insights into the intricate nature, neural underpinnings, and functional aspects of dreaming. This symposium will provide an overview of these methodological advances.

- *Jean-Baptiste Maranci -- Epic dreaming*

Epic dreaming is a condition characterized by a complaint of excessive dreaming resulting in non-restorative sleep and daytime fatigue. This condition is little studied, and the underlying mechanisms are not known. We investigated whether the complaint of excessive dreaming is associated with quantitative and qualitative changes in dreaming.

- *Giulia Ricci -- Brain Network Topology of Dreaming*

In this study, participants underwent a serial awakenings protocol to assess dreams with simultaneous HD-EEG. Through functional connectivity analysis and graph theoretical approach, we compared the directionality of information flow between reported dreaming and unconsciousness. The study aims to unveil the topological brain network signatures of dreaming.

- *Xinlin Wang -- EEG microstates of lucid dreams*

This study re-analyzed 32-channel polysomnography data using EEG microstate analysis. The results support that lucid dreams are characterized by regaining higher cognitive capabilities compared to non-lucid REM sleep. It shows potential for exploring lucid dreams based on the electrical activity of large-scale cortical networks.

- *Mariana Pereira -- Neuroarchitectural mapping of dream traits*

During sleep, the brain produces experiences, from unrelated thoughts to vivid dreams. A cohort of over 250 participants was subjected to functional and structural MRI, and we examined dream recall, lucid dreaming, and nightmare frequency. Our talk reveals the outcomes, emphasizing the intricate interplay between neural architecture and dream-related behaviors.

- *Sarah Schoch -- Dreaming and memory consolidation – a registered report*

The talk will present a Registered Report on Dreaming and Memory Consolidation in 92 participants. It will highlight lessons learned from 100 nights in the sleep lab, challenges in conducting large scale dream studies and present new insights into the memory function of dreaming.

BREAK

5:30 – 15:45

Fifteen Minute Transition w/Beverages: Hall

5:45 – 17:30

General Membership Meeting; Presidential Address: Aula Major

DINNER

17:30 – 20:30

3 hour Free Time and Dinner on your own in the Rolduc restaurant or local restaurants.

Note: advanced reservations needed for the Rolduc restaurant.

EVENING EVENTS

17:30 – 17:45

Chorus Event (Cathedral)

17:30

Pick up a bagged meal with your name on it in the Grote Eetzaal. for the Hike, Rolduc Tour, and Artists' Meetup at foyer between Rooms 1 and 2.

18:00 – 20:00

German/Dutch Frontier Hike: Meet at door between Rooms 1 and 2

continued on next page

EVENING EVENTS CONTINUED...

18:00 – 19:30

Rolduc Tour (for those who pre-reserved at registration): Meet at Registration in Hall

18:00 – 19:00

Artists' Meet-up: Kleine Eetzaal

19:00 – 20:00 Film Event

• *Kelly Bulkeley and Alisa Minyukova – The Horses Come for Everyone*

This documentary film centers on five women from St. Petersburg, Russia who agreed to share and discuss their dreams in early March 2022. The film explores the psychology of war and questions of good and evil in relation to Jungian archetypes, Russian culture, and Dostoevsky's *Crime and Punishment*.

20:30 – 23:00 Dream Art Reception: Foyer and Cloister Exhibit Space



<https://www.asdreams.org/dreamlinks/>

DREAM LINKS

INTERNATIONAL ASSOCIATION FOR THE STUDY OF DREAMS

Interest in dreams seems to be increasing all the time while, at the same time, people have to be very selective about what they want to read. The basic idea of DREAMLINKS is to provide links to articles on dreaming, dream research and other dream-related topics (rather than the articles themselves) to make selecting easier: one just has to click on the link to access the webpage of interest.

TUESDAY, 11 JUNE

EARLY MORNING

7:00 – 9:00 Breakfast Buffet for those with Abbey Hotel Lodging

8:00 – 9:00 Morning Dream Groups

BREAK

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

MORNING

9:15 – 11:15 Dreams and the Arts Workshop: Kleine Eetezaal (26 person limit)

• *Johanna Vedral – Collaged Dreams with Eros: Experiential Collage Workshop for Vitality and Joie de Vivre*

In this workshop, we focus on the power of Eros - vitality and joie de vivre. We create collages to dream in a waking state, explore body dream images, and write down our collage-dream narratives. Afterwards, we enjoy an animated dream sharing circle with Eros.

9:15 – 11:15 Dreams and the Arts Workshop: Room 12

• *Valerie Reichmann – Dreams on Stage (10 person limit)*

Dreams on Stage is a workshop combining psychodrama and dreams. The goal is to be connected with your dream elements through dramatic play and dialogues with your dream characters and other dream elements.

9:15 – 11:15 Dreamwork Workshop: Room 6 (16 person limit)

• *Harry De Bont, Alwin Wagener, Anthony Bloxham – Dreams as the Architect of our Reality: Harnessing the Anthropic Universe*

Explore how dreams shape reality in “Dreams as the Architect of our Reality: Harnessing the Anthropic Universe.” This workshop delves into the intersection of dreams, consciousness, and the Anthropic Universe, utilizing AI for dream analysis. Discover practical approaches to harnessing dreams for cognitive growth, decision-making, and personal transformation.

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

• *Kiran Anumalasetty – Dreaming in the Third Eye*

Third Eye is an energy organ which is considered as a door to the Inner Worlds. By Awakening the third eye and joining the awareness in third eye with the Dream awareness, the results could be very fascinating. It opens up new possibilities of healing and integrating the dream.

9:15 – 11:15 Philosophy Panel: Room 1

• *David Billington (chair), Laura Payne (co-chair), Kelly Bulkeley, Deirdre Barrett, Sheldon Juncker, Nigel Hamilton – Do Androids Dream of Electric Sheep? What the AI Revolution and Dreams tell us about Consciousness*

Our fundamental understanding of consciousness is challenged by advancing artificial intelligence (AI). Dreams are integral to our experience of consciousness; if thinking becomes redundant, “I dream therefore I am” may define us. A multi-disciplinary panel of researchers, dream workers and deep thinkers will share their thoughts and answer questions.

9:15 – 11:15 Research Symposium: Aula Major (CE)

- *Curtiss Hoffman (chair) -- Is Dream Text Length a Proxy for Dream Length?*

While composing the Musical Dream Tarot, I recorded the position and text length of each dream. Longer texts tended to be at the end of the night, shorter ones at the beginning. I tested this quantitatively, over a 2½ year period. This study appears to confirm the original finding.

- *John Balch -- Longitudinal Home Dream Study With Portable EEG Headbands*

We present data from a two-week home dream study for participants in 2022-2024. Half of these participants also wore a portable EEG headband that specializes in detecting sleep architecture. This study examines the relationship between daytime experiences and dream content.

- *Aurelien de la Chapelle -- Dream Recall Frequency and Dream Content in Epilepsy*

We conducted a survey on dream recall in a large population of patients with epilepsy (N=300) and a SEEG study in drug-resistant patients (N=24). Results suggest that epilepsy impact dreaming. Epilepsy-induced increased intra-sleep wakefulness would increase dream recall and interictal activity during sleep would promote epilepsy-related dreams.

- *Perrine Ruby and Aurelien de la Chapelle -- A Prospective Study of Dreaming during Mourning*

In a prospective study, we showed that dreams content during mourning evolved with time and that such evolution differed in persons with and without complicated grief as defined by the Inventory of Complicated Grief. Also, the amount of dreams about the deceased correlated with the next measure of grief intensity.

BREAK

11:15 -11:30 Fifteen Minute Transition w/Beverages: Hall

MID-MORNING

11:30 – 12:30 Dreams and the Arts Workshop: Room 12 (10 person limit)

- *Glenda Cimino – Exploring a Dream Through Dramatisation in a Small Group*

One workshop attendee, 'the Dreamer', tells their dream to the workshop members. The 'Dreamer' lists the people and/or objects which appear in their dream. All are considered as aspects of the Dreamer. The Dreamer directs the dream enactment twice, once to watch and once to take a role in. Discussion follows.

11:30 – 12:30 Clinical Workshop: Room 6

- *Alwin Wagener – Making Dreamwork Inclusive: Culturally Responsive Dreamwork*

This presentation introduces Culturally Responsive Dreamwork (CRD), a novel dreamwork model emphasizing cultural awareness. CRD is designed to make dreams more approachable for counselors and psychotherapists and provides a transtheoretical, structural model for dreamwork that allows dreamwork to be centered on client's dream beliefs instead of those of the dreamworker.

11:30 – 12:30 Lucid Dreamer Gathering: Room 4

- *Robert Waggoner -- Meeting for Lucid Dreamers*

In this special event, lucid dreamers will have an opportunity to meet other lucid dreamers, share tips and techniques and discuss this interesting topic! After brief introductions, participants will respond to various lucid dream questions and offer their suggestions for success. A great chance to meet other lucid dreamers!

11:30 – 12:30 Dreamwork Workshop: Room 2

- *Emma Lehtinen – A Dream Flying Lesson*

Emilia Lehtinen, the author of *The Guide to Fly in Your Dreams* (Unissa lentämisen opas in Finnish) gives a lesson in dream flying. How to get up? How to stay up? How to land? What are children's playgrounds really for? The best flying tips from a certain umbrella-flying Mary.

11:30 – 12:30 Dreams and the Arts Symposium: Room 1

- *Loren Goodman (chair) and Bernard Welt -- Dreaming with Walt Whitman and Langston Hughes: How to Write Poems in Your Sleep*

Walt Whitman's "The Sleepers" and Langston Hughes' "Let America Be America Again," offer exemplary theories of dreaming—real dreaming, not literary convention—as the source of poetry, in both personal creativity and collective imagination. Inspired by his example, we'll share exercises in eliciting shared dreams as collective writing practice.

- *Loren Goodman -- Dreaming with Langston: Contemporary Poetic Experiments in Co-Liberation*
Langston Hughes' "Let America Be America Again"—a poem designed to effect social change, desegregating through dreams—continues to generate discussion and influence among contemporary poets. Inspired by Hughes' work as a dream poet, we will use our own dreams to engage him (and each other) in poetic collaboration.

- *Bernard Welt -- Dreaming with Others: How to Write Like Walt Whitman (With Help From Joe Brainard)*
Walt Whitman's poem "The Sleepers" offers an exemplary theory of dreaming—real dreaming, not literary convention—as the source of poetry, not only in personal creativity but in collective imagination. Inspired by his example, we'll share an exercise in eliciting shared dreams as a writing practice.

11:30 – 12:30 Research Symposium – Aula Major (CE)

- *Kristoffer Appel (chair) -- Bringing the Benefits and Methods of Sleep and Dream Research to the Private End User*

I propose a non-profit, open-source web platform democratizing novel sleep and dreaming techniques, like Interactive Dreaming. Unlike commercial products, it's accessible without specific devices or technical skills. In this presentation, I'll summarize its development, outline future steps, and demonstrate how researchers can make their science accessible to the wider world.

- *Daniel Morris – What Factors Determine whether Sounds Incorporate into Dreams? An Overnight Serial-awakening Study*

Research increasingly suggests that sensory information is attended to by sleepers, even when it is not reported upon waking (potentially due to forgetting). In this study, we tested whether sleepers' perception of external stimuli could be retrieved if they were awakened immediately after sound were presented.

LUNCH

12:30 – 14:00

1 hour 30 minute Lunch Buffet (pre-reserved tickets required): Grote Eetzaal

12:30 – 14:00

Regional Representative Luncheon Meeting

Kleine Eetzaal (26 person limit)

(Take lunch up from the Grote Eetzaal in the carryout boxes provided)

Come mingle with your fellow Regional Representatives in person, hosted this year by Kelly Bulkeley, Regional

Events Committee member. This is an informal gathering; you can trade ideas, tell stories about your region, ask questions, and just generally enjoy each other's company. See you there!

14:00 – 15:30 Dreams & Ethnicity Workshop: Room 12 (26 person seating)

- *Valley Reed – Dreaming an Ancient Future*

Our ancestors knew the importance of dreams to be able to prepare for what is coming, and thrive. They understood the value of dreams as part of a holistic view of life, rooted in animism and Earth based Wisdom. This experiential workshop explores ancestral dreaming through embodied drumming practices.

14:00 – 15:30 Dreams and the Arts Workshop: Room 6

- *Marieke McKenna, Saelyx Finna, Johannes de Bruycker – Dreamscapes Unveiled: Exploring Dreams in Art and Art as Dreaming*

This interactive workshop delves into the connection between dreams and various artistic disciplines. Participants are invited to consider examples of artistic engagement with dreaming in order to enhance their own practice of self-expression. The central question is how creative imagination relates to dreaming, and how one transforms dreams into art.

14:00 – 15:30 Dreamwork Workshop: Room 4

- *Naomi Kimmelman and Derek Wright – Life Is but a Dream: An Exploration of Daydreams, Sleep Dreams, and Paradigms of Consciousness*

What if some "altered" states were ordinary reality? Humans spend 47% of our waking lives daydreaming, with the same parts of our brains active when sleep dreaming. Come explore current understandings of altered states and experience playing with the boundaries of consciousness. Perhaps, "life is but a dream."

14:00 – 15:30 Dreams and the Arts Symposium: Room 2

- *Dave Green -- Doodles in the Dark: An Artist's Guide to Lucid Dreaming*

Doodles in the Dark is an artist's talk by Dave Green about the creative potential of lucid dreaming. It is part introduction to the subject of lucid dreaming and part exploration of the dreaming mind as told through drawing.

- *Curtiss Hoffman (chair) -- The Song of the Sea . . . and More!*

Since the completion of the Musical Dream Tarot, I have continued to receive music in dreams for a number of new compositions. I will describe my methods of capturing dream tunes and transforming them into musical selections, and I will play a number of excerpts from these compositions.

- *Julia Lockheart, Mark Blagrove, Art Funkhouser -- Jung, Dada, and the Discussion and Painting of Dreams*

This presentation addresses similarities between the ideas of Jung, who explored the unconscious mind, and the art movement Dadaism, which emphasised irrationality and bizarre creativity. It also describes two dream-sharing and art events held in Zurich in the Summer of 2023, at the C.G. Jung Institute and at Cabaret Voltaire.

14:00 – 15:30 Cultural Panel: Room 1

- *Svitlana Kobets (chair), Bhaskar Banerji, Keith Himebaugh – Dreams of War in Ukraine*

These presenters delve into dreams about the war in Ukraine, acknowledging the significance of dream guidance that directed them to their respective projects.

continued on next page

- *Svitlana Kobets -- Ukraine's War for a true Selfhood*

In this presentation Svitlana Kobets will examine her dreams about Russian War in Ukraine and how they invite her to see the current conflict beyond the military confrontation but rather in the light of Ukraine's self-rediscovery and search for Selfhood.

- *Bhaskar Banerji -- Dream Activism: A Call to Action in the Russo-Ukrainian War*

Bhaskar recounts his journey regarding the role dreams have played in inspiring him, a non-Ukrainian, to take an interest in the Russo-Ukrainian conflict and get involved, rather than watch passively from the sidelines. In the second part he explores dreams that others have shared with him on this sensitive topic.

- *Keith Himebaugh -- Animating for Ukraine: Dreams of Creativity and Trauma*

Keith will show his animated video intended as a promotion for a free crisis counseling service by a Ukrainian nonprofit organization Обійми. this project evolved into a genuine connection between artists and psychologists of two nations in a time of trauma. He will then delve into his own war dreams.

14:00 – 15:30 Research Symposium: Aula Major (CE)

Does Dreaming Have a Function? What do we know and what do we not know?

Many theories of dream functions have been proposed over the last century, starting with Freud's theory of dreams as guardians of sleep. In this panel, four researchers will present briefly their respective theories and views about the function of dreaming as a starting point for a discussion with the audience.

- *Michael Schredl (chair) -- Recalled dreams are beneficial*

Dreams that are recalled in the morning can stimulate creativity, insight, and working with those dreams can be beneficial for the dreamer. These beneficial effects does not rely on the notion that dreaming (non-remembered dreams) serve a particular function.

- *Katja Valli -- Simulation theories (TST and SST)*

The simulation theories (Threat Simulation Theory and Social Simulation Theory) postulate that dreaming has an evolutionary function.

- *Kelly Bulkeley -- Dreaming as play*

The speaker will outline the parallels between play behavior often present in young mammals and dreaming, and poses the question whether dreaming is play and, thus, serve a function.

- *Mark Blagrove -- Empathy theory of dreaming*

In general, dreams are a novel but realistic simulation of waking social life. The speaker proposes that the sharing of dreams has an empathic effect on the dreamer and on significant others who hear and engage with the telling of the dream.

BREAK

15:30 – 15:45 Fifteen Minute Transition w/Beverages: Hall

MID-AFTERNOON

15:45 – 17:15 Dreams and the Arts Workshop: Kleine Eetzaal (26 person seating)

- *Amanda Lux and Dzhan Wiley – Embodied Energetics, Dreamwork & Art*

A workshop of somatic energetic attunement, conscious dreamwork, and creative, artistic exploration

in order to harness insight, inspiration and healing opportunities for each participant. A short lecture to be followed by guided visualization into a dreamwork artistry activity.

15:45 – 17:15 Dreams and Health Workshop: Room 4

- *Claudia Rosenhouse Raiken -- DreamBirth Promotes the Conception, Growth and Birth of a Baby, a New Venture or a New You*

Experience the magic that is DreamBirth Imagery. Its very short, poetic visualizations can in an instant affect your body, your mind, your emotions, and your spirit. They invite joy and softness. DreamBirth specializes in birth and conception- of a baby, of a new project or perhaps a new you.

15:45 – 17:15 Dreams and Ethnicity Workshop: Room 6

- *Marta Aarli – Dreaming with Our Ancestors: Connections of Blood, Land and Spirit*

In the first part, I'll discuss how to work with the ancestors in our dreams for personal and collective healing, including examples from my own dreams. In the second part, I'll facilitate an experiential journey to connect with our ancestors, then open a circle for sharing our experiences.

15:45 – 17:15 Dreaming and the Arts Symposium: Room 2

- *Teresa Vazquez (chair) – Circling the Robots: Dreaming with Immersive Technologies and Artificial Intelligence*

This hybrid artist/research talk will explore how Artificial Intelligence (AI) programs and immersive technologies can augment (through rapid synthesis of specified information sources and creative visualization) practices of dreaming, dream interpretation, projective dream circles and art-making. The artist will share data generated and artworks developed through this exploration.

- *Sarah Jane Palmer -- Consciously Creating the Dream: Exploring the Relationship between Creativity and Lucid Dreaming*

This presentation will cover how the creative process can have a significant impact on triggering lucidity in dreaming. In this talk I will explore techniques and discuss how actively bringing the dream into physical manifestation through creative expression can promote both vivid and lucid dreams in a kind-of symbiotic relationship.

15:45 – 17:15 Dreamwork Panel: Room 1

- *Walter Berry (chair), Julia Lockheart, Lauren Schneider – Art of the Dream: Three Approaches to Using Art as a Connection to the Depths of Dreaming.*

We will present three approaches to how the visual can be used to open the deeper mystery of dreams. Dream drawings made by dreamers, paintings made on the pages of Freud's Interpretation of Dreams by an artist during dreamwork, and premade images (the Tarot) used while working on dreams.

- *Walter Berry -- A Visual Cornucopia of Art Dredged from the Deep Unconscious*

Who knew the unconscious could draw? In this visual cornucopia of delightful art dredged from the deep unconscious, Walter Berry will show examples where unexpected things appeared in dream drawings. We will see what happened when the dreamers discovered they had drawn things they didn't realize, intend, or understand.

- *Lauren Schneider -- Tarotpy; How the Tarot and Therapy Intersect to Give Guidance in Working with Dreams*

Lauren Schneider will show how Tarotpy and dreams intersect; how Tarotpy can help stimulate dreaming; and how to use Tarotpy to gather further insight and guidance on a particular dream.

Continued on next page

- *Julia Lockheart -- Dream Paintings Made on Pages of Freud's Interpretation of Dreams*

Examples of paintings made on pages of Freud's *The Interpretation of Dreams* while working dreams in a live setting will be shown accompanied by the dream narratives. You will see how words from the pages dance into the images and colours of the painting with an eerie and mysterious relevance.

15:45 – 17:15 Research Symposium: Aula Major (CE)

- *Tadas Stumbrys (chair) -- The Luminous Night of the Soul: The Relationship between Lucid Dreaming and Spirituality*

Lucid dreams can be a source of spiritual and mystical experiences. The findings of recent research that explored the relationship between lucid dreaming and spirituality will be presented and the potentials for lucid dreaming as a contemporary spiritual practice will be discussed.

- *Mark Blagrove -- Lucid nightmare frequency correlates with GHQ psychopathology but not internal Locus of Control*

49.3% of our sample had had a lucid nightmare. Although lucid dream frequency is associated with internal Locus of Control, lucid nightmare frequency is associated with GHQ psychopathology but not Locus of Control. The lack of correlation with LOC might explain why sleepers cannot wake themselves from a lucid nightmare.

- *Emā Demšar -- A micro-phenomenological investigation of signal-verified lucid dream experiences*

We present phenomenological findings from a lucid dreaming (LD) study that combined neurophysiological measures with micro-phenomenological interviews. We focus on a subset of 24 interviews on signal-verified REM-sleep LD episodes, identifying distinct patterns of temporal progression and salient phenomenological structures associated with pre-lucidity and the onset and maintenance of lucidity.

DINNER

17:15 – 19:15 Two hour dinner break (Dinner Buffet)

Grote Eetzaal (pre-reserved tickets required)

EVENING EVENTS

17:15–17:30 – 15 min Chorus Event (Cathedral)

19:15 – 20:00 Book signing event with authors -- Hall

20:00 – 21:30 Keynote Speaker: Aula Major

- *Michael Schredl – Analyzing a Long Dream Series: What Can We Learn about Dreams? introduced by Katja Valli*



Studying a long dream series provides a unique window into dreaming. The talk is based on 12,769 dreams of the speaker, who has been keeping a dream journal since 1984. The analysis looks at topics like family members, schoolmates, partners, hobbies, and pain; but also mundane things like money or beds. The speaker addresses the question: "Can we learn something about dreaming by examining closely the relationship between dreaming and waking life?"

21:30 – 23:00 Presenter Thank You Gathering: Vortoren Zoon

Pay bar with snacks

WEDNESDAY, 12 JUNE

EARLY MORNING

7:00 – 9:00 Breakfast Buffet for those with Abbey Hotel Lodging

8:00 – 9:00 Morning Dream Groups

BREAK

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

MORNING

9:15 – 11:15 Dreams and the Arts Workshop: Kleine Eetzaal (20 person limit)

• *Johanne Hamel – Somatic Art Therapy Dreamwork*

Combining Art Therapy Dreamwork and her expertise on Somatic art therapy, Dr. Johanne Hamel offers in this workshop an original way to work on dreams through bodily dream sensation. She will briefly explain her 4-Quadrants art therapy method and guide participants' experimentation with their own dreams.

9:15 – 11:15 Dreamwork Workshop: Room 6

• *Lauren Schneider – Imaginal Ecotherapy: How Nature Speaks Through Dreams, Images, and Synchronicities*

In this workshop, we explore how nature speaks through dreams, images (Tarotpy), and synchronicities. These imaginal practices awaken us to the ecological unconscious within and foster a deeper connection and greater understanding of our place within the web of life. Please bring an oracular deck or dream to participate.

9:15 – 11:15 Dreams and the Arts Workshop – Room 4 (50 person limit)

• *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 Dreamwork Symposium Room 2

• *Bhaskar Banerji (chair) -- Money, Dreams & Magic*

What if dreams could be used to enhance our financial prospects? We'll examine ideas I have developed and deployed over the past two decades leveraging dreams to enhance my financial well-being, demonstrating how Dream Intelligence (DI) is on par with AI, when it comes to wealth generation.

• *Jean-Baptiste Beau -- A.I Dream Analysis - Can A.I. Tools Help Us Understand our Dreams?*

Recent conversational models like ChatGPT have significantly impacted areas like education, content creation, and entertainment. Can these tools be trusted for mental wellness practices? This presentation discusses the use of A.I. language models for dream work and their abilities to discern patterns, emotional tones, and hidden meanings in dream narratives.

• *Molly-Ann Basterfield -- Dream Groups within Schools as an Alternative Rite of Passage Program*

A qualitative research project documenting a dream group for adolescents within the educational system. The dream group program was created to parallel the processes which occur in Dagara (West Africa) rite of passage initiation. An exploration of the possibility to use dream groups as an alternative rite of passage framework.

• *Bjorn Krey -- Dreamwork and its Grades of Sociality*

We would like to contribute some data from our sociological research project on dreams and dreaming. Our main research areas are coaching/counseling and medicine/science. In both fields, people are preoccupied with the materiality of dreaming as well as with the ability to remember and process contents and meanings of dreams.

9:15 – 11:15 Culture and History Symposium: Room 1

• *kitt price (chair) - Images of "Exotic" Culture in the Maimonides Dream Experiments*

This talk presents examples of cultural and racial imagery generated during tests of telepathy and precognition at the Maimonides Dream Laboratory during the 1960s-70s. Samuel Kimbles' theory of "cultural complexes" helps us to understand how 'exotic' stereotypes coexist with the potential for new formations and awareness in the laboratory's work.

• *Peter Maich -- Dreaming on the Ocean - A Look at the Dreams of Seafarers in the Maritime and Fishing Industry*

During 20 years at sea in the New Zealand fishing industry I experienced a wide range of maritime related dreams and found these to be common to a lot of seafarers. Each role at sea, engineers and captains and crews seem to have common dream content.

• *Donna Glee Williams -- The Hero's Journey in a Post-Patriarchal World*

The Hero's Journey, as articulated by Joseph Campbell in his 1949 *The Hero with a Thousand Faces*, is a compelling template for analyzing dreams, myths, and stories of all kinds. However, as our world struggles to free itself from patriarchy, colonialism, and individualism, let's re-examine the fundamental metaphors it perpetuates.

• *Yue Wang -- The Aesthetics of the Dream Narrative in the Nineteenth Century British Novels*

This paper examines the aesthetics of dream narratives from four aspects: its ambiguity, the grotesque, the poetic beauty, and the uncanny emotion. Through this research, I try to explain the unique aesthetics of the dream narrative in nineteenth-century British novels and offer a new way of thinking about dream-related literary works.

9:15 – 11:15 Theory Symposium: Aula Major

Melanie Rosen (chair) – The Philosophy of Dreams: Contemporary Debates about the Sleeping Mind

Here we discuss four contemporary issues in philosophical dream research. Firstly, should dreams be considered 'transformative experience'? Secondly, what is the nature of our emotions in dreams? Thirdly, can dreams be considered a form of intensified mind wandering? Fourthly, can dreams happen while we are awake?

• *Melanie Rosen -- Can dreams be transformative experience?*

The concept of "transformative experience" in philosophy refers to experience that is both "epistemically transformative", that one cannot imagine having before experiencing and "personally transformative", one that significantly changes one's life trajectory. In her presentation, Rosen will argue that a clear case can be made for dreaming being epistemically transformative.

• *Marina Trakas -- Dream emotions: What are they? A first approximation to its nature*

This talk questions the assumption that "dream emotions" mirror waking emotions, aiming to better

understand this aspect of human affectivity. By addressing theoretical and philosophical puzzles, it explores whether they are genuine emotions, given the unreality of dream situations, ambiguous self-attribution, and the absence of motivational drive.

- *Manuela Kirberg -- Dreaming as intensified mind wandering*

This talk explores dreaming as intensified mind wandering. I will focus on the concept of intensification in defining related, but distinct spontaneous conscious states across wakefulness and sleep. I will use realism (bizarreness) in mental simulations to illustrate how one conscious state might be perceived as an “intensification” of another.

- *Adriana Alcaraz-Sanchez -- Extremes of daydreaming and its links to nighttime dreaming*

I will explore daydreaming as a waking experience resembling nighttime dreams, focusing on the phenomenon of “maladaptive daydreaming.” I will examine reports describing highly realistic waking fantasies akin to lucid dreaming, with awareness of both the physical and imagined body, questioning the extent to which dreams are exclusive of sleeping.

BREAK

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

MID-MORNING

11:30 – 12:30 Dreams & Ethnicity Special Event: Room 12 (Limit 26 persons)

- *Andrusa Lawson – The Soul Flies South in the Winter: Oral Tradition 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 will examine the deep relationship between dreaming and storytelling, the ability of stories to cross-cultural barriers, and the unique medicine oral traditions represent for people whose voices are historically silenced.

11:30 – 12:30 Dreamwork Workshop: Room 6

- *Samantha Smallwood – Return to Grace: Anchoring Personal Alignment through the Art of Dreaming*

“Every Part of the Dream is a Part of the Dreamer”. Acknowledging the intimate relationship between what is Dreamer and what is Dreamt, we turn inward to explore, clear and strengthen the inner landscape of the Dreamfield™, to rediscover our unique personal alignment that brings us into Flow and Grace.

11:30 – 12:30 History Special Event: Room 4

- *Bart Koet – An Abbey Founded on the Basis of a Dream: Rolduc Abbey*

This special event will focus on a very special aspect of the 2024 conference. According to a medieval tradition, the place where the conference meets was founded on the basis of a dream. Rolduc Abbey was founded in the twelfth century and that foundation history is written down in a Latin manuscript from the thirteenth century, the Annales Rodenses. The eldest manuscript is in Rolduc itself. In those Annales it is described that the abbey was founded on the basis of dreams.

11:30 – 12:30 Dreams and Health Workshop: Room 2

- *Marianne Schertenleib – How My Dreams Help with Bipolar Disorder*

Dreams have played a key role in helping me accept my bipolar disorder and seek medical support. They have become my allies in coping with this condition on a daily basis. My testimony shows that listening to our dreams can potentially lead us to take better care of our health.

continued on next page

11:30 – 12:30 Spiritual Panel: Room 1

Karim Bou Said (chair) – Tarot and Dreamwork: A Group Exploration

The presentation offers a unique perspective on the synergy between Tarot and dreams within a group setting. Presenters delve into their experiences, discussing practices, and outcomes of Tarot dreamwork. This presentation showcases how collective exploration fosters personal and mutual insights, resulting in a profound journey of self-discovery and spiritual growth.

• *Karim Bou Said, organizer – Tarot and Dreamwork: A Group Exploration*

Exploring tarot in dreams as a group. How the group dynamic aided and enriched our dreams and improved our lucidity. Will discuss what protocols and practices we did and an example of some of the insights and dream experiences of the group

• *Svitlana Kobets -- Fool Archetype in Tarot Dreaming Project*

Svitlana will share her explorations of the Fool within Dream Tarot project. Her insights about this versatile archetype came from the dream imagery bridging personal, cultural and spiritual planes. They furthered her understanding of the imagery of sacred and profane fools in world cultural traditions and provided guidance in self-understanding

11:30 – 12:30 Research Symposium: Aula Major - CE

• *Wei Wang (chair) -- Pre-sleep Depressive Mood Influences the Nightmare Incidence: A Study over 28 Consecutive Days*

Cross-sectionally, the concurrent mood state influence dreaming incidence, but the link between the consecutive daily pre-sleep depressive and nightmare incidence is lacking. We have found the relationship between the pre-sleep, bedtime depressive mood and the nightmare experience for four weeks (daily, for 28 consecutive days) in 87 participants.

LUNCH

12:30 – 14:00 1 hour 30 minute Lunch Buffet
(pre-reserved ticket required): Grote Eetzaal

AFTERNOON

14:00- 15:30 Dreams and the Arts Workshop: Kleine Eetzaal (16 person limit)

• *Melissa Chianta – Creating a Dream Oracle: Using Art and Writing to Translate Dreams into Guidance for the Soul*

Use painting, drawing, and creative writing to explore a dream and make a dream-inspired oracle card.

14:00- 15:30 Dreamwork Workshop: Room 6

• *Bei Linda Tang – Guided Dreaming for Creative Problem-Solving*

This workshop will explore the concept of guided dreaming and the scientific basis for its effectiveness as a tool for creative problem-solving. Participants will first prepare a personal, professional, or collective question and then follow guidance into a safe and relaxing underwater dreamscape while awake to seek insights and solutions.

14:00- 15:30 Dreamwork Workshop: Room 2

• *Lukas Bauer – The Differentiation between Image and Simile as a Step to Explore the Symbolic Language of Dreams*

We will apply the differentiation of symbols between simile and image and apply associations to

understand the meaning for known symbols, and amplifications for unknown symbols. Through this practise the participants will learn to decipher the message/s of his or her dream on their own.

14:00- 15:30 Dreamwork Event: Room 4

- *Apela Colorado – Rolduc Collective Dream Ceremony*

The dream themes shared from this week's Integral Indigenous-Western dream group with Oneida-Gaul cultural practitioner Apela Colorado will be gifted back to the community in a collective narrative. This multimedia presentation is a modern dream ceremony, honoring how our individual paths weave memory, culture and Spirit into larger truths.

14:00- 15:30 Philosophy Symposium: Room 1

- *Ann Bengtsson (chair) -- Dakini, Anima and the Feminine in Males and Females, a Tipping Point?*

Dakini is mostly known in the Tibetan Dzogchen tradition as the female capacity in both male and female, having some similarities with Jung's anima. By understanding the power of the female dakini energy, maybe we can change consciousness towards a more gentle attitude to our neighbors and the planet.

- *Shanee Stepakoff – Dream Features That Hint at the Possibility of Reincarnation: Examples From a 40-Year Dream Practice*

A review of a 40-year dream journal, comprising more than 3,000 dreams, led to the insight that several of the dream reports contain features that hint at the possibility that the soul reincarnates in different bodies across epochs and locations. A long-term dream journal may contain traces of past lives.

14:00- 15:30 Research Symposium: Aula Major (CE)

- *Laura Roklicer (chair)-- The Effects of Dreams and N1 Sleep on Poetic and Other Creativity*

Sixteen participants underwent a 6-week intervention that combined workshops and a sleep lab study, exploring techniques for poetry writing through dreamwork. Participants received lucid dreaming training and took part in two lab sessions assessing the creative impact of 1) LD induction and 2) a 90-minute nap with N1 awakenings.

- *Paul Zerr – Data Visualization Dashboard for Effortless Real-Time Sleep Stage Detection during Sleep Experiments*

We present a data visualization dashboard to assist the effortless detection of sleep stages during sleep and dream experiments. Instead of visually inspecting raw data, the dashboard visualizes power spectra, time-frequency representations, classifier probabilities from neural network based sleep scorers, eye movements, sleep spindles and other PSG features.

BREAK

15:30 – 15:45 15 Minute Transition w/Beverages: Hall

continued on next page

MID- AFTERNOON

15:45 – 17:00 Closing Keynote: Aula Major

• *Dr. Newton Kondaveti and Dr. Lakshmi Newton – Who is Dreaming? Introduced by Kiran Anumalasetti*



We are fundamentally a conglomeration of units of consciousness, energy and wisdom. Our consciousness is experimenting, exploring and experiencing through different states of consciousness. One of the ancient scriptures from Bharat, Mandukhya Upanishad, talks about four states of consciousness: jagrat (waking), swapna (dream), sushipti (deep unconscious) and turiya (transcendental). In this keynote speech, we will be sharing about the spiritual science of dreams from the perspective of ancient seers

DINNER

7:00 – 20:00 3 hour dinner break

(on your own at local restaurants) and costume preparation (on your own in the Rolduc restaurant or local restaurants) Note: advanced reservations needed for Rolduc restaurant.

EVENING EVENTS

17:00–17:15 – 15 min Chorus Event (Cathedral)

17:30 – 18:30: Authors pick up your unsold books in the bookstore.

20:00 – 21:00 Costume Parade: Aula Minor

21:00 – 24:00 Dream Ball: Aula Minor
Dance Music by Yesz, Snacks and pay bar.

THURSDAY, JUNE 13TH

Departure Day

7:00 – 9:00

Breakfast Buffet for those with Abbey Hotel Lodging
(bring breakfast ticket)

9:00 – 10:30

Rolduc Tour

(for those who pre-reserved at registration)
Meet at Registration Desk in the Hall



PRESENTER BIOS

Marta Aarli, MA, LPC is a psychotherapist and dream guide in Colorado, USA. She has a master's degree in transpersonal psychology from Naropa University, and integrates 30 years of experience in multiple dreamwork approaches, Gestalt inner parts dialogue, soul journeying and active imagination. She has a private practice and is currently writing a book on dreamwork for personal and ancestral healing. Marta is also a singer, musician and poet.

Nico Adelhöfer did a bachelor and masters in psychology at Otto-von-Guericke University Magdeburg, and a PhD and postdoc at Technical University Dresden, with research stays at Bern University and Aarhus University. Currently, he researches lucid dreaming neurophysiology and induction at the Donders Sleep & Memory Lab.

Adriana Alcaraz-Sánchez, MA, MPhil, PhD; Belgium, is a postdoctoral researcher at the Centre for Philosophical Psychology at the University of Antwerp. Previously, she was a doctoral researcher at the University of Glasgow, conducting work at the intersection between philosophy and psychology to the study of conscious experiences during sleep. She's currently working on the links between daydreaming and dreaming by drawing from analytic philosophy of mind and empirical research.

Kiran Anumalasetty is a Trustee and trainer with Quantum Life University (www.qluglobal.org). His inner awakening started after meeting his teachers Dr Newton and Dr Lakshmi in 2010. Kiran is IASD Director, Board member and DAC member. He completed many trainings like Past Life Regression, Inner Child Therapy, Family Constellation etc.

Kristoffer Appel, PhD in Cognitive Science, based in Hamburg, Germany. Currently holding multiple roles: Lecturer at Osnabrueck University, Director of the non-profit Institute of Sleep and Dream Technologies, and Innovation Manager at a German public funding agency.

John Balch is the Postdoctoral Researcher for the Religion and Dreams Subproject of the Cognitive Neuroscience of Religious Cognition. He has an MA in Religion and Nature from the University of Florida and a PhD in Religion and Science from Boston University (forthcoming May 2024). Balch

specializes in computational approaches to the social and behavioral sciences.

Bhaskar Banerji, PhD, is a Dream Ambassador & Holistic Health practitioner with decades of experience in dreamwork pertaining to precognitive dreaming, dream interpretation, & the body and health. His latest project is a 21-day on-line course that allows dreamers to tap into the power of their health-related dreams.

Deirdre Barrett, Ph.D. is a psychologist on the faculty of Harvard where she teaches courses on dreaming. She has written five books including *Pandemic Dreams* and *The Committee of Sleep*. She is current President of IASD and Editor of IASD's journal *Dreaming*. She has lectured and led workshops at Esalen, the Smithsonian, and at universities around the world.

Nana Fofie Bashir is a spiritualist, facilitator, and cultural organizer rooted in New Orleans, LA. Across the U.S. and around the world, she works with organizations and communities to create arts, culture, and healing programs and to develop transformational relational practices. As a healing practitioner and therapist, Nana Fofie provides narrative, somatic, and multi-modal arts therapies using indigenous and elemental wisdom in trauma healing and justice movement building.

Molly-Ann Basterfield, MA Jungian Psychology, PGCE Secondary Education, is a psychologist, artist, dreamer, and underwater dancer inhabiting the mountains of Sinai, Egypt. Molly-Ann merges her passions to create opportunities to explore the depths of the ocean and mind. Through integrative practices including freediving, underwater dancing, dream work, myth, writing, and breath as space for reflection, transformation, and healing.

Lukas Bauer, Switzerland, trained as a nurse from 1984 to 1987 and studied depth psychology from 1990 to 1995. He has worked for years as a psychiatric nurse, psychotherapist, analyst trainer, and leader of workshops, seminars, and dream groups. He is specialized in dreamwork, symbolism, active imagination, and trauma therapy. In 2023 he founded the "Institute Anthropos for Dreamwork, Depths Psychology and Personal Development" and works in his private practice.

Jean-Baptiste Beau (M.Sc. Computer Science, EPFL, Switzerland) is the creator of the dream journaling app Oniri. His work lies at the intersection between computer science, arts, and dreams. His interest in dream research led to the creation of several studies in collaboration with Sophie Schwartz's lab in Geneva, who supervised his master thesis "Do dream journaling and bedtime dream reading improve creativity?". He's also an A.I. research reader and enthusiast.

Katherine R. Bell, PhD (astrophysics) is from Santa Cruz CA, USA. She has hosted the weekly interview podcast The Dream Journal since 2019. She has been facilitating dream groups and workshops for over 30 years, has been a coach for over 10. She is in the editing phase of her first book. Katherine is on the IASD Board of Directors and the Ethics Committee and is Conference Planning Co-Chair. ExperientialDreamwork.com

Ann Bengtsson, Norway. Specialist in clinical psychology since 1991. Studied psychic energy and self-development 1977-1999 at Psychic Center, by Bob Moore. 1977-1984 dreams by Dr. Phil. Jes Bertelsen, and again from 2011 til now Dzogchen meditation. Work with groups and individuals on the path of self-development and spiritual growth. Written the book "Dreams and Self-Development. learn to Understand and Use Your Dreams", BoD. Copenhagen 2015.

Walter Berry, MFA, is a certified dream facilitator and author of the best-selling book "Drawn Into The Dream". He leads dream groups, and workshops, and is a frequent guest on radio and podcasts. He is a former member of the Board of Directors of The International Association for the Study of Dreams, Co-Chair of the IASD Visual Arts Committee, and is a frequent workshop leader at IASD conferences.

Dave Billington, MA is co-host of The Dream Boat Podcast and is the Director of the DRI Centre for Dream Studies in London, UK, which develops training, education and research on dreams and clinical dreamwork. He facilitates weekly experiential dream groups and trains therapists in dreamwork. Dave is a psychotherapist, therapy supervisor, and lecturer on Alchemy, Jungian Archetypes, Dreamwork and Transcultural Issues in Therapy.

Mark Blagrove is Professor of Psychology and Director of the Sleep Laboratory at Swansea University, UK, a past-President of the International Association for the Study of Dreams,

and Fellow of the British Psychological Society. BA in Natural Sciences from Cambridge University, and researches dreaming, memory and empathy. Since 2016 he has undertaken public Ullman dream discussions, with artist Julia Lockheart simultaneously painting each dream as part of their DreamsID.com collaboration.

Anthony Bloxham (PhD, MSc, BSc). UK Is currently a lecturer in Psychology at Nottingham Trent University, with a research interest in the relations between memory consolidation in sleep and dreaming.

Karim Bou Said is a Dubai-based dreamer who stumbled upon lucid dreaming as a way to deal with recurring nightmares. This led Karim to explore the nature of reality and the creative and healing potential of lucid dreams. He incorporates teachings of Tantra, Qabbalah, Non-Duality, Tarot, Alchemy, Vedic and Sufi disciplines with dreaming. Articles published at the Lucid Dream Experience www.dreaminglucid.com.

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 somatic art therapy: Emotional memory reconsolidation" in J. Hamel (2021), *Somatic art therapy*, Routledge.

Kelly Bulkeley, Ph.D., is a psychologist of religion focusing on dream research. He is Director of the Sleep and Dream Database (SDDb), Senior Editor of the journal *Dreaming*, and former president of the International Association for the Study of Dreams. His books include *Big Dreams* (2016), *Lucrecia the Dreamer* (2018), *The Scribes of Sleep* (2023), *2020 Dreams* (2023), and *The Spirituality of Dreaming* (2023). He lives in Estacada, Oregon, USA.

Stephanie R. Burns, Ph.D., is an independent researcher, author, and intuitive based in New Orleans, Louisiana. With her degrees in Computer Science, Mathematics, Marketing, and Business and Technology, she explores the various ways of creating frameworks through ancient wisdom. Recently, she published a journal article called "Freedom Lessons Woven through Ancestral Dreams and Music." Stephanie's research interests lie in exploring ancestral dreaming to heal generational trauma and the Earth.

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).

Melissa Grace Chianta, co-creator of the Dreaming Oracle, holds a certificate in non-clinical Jungian Studies from the C. G. Jung Institute of Los Angeles. She has been a professional writer and editor for 32 years, a professional dream worker for 17 years, and has facilitated dream circles for 7 years. She lives in northern California, United States.

Glenda Cimino studied to PhD level at Columbia University. She lived in Florida, South America, and New York City before moving to Ireland in 1972. At times a sociologist, a teacher, a publisher, a poet, a social historian, an actor, a comedian, a journalist, a lecturer, an editor, a filmmaker, a tarot reader, and a home carer, she is now a writer and activist. She has Community Media and Multimedia Certificates from Colaiste Dhulaigh, a Theatre Training Certificate from Liberties College, a Certificate in Jungian studies and Art Therapy from University of Limerick, Local History and Directing for Theatre Certificates from Maynooth University, and an Advanced Training Certificate from the Paul Rebillot School of Gestalt and Experiential Teaching.

Theresa Coimbra M.Ed., CP is a Clinical Psychologist, C.R.P. 01/2986, native to and a current resident of Brazil, in private practice since 1986, with specializations in Jungian Psychology and Initiatic Therapy, and a long-term interest in and application of dreams, mythology, and sand tray as key approaches of her practice.

Dr. Apela Colorado is an Oneida-Gaul traditional cultural practitioner. She founded the Worldwide Indigenous Science Network (WISN) in 1989 to foster the revitalization, growth, and exchange of traditional knowledge. Since 2005, Dr. Colorado has been leading an annual Indigenous Dreaming workshop in Chartres, France. She has also taken this method all over the world, working with shamanic practitioners and healers in places including Siberia, South Africa and New Zealand.

Emily Cook PhD began her career in Cognitive Neuroscience, exploring how brain structure and function determines individual differences in perception. She later transitioned to corporate

Human Resources. For the last eight years she has worked across Europe, supporting the cultural transformations of international organizations. Originally from the UK, Emily currently lives in Amsterdam NL.

Cameron Cordova is a Black Belt in Brazilian Jiu-Jitsu. He has won many State, National and World titles. He attributes his high rate of success to nighttime dreaming practices which give him the advantage over the competition. Cameron regularly teaches dream workshops at the Eagle View Adult Center of Brighton, CO and has written both a children's book and full-length novel on dreams.

Harry de Bont brings a unique blend of expertise in evolutionary psychology, a background in Electrical Engineering and passion for Machine learning. His approach combines insights from his technical education with a deep understanding of our hunter-gatherer past. Harry's work in applying evolutionary principles to modern challenges is informed by his knowledge of cybernetics and systems theory, enabling him to develop innovative strategies for personal and organizational development.

Johannes De Bruycker is photographer, educator and curator specializing in storytelling and international journalism. His award-winning work, explores the narratives of human relationships and environmental interaction. In 2015, he co-founded The Caravan's Journal, an collective aimed at unique storytelling through educational journeys for storytellers worldwide.

Joseph De Koninck (PhD, FRSC) is Emeritus Professor of Psychology at the University of Ottawa. He has more than 50 years of experience of dreams research, publications and conference presentations including at IASD. He has studied the socio-cultural, personality, developmental and gender determinants of dreams. His main contributions have been, however, focused on dreams and adaptation to stress.

Aurélien de la Chapelle, PhD in the PAM team of the Lyon Neuroscience research Center (France). He conducted his PhD about the cognitive factors involved in dream recall, dreaming in epilepsy and emotion regulation during bereavement.

Ema Demšar is a PhD candidate at the Centre for Consciousness and Contemplative Studies at Monash University, Australia. She holds a MSc in Cognitive Science from the University of Ljubljana,

and has additional five years of experience with research and teaching in cognitive science, with focus on the application of first-person methods in consciousness research. Ema's PhD project is a neurophenomenological investigation of lucid insight and meta-awareness in dreaming.

Jason Dobrowner, a dedicated lucid dream practitioner and truth seeker, commits himself to awakening the world to the potential of dreams. He brings a background in software engineering from the blockchain industry and education in physics from the University of California Santa Barbara. Jason currently focuses on developing Empowered Dreaming, an online platform that encourages people to connect to their inner power through dreamwork. He currently resides in Ashland, Oregon.

Sven Doehner, PhD, MFA, from Mexico, Jungian Archetypal Psychoanalyst and Somatic Movement Educator (BodyMindMovement and Somatic Experience). 40 years of clinical experience and many years guiding workshops around the world, also initiated into Ancestral Wisdom Traditions still alive in the healing and spiritual practices of Native Healers around the globe. Now focused on working creatively with DREAM IMAGES in connection with the human VOICE, at the service of Alchemical transformation.

Lejla Elezi, MD, currently working in Switzerland. Born and raised in North Macedonia (Ex-Yugoslavia). Medical degree obtained in Vienna, Austria (2009) followed by a GP specialty (2013-2017), followed by Psychiatry and Psychotherapy specialty (2017-2024). Psychotherapy studies at the C.G. Jung Institute in Zürich (2019-2023). Advanced Dream Work CCPE Certificate, training with Nigel Hamilton. Scientific work (2009-2012) in the field of neuroscience (EEG, epilepsy), various publications, first authorship: <https://pubmed.ncbi.nlm.nih.gov/35382982/>.

Matthew Erdelyi was born in Budapest, Hungary, lived in Venezuela for six years, and finally settled in the United States, where he got his PhD in psychology at Yale in 1969. He speaks no language without an accent. He is professor emeritus and formerly Stern Professor of Humor at Brooklyn College. His third book, on dreams and jokes, was just published and his next book, Repression, is on the way.

Mahdad Jafarzadeh Esfahani did a bachelor in electrical engineering at Islamic Azad University, Tehran, and a master in biomedical engineering,

neural & motor systems at Twente University. For his PhD he is developing wearable sleep recording and enhancement technology, applying machine learning and different acoustic and visual cueing strategies.

Joy Fatooh (USA), a lifelong psi and lucid dreamer, is originator, co-developer and co-facilitator of the Group Psi Game. She currently serves IASD as Board Chair since 2022, Dream News Copy Editor since 2018, Editorial Director of DreamTime since 2020, and Dream Study Groups Program admin team member since 2021.

Saelyx Finna (U.S.) is a filmmaker, writer, curator, impact producer & film distribution strategist. She is currently developing a feature film about dream technology, has published about dream tech in *Intermedialités* and *Redefine*, and has presented about dream tech at IASD and the Interaction Design Association conference.

Elena Gerhardt, based in Wuppertal, Germany will attain her M.Sc. in Clinical Psychology from Osnabrück University, Germany. She is a Visiting Researcher at the University of Texas at Austin and holds a B.Sc. in Psychology from Osnabrück University. She has been an active participant in the organization of the student initiative Sleep & Dream at Osnabrück University. We conducted sleep and dream related studies and visited well-known sleep researchers in Europe.

Christian Gerike, MA (USA) is an anthropologist and psychologist who focuses on the psychology of dreams. Educated in Depth Psychology at Sonoma State University, California, much of his approach is Jungian in nature. He has studied dreaming for 16 years. "The Dream Circle" was recently published in DreamTime Magazine.

Loren Goodman, PhD, is the author of *Famous Americans*, selected by W.S. Merwin for the 2002 Yale Series of Younger Poets, *Suppository Writing* (2008), and *Non-Existent Facts* (2018). A Professor of creative writing and English literature at Yonsei University/Underwood International College in Seoul, Korea, he serves as Creative Writing Director.

Tzivia Gover is the author of seven books, including *Dreaming on the Page*, and *Joy in Every Moment*. She is a certified Dreamwork Professional, a Reiki Master Teacher, and a Certified Proprioceptive Writing Instructor. She serves on the executive board of IASD and is the founder of 350 Dreamers,

an international online group dreaming for global healing. She teaches about sleep, dreams, and joy domestically and abroad.

Dave Green is a London based artist who creates simple line drawings in his lucid dreams which he re-creates upon waking up. His art has been featured in BBC Science Focus and DreamTime magazine. He has also lectured about his work at Tate Modern and is the subject of a documentary by The World Science Festival called 'The Dreaming Pen'

Melissa Haggerty, B.S. Psychology (United States): After struggling with a health crisis, Melissa turned to dreamwork to heal and began to meet plants and doctors in dreams. She is passionate about reconnecting everyone with their plant allies and opening the gates to conscious healing dreams. Melissa is certified in Reiki and has studied Conscious Dreaming and Tibetan Dream Yoga.

Dr. Johanne Hamel, D. Ps., author, psychologist and art psychotherapist, retired from teaching art therapy in 2017 at Université du Québec in Abitibi-Témiscamingue, Québec, Canada. She specializes on Dreams and on Somatic art therapy. She is currently an International lecturer in Thailand, Europe and many times at IASD. She maintains a private practice in art therapy in Québec. She authored numerous articles and 6 books in dreams or art therapy.

Nigel Hamilton, PhD. is Founder 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.

Laura Hanks, L.Ac is a licensed acupuncturist (CA17615) and founder of Golden Summit Acupuncture in Oakland, California. She holds a Master's of Science in Traditional Chinese Medicine and is certified in functional medicine through the Kalish Institute. She holds a certificate in integral acupuncture through Lonny Jarrett. Laura practices Daoist alchemical martial arts and is an ordained Reverend priestess and ritual dancer of Quimera and International fellowship of Isis.

Tony Hawkins: After a deeply traumatic childhood I needed healing before education. Manual work supplied this. At 19 I began to write and

continued for the next 60+ years, fantastic epics which gradually became books. Ten now exist on Amazon. In 2008 I discovered IASD and found a partial home. This presentation is a summation of everything I've learned from creative writing, dreaming and working with dreams.

Silja Heikkilä, PhD in Ethnology and Anthropology, University of Jyväskylä; MA in Cultural Heritage, Turku University. Dissertation 2021: Dreams and Living Heritage. Country of residence: Finland.

Keith Himebaugh, Ph.D. (USA) is an animator, mythologist, Dream Tender, and founder of Mythic Drawing. He received his BA in Art/Communications and Religion from Hope College, classical animation certification from Vancouver Film School and MA/PhD in Mythological Studies with Emphasis in Depth Psychology from Pacifica Graduate Institute.

Curtiss Hoffman, Ph.D. Yale University (1974), is professor emeritus of Anthropology at Bridgewater State University, Bridgewater Massachusetts, USA, where he has taught courses in archaeology, cultural anthropology, mythology, and consciousness since 1978. He is a frequent presenter at IASD conferences, and has been an IASD member since 1997. He serves as chair of the Student Research Awards Committee and is a member of the Conference Advisory Committee.

Robert Hoss, MS (USA) is an IASD Director, past President and Conference Director, directs the DreamScience Foundation for research grant co-funding, a Haden Institute faculty instructor and on the board of the National Institute for Integrative Healthcare. Author/editor of 4 books: Dreams, Understanding Biology, Psychology and Culture; Dreams that Change Our Lives; Dream to Freedom; Dream Language and published in 12 other books and 5 peer reviewed journals.

Clare Johnson was the first person in the world to do a PhD on lucid dreaming as a tool for creativity. Past President of IASD, her seven dream books include Llewellyn's Complete Book of Lucid Dreaming; The Art of Transforming Nightmares; Dream Therapy; and The Art of Lucid Dreaming. A global lucidity teacher, Johnson creates lucid video courses and blissful guided audio journeys. She is the founder of www.DeepLucidDreaming.com.

Sheldon Juncker, B.Sc. Computer Science, (United States) is a software engineer who works in the fields of dream research, data analysis, and artificial intelligence. He is currently developing a dream journaling app, Elsewhere, and works with

Kelly Bulkeley and others to maintain the Sleep and Dream Database.

Dr. Ruth Kara-Ivanov Kaniel is a senior lecturer in the department of Jewish History at Haifa the University, and Research Fellow at the TAICP & Shalom Hartman Institute. Her publications include *Holiness and Transgression: Mothers of the Messiah* (ASP, 2017); *The Feminine Messiah: King David in the Image of the Shekhina* (Brill 2021); *Birth in Kabbalah and Psychoanalysis* (De Gruyter 2022). She has also published two books of poetry.

AS Katoch is a British Indian independent researcher and practitioner specialising in oneirocriticism, divination, and depth psychology, with a foundation in psychodynamic counselling (WPF Therapy, London), cultural astronomy and history. Holding a BA and MA from the University of Nottingham in English Studies and Literary Linguistics, his research and practice is informed by the visionary mythopoetics of dreams and imagination.

Naomi Kimmelman, MA, LMFT, is a Licensed Marriage and Family Therapist in private practice. 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 and daydreams at the 2018 and 2023 IASD conferences. She resides in Hawaii.

Manuela Kirberg, MA, M.Sc., PhD; Australia. Manuela is a postdoctoral researcher at the Centre for Consciousness and Contemplative Studies (M3CS) at Monash University, Melbourne. Her work is situated on the intersection of philosophy of mind and cognitive science, with a special interest in dreaming, mind wandering, and mental imagery extremes.

Svitlana Kobets, PhD (USA), is a published author, literature and humanities lecturer, writer and dreamer. She joined IASD in 2015 and presented papers on visions and dreams in literature and culture. She is passionate about dream analysis, dream-inspired poetry and lucid dreaming.

Bart J. Koet, retired professor New Testament and Early Christians and former dean of Research. Wrote a lot about dreams as well in Bible, Judaism, Early Church and in pastoral care. Was program

chair in the first Rolduc conference; edited several books about historical views on dreams

Sonia Kolasinska, current MSc student of Consciousness, Spirituality and Transpersonal Psychology at Alef Trust and Liverpool John Moores University based in Amsterdam, Netherlands.

Joanna Kowalewska, certified Dreamworker by the Institute for Dreams Studies and Yoga Nidra Facilitator, seamlessly weaves dream exploration with the transformative power of Yoga Nidra. As the host of the "Dreaming the Light" podcast, Joanna guides individuals through dream exploration, unveiling hidden meanings and fostering self-discovery. Her expertise creates a supportive environment for unraveling dream symbolism, empowering participants on their unique journeys of understanding.

Björn Krey, PhD, Germany, lecturer at the institute of sociology, University of Mainz. I studied educational sciences and sociology at the Universities of Siegen and Mainz. PhD in 2017 on reading practices and technologies in higher education. Since 2022 leader of the DFG-research project "Dreamwork and its grades of sociality" (No. 503719065).

Sandra Kuiters, Masters in psychology, has been working in the field of psychology for over 15 years. I am based in the Netherlands and am trained in working with Emotional Freedom Techniques with which I am working now for about ten years. I finished my online course with this Jungian life about a year ago but was working with dreams for longer already.

Andrusa Lawson: As a visionary black business owner, Andrusa's passion for creative expression fuels his mission to create a transformative space for BIPOC and marginalized individuals. Co-founder of Divine by Design INC, he aims to dismantle barriers to wellness through the creation of resources for dreamers from diverse backgrounds. As a thought leader, he is dedicated to fostering self-exploration, discovery, and inclusivity within his community.

Ava Lindberg, Ph.D., is a Jungian psychologist who specializes in teaching psychological research methodologies at Sofia University in the Master of Arts in Counseling Psychology program. As President of SunResearch, Dr. Lindberg conducts and analyzes cultural-emotional data in primary observational and qualitative research, is birthing through dreamwork and virtual research the archetypes of luxury for Publicis Groupe, Los

Angeles, and is writing a book on gamification and dreaming.

Julia Lockheart is Professor at the Swansea College of Art, University of Wales Trinity St David. BA Fine Art from Saint Martins School of Art, London; MA in Fine Art from Manchester Metropolitan University; PhD from Goldsmiths, University of London. She is a Fellow of the Royal Society for Arts. She has painted dreams during Ullman discussion sessions as part of the DreamsID.com collaboration with Mark Blagrove since 2016.

Athena Lou, BA; Graduate, Elan Training Academy, Leadership and Advanced Facilitation. Business consultant/coach. conducts individual dream work with government/corporate clients: L-3 Technologies; Department of Defense; State of Hawaii, Department of Health; USDA; Hilton Hotels/Resorts; State of California, EPA; Four Seasons; Pepperdine University; CDC and Spirent Communications, IASD dream groups/conference workshops.

Ville Loukola, MA in psychology, is currently a PhD student at the University of Turku, Finland, working on his dissertation that focuses on the threat simulation theory and specifically on the effects of the pandemic on dreams.

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 of ancestral apprenticeship in Africa and Asia, where she furthered her indigenous learning and artistic work.

Amanda Lux, LMT, BCPP, RPE, RYT has been a somatic energetic therapist in private practice for over 20 years. She is a visual artist, author, podcaster, and yoga, Craniosacral and Polarity Therapy instructor. She is the owner of the Elevation Hive School and Retreat Center for Energy Medicine and Dreamwork which is located on ten acres of waterfront forest in Olympia, WA, USA in multiple geodesic domes and magical spaces.

Peter Maich (New Zealand) is a life long dreamer with 40 years in the New Zealand Maritime Industry.

Marilyn Manzi, Licensed Psychotherapist, Private Practice, San Francisco, CA , Licensed Psychotherapist, #107464, California Board of Behavioral Sciences, Licensed Psychotherapist, #T1463, Oregon Board of Professional Counselors and Therapists, C.G. Jung Institute of Santa Fe, NM: Preliminary Analytic Training: Seminar and Case Colloquia, C.G. Jung Institute of Los Angeles, CA, Institute for Health and Healing, San Francisco, CA, BA in Psychology, University of Arizona.

Amina Mara, M.S. , M.F.A., is a podcast host who has been lucid dreaming since childhood and hopes to inspire others to learn as well. Amina studied psychology and neuroscience, while specifically focusing on lucid dreaming for creative inspiration during her master's thesis. Her undergraduate research delved into the depths of childhood dreams and memory. Amina is a trained lucid-dreaming coach and published author who strives to inspire others to live lucidly.

Jean-Baptiste Maranci is a psychiatrist and sleep specialist practicing at the Pitié Salpêtrière University Hospital in Paris. During his PhD, he explored emotion in dreams using different models such as parasomnias and lucid dreaming. He realized his post-doc in Francesca Siclari's team at the NIN in Amsterdam on the theme of epic dreaming.

Roger Martinez has been involved with dream work since childhood. He connected with IASD for its 10th conference in Santa Fe and has been presenting since Ashville. He's led groups and workshops for IASD, the National Association of Addiction Professionals in state and national conferences and for a SASH Conference, for fellow students at Pacifica, and local workshops in NM. Roger is working on a children's dream book, "Butterfly Dreams."

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 & behavioral health, and education for over 20 years.

Sheona McEwan is an experienced educator and school counselor (Bsc, Psychology, M.Ed. Special Needs Education, M.Ed. School counseling), a healer (Barbara Brennan School of Healing graduate) as well as a teacher and dream practitioner at the School of Images where she has been mentored by Dr. Catherine Shainberg, author of Kabbalah and the Power of Dreaming. Sheona is resident in The Hague, The Netherlands.

Marieke McKenna (NL) is a philosopher (MA), historian of science (MSc), programme maker & curator, working at the intersection of academic and artistic research. She has led an academic research project on the history of lucid dream research, with the Max Planck Institute for the History of Science and the Donders Institute for Brain, Cognition and Behaviour. She is also a programme maker and DJ for Dutch national radio.

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 is a second-year PhD student in Dr. Ken Paller's cognitive neuroscience lab at Northwestern University. His research focuses on how stimuli are incorporated into dreams, lucid dreaming, and the Science-Buddhism dialogue on contemplative sleep practices.

Sarah Jane Palmer, MA is a visual artist based in the U.K with 17 years experience working as a professional multi-disciplinary artist, designer with a focus on collaborative research around visual phenomena, illusions and dreams within various artistic practices and academic settings. She is a visiting lecturer at Leeds Arts University and a certified Yoga Nidra teacher and facilitator.

Sharon Pastore is a certified dreamwork professional, marketing manager, and has performed in an acoustic duo for 15 years. She facilitates dream groups and workshops and is an IASD board member. Sharon graduated from the Institute for Dream Studies, holds a master's in public administration from the University of Pennsylvania and bachelor's in education from the University of Delaware. She lives in Pennsylvania with her husband and two daughters.

Achilleas Pavlou is a neuroscientist at the University of Nicosia Medical School, interested in applying machine (ML) in the psychology/neuroscience/medical research fields. His PhD work pioneered a personalized technique using ML to tailor auditory cues to the individual, enhancing their integration into dreams and alerting dreamers to their dreaming state.

Laura Payne is a philosopher and clinical psychotherapist by academic training. She is an associate of the DRI and co-host of its Dream Boat podcast. With an Advanced Certificate in Dream Interpretation, studying with Dr Nigel Hamilton, she has run Waking Dream Technique groups. A former journalist/broadcaster she is an experienced chair of discussion panels.

Ralf Penderak (Germany), a nurse, worked with his own dreams for most of his life. His focus is group, psi, and lucid dreaming. A longtime member of the World Dreams Peace Bridge and the Psidreamers group, he also co-facilitated the Group Psi Game of IASD's PsiberDreaming Conference.

Mariana de Carvalho Pereira did a bachelor in telecommunication engineering at Federal University of São João del-Rei, Brazil, with research stays in Birmingham and Chicago, working with MRI, REM sleep disorders, and Parkinson's disease. During her masters in computational engineering at University of Campinas, Brazil, she investigated Alzheimer's disease diagnosis using MRI and deep learning. In her PhD at the Donders Institute she investigates multimodal neuroimaging correlates of dreaming.

Emma Peters, a Dutch Ph.D. candidate in dream research at the University of Bern, Switzerland, supervised by Daniel Erlacher and Martin Dresler, holds a BSc in Medical Biology and an MSc in Cognitive Neuroscience from Radboud University. Specializing in inducing lucid dreaming, her focus is on the interplay between the physical and dreamed body.

Claudia Picard-Deland, PhD is a lecturer and postdoctoral fellow in the Center for Advanced Research in Sleep Medicine, University of Montreal, Canada. She uses polysomnography, serial awakenings, sensory stimulation, and phenomenological interviews to study the neuroscience of dreaming. Her work includes studies on dreams and memory consolidation, flying dreams, sleep perception and lucid dreaming.

Tracey Pierog, BA, BCR, is a Global Health Masters student from Canada. She has worked in the wellness industry teaching yoga and dance for nearly 20 years, and has kept a consistent dream journal for nearly 30 years. Her Arts degree has motivated her to meld wellness into her Physiotherapy assistant career, and her Bachelor of Community Rehabilitation has driven her to seek holistic and artistic ways to strengthen communities.

Edwina Portocarrero, Ph.D. is a researcher, designer, and educator from Mexico City. Her work investigates the intersection of human-computer interaction and the built environment regarding cognition and creativity. She obtained her MA and PhD at MIT's Media Lab. Her work has been multifaceted and has ranged from interactive exhibit design to leading at global creative consultancies. She is currently a design fellow at the Moholy Nagy University, in Budapest, Hungary.

Melinda Powell, MA Psychology of Religion, co-founded the Dream Research Institute, London, to promote research and education on dreams and wellbeing. Past vice-president of IASD and former director of the DRI and HELP Counselling Centre, she now teaches and writes about dreams. See *The Hidden Lives of Dreams* (Bonnier Books UK, 2019) and *Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming* (Archive Publishing 2021).

kitt price (PhD) is a cultural historian, and Senior Lecturer in Modern and Contemporary Literature at Queen Mary University, London UK. They are the author of *Loving Faster than Light: Romance and Readers in Einstein's Universe* (2012).

Gez Quinn is a software developer from the UK and co-founder of the Elsewhere dream journaling app. He is committed to advancing the understanding of dreams through the use of technology.

Victoria Rabinowe is the education director for the DreamingArts Studio, Santa Fe, USA. Dream mentor, artist, author and educator, she has facilitated over one thousand innovative, creativity-based dream workshops, seminars, Zoom classes worldwide. Annual IASD presenter since 1995, trained and certified in advanced DreamTending at Pacifica Graduate Institute, award-winning author/illustrator *I Had the Craziest Dream Last Night*, and *Conversations with Psyche: Source Of Soulful Creativity*.

Claudia Rosenhouse Raiken has an MA from NYU, is a certified Alexander Technique Teacher, a Biodynamic CranioSacral Practitioner, a Birth Doula and a DreamBirth Imagery Practitioner. She has been in private practice since 1996 and a Birth Doula since 2003. Claudia is a senior teacher at the School of Images, where she runs their DreamBirth™ Program. Her book, *Messages from the Womb* will be out in Feb 2024.

Valley Reed owns Chrysalis Healing Arts and teaches Collaborative Dreaming rooted in

Ecofeminism, Ancestral Wisdom, and Animism. She is an award-winning nonprofit leader and grant writer for over 20 years. An IASD member for over 2 decades, she serves on the (DAC) Diversity Advisory Committee. She is a certified Active Dream Teacher, and is pursuing a BA in Sociology and Multicultural Women's Studies at Texas Women's University.

Valerie Reichmann from Israel (Belgium originally) - BA in Remedial Education, Advanced BA in Expressive Arts Therapy, MA in Society and Arts, MSc in Transpersonal Psychology, Certified Psychodrama and Holistic Group Therapist, Certified Dreamwork Professional (through IASD), Student in Jungian Psychotherapy. I have my own psychotherapeutic practice and in parallel I facilitate group therapies in different institutions.

Giulia Ricci is a Postdoctoral Researcher within the Sleep and Dreams research group, led by Francesca Siclari, at the Netherlands Institute for Neuroscience in Amsterdam. She completed her PhD in Bioengineering at the University of Bologna, specializing in Computational and System Neuroscience. Giulia's research focuses on investigating brain mechanisms through functional connectivity and network analysis, primarily employing high-density EEG data.

Laura Roklicer is a PhD candidate at Swansea University, UK. She is a published short story writer, poet, and screenwriter with formal education in Film (BA), Psychology (BSc), and Philosophy of Mind and Cognitive Science (MA). She presented her doctoral research at the 2023 IASD Conference, and her paper *Lucid Dreaming for Creative Writing* was published in the *International Journal of Dream Research* in 2023.

Melanie Rosen is an Assistant Professor at Trent University in Canada. She is interested in the cross-section between philosophy and cognitive science in relation to dreaming. Her research takes a broad focus towards philosophy of mind, consciousness, the self and the relevance of our scientific knowledge of the brain and cognition towards these topics.

Cara Roxanne, co-creator of the Dreaming Oracle, holds a diploma in Art and Design, an H.N.D in Integrated Crafts, and a non-clinical diploma in Jungian Studies. She has been a Creative Arts Facilitator for 25 years and has facilitated dream circles for 3 years. She lives in England.

Perrine Ruby, senior dream researcher, co-head of the PAM team of the Lyon Neuroscience Research Center (France).

Asha Sahni (MSc) lives in England where she trained in Transformative Dreamwork with Maggie Peters. Her dissertation for her MSc in Creative Writing for Therapeutic Purposes was a personal exploration of dream haiku - a concept she created which brought together her love of writing and dreams. Asha has run virtual and face-to-face workshops on Writing from Dreams and Dream Haiku at previous IASD conferences.

Leila Salvesen is currently finishing her joint PhD degree in Cognitive Neuroscience, collaborating with the SPACE lab (IMT Lucca, Italy) and the Sleep & Memory lab (Donders Institute, The Netherlands). Her research primarily centers on how sleep neurophysiology relates to ongoing conscious activity, focusing on the effects of sensory stimulation on subjective experiences such as dreams.

Marianne Schertenleib has a Master's degree in German Studies (École Normale Supérieure, Lyon, France). After eight years teaching German in higher education, she followed a dream interpretation training course with Marielle Laheurte and Christiane Riedel. As an oneirologist in Dijon (France), she gives monthly presentations about different aspects of dreams, facilitates workshops and offers individual dream analysis sessions.

Linda Yael Schiller, MSW, LICSW is the author of numerous books (including PTSDreams, Modern Dreamwork, and the forthcoming Ancestral Dreaming) articles and podcasts, and has been an international speaker, psychotherapist and consultant for over 40 years. Professor Emeritus from Boston University School of Social Work, she has received numerous awards for teaching excellence and the development of innovative methods both in the fields of dreamwork and of group work.

Lauren Z. Schneider, MA, LMFT (Santa Barbara, CA), psychotherapist, author, teacher. Since 1983, Lauren integrates depth psychotherapy and ecotherapy with dreamwork and her pioneering method, Tarotpy®. Lauren offers individual consultations, workshops, and groups for healing practitioners and laypersons; and as an approved CE provider, offers training in Tarotpy and dreamwork. Her book, Tarotpy: It's All in the Cards, has won four book awards including two gold and one silver medal.

Sarah F. Schoch has a bachelor's and master's degree in Psychology from the University of Zurich, Switzerland and researched dreaming and memory consolidation for her master's thesis. During her PhD in Psychology and Neuroscience from the University of Zurich, she focused on infant sleep and the gut microbiome and completed a research stay at the Salk institute (US). She is currently doing her Postdoc at the Donders Institute, the Netherlands.

Michael Schredl has been working since 1990, 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, sleep disorders, and sleep physiology. He is the editor of the online-journal International Journal of Dream Research.

Ashmin Singh is a lecturer in the department of Psychology that is in the faculty of Humanities and Social Sciences at the University of Zululand in South Africa. Since graduating with her masters in research psychology, she has worked in academic institutions in both academic and research capacities. She is keenly interested in developing rigorous research in dreaming for her PhD.

Samantha Smallwood is a Certified Sapphire® Imagery Practitioner & Teacher, member of the Teachers Council at the School of Images® NY, and co-ordinator for the School of Images® UK, Samantha began her private practice in 1993 as a Healer, Counsellor, & Spiritual Teacher. Working globally through private sessions and workshops, she uses Sapphire®'s powerful, deeply transformative, dreaming and imagery techniques to guide clients into personal revelations that achieve health, empowerment, abundance, and success.

Shanee Stepakoff, PhD is a clinical psychologist and literary scholar. She maintains a private psychotherapy practice and has taught about dreams at universities and given workshops and presentations on dreams in diverse settings. Her work with dreams is informed by interdisciplinary perspectives from cultural anthropology, history, evolutionary theory, literature, religion, and Jungian studies. She won 1st prize in the dream telepathy contest at the IASD conference in Rolduc in 2011.

Tadas Stumbrys, PhD, is Associate Professor in Psychology at Vilnius University (Lithuania) and Assistant Director for Research and a Core Faculty member at Alef Trust (UK). His primary research interests focus on phenomenology of lucid dreaming and its potentials for self-development and growth.

Bei Linda Tang created Guided Dreaming, a holistic mental wellness practice utilizing the waking dream trance. She owned an organic bedding business for twenty years and worked in Investment Banking in New York and Hong Kong. She has an MBA and is pursuing her M.A. in Health Psychology. She grew up in China and twice immigrated to New York and Vancouver, Canada, where she lives with her multigenerational family.

Tina Tau is a writer and dreamworker, living in Portland Oregon, certified through the Marin Institute of Projective Dreamwork. She is the author of the recent memoir, *Ask for Horses: Memoir of a Dream-Guided Life*, published by Kelson Books. She believes that dreams are a royal road to a great conversation.

Indrani Thanguturu (India) did Bachelor of Engineering in Computer Science and later I found my passion in healing modalities which led me to pursue Bachelor of Science from Barbara Ann Brennan School of Healing (<https://barbarabrennan.com/>). I completed my training in Innerchild Therapy, Past-life Regression, Rebirthing breathwork, Family-constellation, and Life-between-lives with Dr. Newton Kondaveti and Dr. Lakshmi Newton of Quantum Life University (QLU). I am a Trainer at QLU.

Marina Trakas is Assistant Researcher at CONICET, and specializes in memory research and has recently delved into the study of dreams. Her interests on this topic lie in two interconnected areas: exploring the potential clinical use of manipulating dream content and examining the nature of our affective experiences during dreaming.

Katja Valli is a researcher in Turku, Finland and professor in Skövde, Sweden. She is a long-standing dream researcher and teaches among other subjects evolutionary psychology.

Susanne van Doorn, MSc (The Netherlands), a Dutch therapist, studied Psychology at Tilburg University, Netherlands. Educated at the Jung Institute, Netherlands, she combines contemporary and ancient dreamwork methods. She gives presentations and conducts workshops on psychology and dreams. Susanne has been working with dreams for 18 years. The author of *"A Dreamers Guide Through the Land of the Deceased"* and translator of *"A Theory of Dreams"* by Vasily Kasatkin.

Teresa Vazquez, Assistant Professor and Art Education Program Director at University of St. Francis in Fort Wayne, IN., has studied with Robert Moss and Robert Waggoner. Teresa has conducted Dream Circles, Workshops, 1:1 consultations and classes. Vazquez's art is largely influenced by dreams. She has an MFA in Art & Technology from the School of the Art Institute of Chicago, and a Bachelor's in Creative Writing from Oberlin College.

Johanna Vedral is a Viennese psychologist and works as writing teacher for psychologists, psychotherapists, psychonauts, teachers and students in Austria and Germany. As a writer, she plays with different genres. Her main interests are dreams, collage art, erotic and autobiographical writing. She developed a creative approach called „Collage Dream Writing“ where cut-out collages are experienced like dreams to explore and to map inner landscapes in a playful way.

Kim Vergil: no biography provided.

Alwin E. Wagener, PhD is an Assistant Professor and Director of the Clinical Mental Health Counseling Program at Fairleigh Dickinson University (USA) and a Licensed Professional Counselor. Dr. Wagener presents, researches, and publishes on the topics of dreams and dreamwork. He recently created a novel theory, "The Embodied Cognition Theory of Dreaming" and, with a colleague, a culturally adaptive approach to dreamwork, "Culturally Responsive Dreamwork".

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

Mary Caswell Walsh, D.Min., LMFT, is a licensed Marriage and Family Therapist (MFC 46303), consultant, EMDR practitioner, biofeedback trainer, dream researcher, and author. She has a private practice in Vallejo, California.

Wei Wang, Professor of Personality Psychology, Norwegian University of Science and Technology. Research areas include personality traits and disorders, emotion components and disorders,

dream experiences (nightmare and sexual dream) and disorders, and neurocognitive processes at cerebral and brainstem levels.

Xinlin Wang did a bachelor's in educational technology and a master's in psychology at South China Normal University, Guangzhou. In 2022, she started her PhD study at the University of Bern, investigating the cognitive neuroscience of lucid dreaming.

Yue Wang, Doctor of English literature, China. Now a lecturer at English department at Zhejiang Normal University.

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, 2011).

Dzhan Wiley lives in the United States, has a Masters in Midwifery, and is a visual artist practicing embodied energetics, painting and writing. Dzhan is a poet, an experienced art teacher, a professional photographer, and an ongoing student of Polarity therapy.

Donna Glee Williams, RN, MFA, PhD, (USA) is a Pushcart Prize-nominated author, dream worker, and creative coach. After a lifetime of writing short fiction, poetry, and essays, her novels *The Braided Path*, *Dreamers*, and *The Night Field* sprang from 17 years of dreaming with Jeremy Taylor. She writes, leads dream-groups, and works with private clients from her little cabin in the Appalachians.

Derek Wright is a long-time student, performer and teacher of music and dance. A multi-instrumentalist, he specializes in North Indian Classical music having studied with Ali Akbar Khan for a decade. A graduate of NOCCA, he has deeply immersed himself in Brazilian percussion, Middle Eastern instruments, dance accompaniment, and improvisation.

Yui Yoshioka is currently a PhD student at the Graduate School of Education, Kyoto University, Japan, where she received her Master of Education in 2022. She is engaged in research on dream emotions. She is a licensed psychologist in Japan with postgraduate clinical training. "Cultural differences in dream emotions between Japanese and Chinese college students. *International Journal of Dream Research*, 16(1), 81-90.

Paul Zerr, PhD. Computational neuroscientist with a background in visual psychophysics of perception and memory. Currently working as a postdoc at the Sleep and Memory lab with Martin Dresler. Focus on lucid dreaming, eye movements, wearables, quantified self and big sleep data. Donders Institute. Light artist engaged with interactive projection art installations.





STICHTING VOOR
TRANSPERSONLIJKE
PSYCHOLOGIE

Ter ondersteuning van een integraal mens- en wereldbeeld is er een interdisciplinair curriculum samengesteld.

Een multidisciplinair academisch team met topdocenten uit Nederland, België en Duitsland heeft een aantrekkelijk programma samengesteld voor een 1-jarige masterclass Transpersoonlijke Psychologie onder de titel

Verkenningen in het transpersoonlijke domein

Doelgroep:	[psycho-]therapeuten, psychologen, psychiaters.
Leeromgeving:	fysieke & online lessen
Aantal bijeenkomsten:	12
Start:	januari 2025
Locatie:	Arnhem, Nederland

- ❖ Theoretische onderbouwing vanuit Filosofie Oost & West, psychologie & spiritualiteit, empirische parapsychologie en biologie.
- ❖ Praktische toepassingen in de vorm van systemische en rituele werkvormen, actieve imaginatie & droomwerk, creatief werk & lichaamswerk.
- ❖ Intervisie- en supervisietraject.
- ❖ Het is mogelijk om de masterclass met twee leerjaren te verlengen:
 - een jaar theoretische verdieping
 - een jaar gericht op praktische toepassingen.

Ontmoet ons op het voorafgaand symposium 'Verkenningen in het transpersoonlijke domein' op vrijdag 18 oktober 2024 in Arnhem.

Voor meer informatie of inschrijven ga naar de website
<https://stichtingtranspersoonlijkepsychologie.nl/>

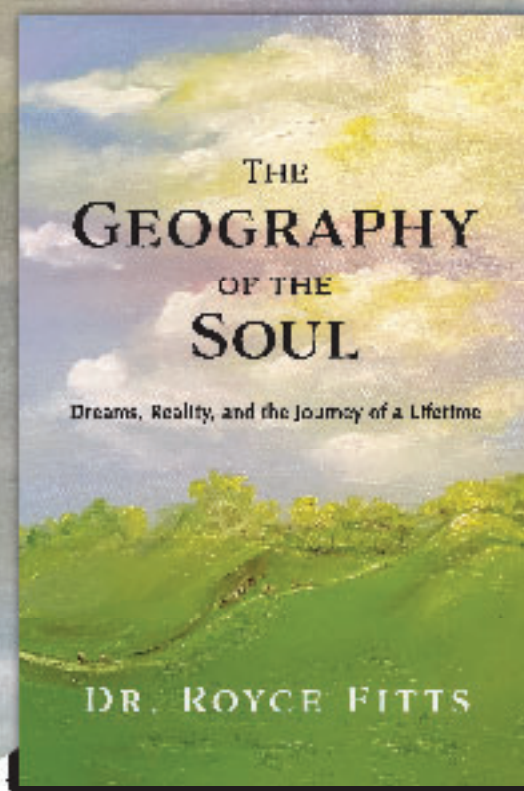
The Geography of the Soul

By Dr. Royce Fitts

What if you took a hike, a saunter, a *stravage* across an ancient land and it changed your life, forever? Journey with Royce Fitts as he walks the oldest road in Europe and contemplates the greatest questions of our time.



Learn More:
geographyofthesoul.com



Author Royce Fitts

The author, Royce Fitts, is a licensed marriage and family therapist and certified dream worker, with a doctorate in ministry. His book explores relationships between physical and spiritual landscapes, personal and collective histories, and night-time dreams and how they weave together to reveal and heal the wounds of our lifetime.

"An extraordinary read! Geography of the Soul, by Doctor Royce Fitts, is arduous and gentle, challenging and provocative as he takes the reader on a true pilgrimage across the Ridgeway Trail in England, 100 miles on foot. It's deeply personal, confessional, and yet accidentally spiritual. Geography of the Soul turns out to be a book for anyone with a soul and a dream, and the willingness to find magic in unexpected places."



Kelly Sullivan Walden
Dream Expert, Media Personality, & International Bestselling Author of A Crisis Is A Terrible Thing to Waste

"To *stravage* across the landscape is to engage in deep, sensuous prayer... It is simultaneously being aware of what surrounds you, including what is behind, above, and ahead." - Dr. Royce Fitts

"In this compelling memoir, Dr. Royce Fitts has crafted a literary masterpiece that will resonate with readers across the globe. Dr. Fitts' writing is infused with a rare blend of poetic elegance and raw authenticity, inviting readers to accompany them on an intimate voyage along the ancient Ridgeway National Trail. The book's ability to simultaneously touch our hearts, stimulate our minds, and nourish our souls is a testament to the author's endearing spirit and profound understanding of the human condition. It is a transformative journey of healing, revelation, and self-discovery that will remain etched in my heart for a lifetime."



Viviana Guzman
GRAMMY Nominated album artist, TEDx speaker, internationally performing flutist, faculty member, University of California, Santa Cruz

Available for purchase at your local book store or online:

Buy ▶ Bookshop.org
Support Indie Bookstores

amazon books



Flint Hills Publishing

www.roycefitts.com | www.geographyofthesoul.com | royce@roycefitts.com | 305-633-2396



Imagine a world where time travel isn't just a fantasy, but a reality within our grasp. Picture yourself revisiting past moments or venturing into future possibilities, engaging in heartfelt conversations with loved ones long gone, or embodying your deepest emotions to uncover their stories within you. Envision stepping into someone else's shoes, feeling their emotions, and thinking their thoughts. This realm of endless possibilities is what we explore in psychodrama, often referred to as The Living Stage.

Dreams on Stage: From the Shadows to the Spotlight

Presented by
Valerie Reichmann Integrative Psychotherapy

IASD Dreams and Arts Workshop
Tuesday 11 June 9:15 to 11:15AM

In this workshop, we explore the unique blend of psychodrama and dream work, inviting participants to embark on a transformative journey.



Attendees will engage in dynamic exercises that include sharing dreams, embodying dream characters, and enacting dominant dream emotions to uncover the hidden messages and associations within their dreams.



Website www.valeriereichmann.com
Phone +972 54 913 7453
Email info@valeriereichmann.com



Valerie Reichmann

Psychotherapy | Psychodrama | Dream Therapy

Welcome to my world, where healing and transformation unfold through the power of connection, creativity, and dreams. I am dedicated to guiding individuals on their journey to self-discovery and healing as an integrative psychotherapist. My expertise lies in dream therapy and psychodrama, where I blend a variety of therapeutic tools to facilitate transformative processes.

My approach is deeply experiential, aimed at unlocking one's inherent potential and navigating towards a life that is not only complete but truly fulfilling.

Degrees in:

Expressive Arts therapy (specialized in psychodrama)
Society and the Arts
Transpersonal Psychology
Analytical (Jungian) Psychotherapy
Certified Professional Dream Worker (IASD)

Connect To My LinkTree



Individual Therapy | Workshops and Group Therapy | Institutional Programs



SOFIA UNIVERSITY



BECOME AN EXPERT IN

Dream Studies

Delve into the study of dreams with Sofia University's **Dream Studies Graduate-Level Certificate Program**. Learn how to work with dreams and unlock their potential for personal growth and transformation, all while advancing your career by earning credits towards a Masters or Doctoral **Transpersonal Psychology** degree at a *WSCUC Accredited* institution.

Courses Include:

- Dreams, Dreaming, and Dreamwork (Fall 2024)
 - **OR** Transpersonal Approaches to Dreams and Dreaming (Spring 2025)
- PTSD Psychology and Healing Methods (Fall 2024)
 - **OR** Anomalous States of Consciousness (Winter 2025)
- Archetypes, Myths and Symbols (Winter 2025)
- Psychology of Extraordinary Dreams (Spring 2025)
- Certificate Integration/ Artistic Presentation (Summer 2025)

Program Details:

- Length: 12 months
- Format: 100% Online
- Credits: 13
- Affordable Tuition

SPECIAL:

20% OFF

For IASD Attendees

Plus \$200 deposit fee waiver

Start your Sofia Journey:

If you're ready to learn more, please visit our webpage at sofia.edu/courses/dream-studies-certificate/ or scan the QR code to speak to our dedicated admissions counselors.



Scan me!



uDreamed



Free App

Use your dreams to improve your life



Liam Carter



1198 XP



3

Browse Experiences



Dashboard



Share



Associate



Analyze



Network

Record your unconscious experiences



Dreams



Events



Thoughts



Out of Body



My Dashboard



1198 XP



3

GLOBAL RANKING



EXPERIENCES

311



SHARED EXPERIENCES

71



FAVORITED FILMS

12



RESOLUTIONS

64

View Achievements

Journaling | Analytics | Interpretation
Connecting | Learning | Discovery



With AI Powered Dream Interpretation



TEMENOS DREAM

Your Sacred Space for Dreams

Welcome to the Temenos Dream App and get ready to dive into the dialogue of your dreams. Whether you are a seasoned dreamworker or just starting out, our AI-powered tools and supportive community are here to help.

Unlock layers of meaning, deepen connections with your inner self, others, and the collective unconscious.



How It Works



Dream

Record dreams seamlessly with voice-activated transcription. Highlight key symbols and add context for deeper understanding.



Decode

Let our AI-powered interpreter guide you through insightful analysis, as well as revealing the myths and legends behind your dreams.



Discover

Share dreams within your personal Dream Circles for human-powered discussion.

Your privacy matters. Every dream is encrypted for your eyes only.

Download the Temenos Dream App today!



www.thedreamworldpodcast.com
<https://www.facebook.com/thedreamworldpodcast>
<https://www.instagram.com/thedreamworldpodcast>
<https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8>



The Dream World PODCAST

LUCID DREAMING COMMUNITY, RESEARCH & RESOURCES

#1 AWARD WINNING PODCAST



TheDreamWorldPodcast.com



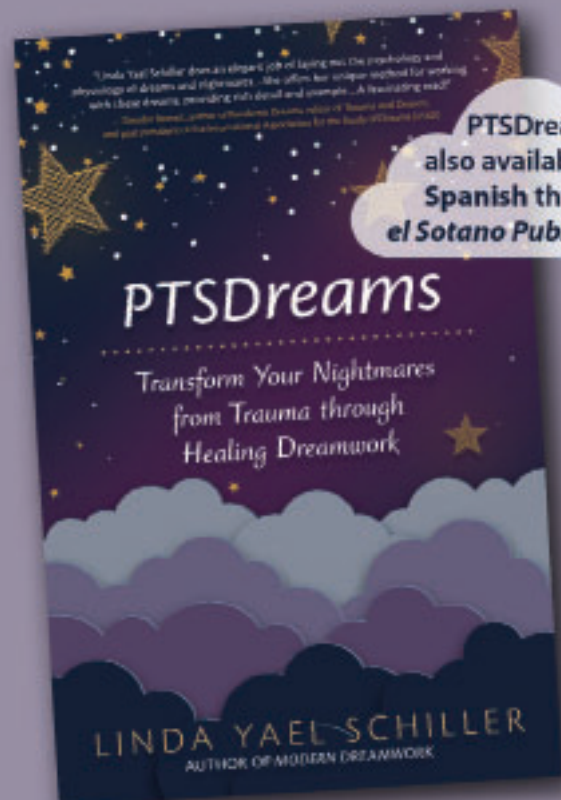
Psychologist
Author
Creative Coach

Consciousness
Manifestation

~Trance Journeys~

drjosievalderrama.com

San Francisco
California



PTSDreams
also available in
Spanish through
el Sotano Publishing

Available through Llewellyn Worldwide Publishers
and All Book Ordering Platforms
ptsdreams.com
lindayaelschiller.com

Listen to "Songs of the Night Field" here



"A beguiling, ecologically holistic dreamscape - Donna Glee Williams's gracefully drawn cast present an uncomfortably real and distinctive reflection on the tragedies that blight the modern age."

Mark Newton, author of *The Reef*

SUZANNE BERGMANN
LCSW PLLC

Psychotherapy for what keeps you up at night

Suzanne Bergmann, LCSW

www.suzannebergmann.com

suzannebergmannlcsw@gmail.com 631-600-3407

Specializing in insomnia, nightmares, trauma, anxiety, and stress management

Services are available in the following US states:
Maine, Vermont, New York, New Jersey, Delaware,
Virginia, West Virginia, South Carolina, and Florida

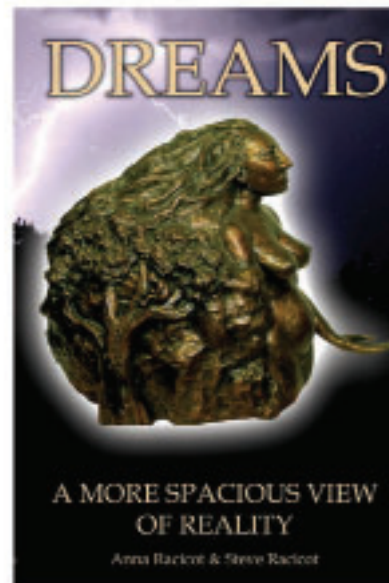
**Photographic Evidence of
Walter Berry's Unconscious at Work!**



Walter Berry's best-selling book
**"DRAWN INTO THE DREAM:
How Drawing Your Dreams Can Take
You to the Land of Awes"**

Available in the bookstore or on Amazon

The authors share a lifetime of dreaming together as a couple, as dream group facilitators, and as editors of the early dream magazine *Night Vision A Dream Journal*



**DREAMS A MORE
SPACIOUS VIEW
OF REALITY**

by
Anna Racicot
and
Steve Racicot

**AVAILABLE
ON
AMAZON**

DREAMS A MORE SPACIOUS VIEW OF REALITY
includes chapters on precognitive, lucid, and numinous
dreams, on dream inspired art work, among other topics.



A place for your dreams



- Interpretations
- AI images
- Insights
- Symbols
- Dream groups
- Charts
- Search
- Export

Get the app for iOS,
Android or web:
www.elsewhere.to



Dive into the World of Dreams

Connect with experts
from around the world

Recent Guest Speakers:

Harry de Bont, Andrusa Lawson,
Linda Schiller, Clare Johnson



Katherine Bell

Dream Big!

Tune in live every **Saturday at 10am PT** on **KSQD.org**. Dial
(831)-900-5773 to join the conversation. Podcast episodes
released Monday. Archives at **KSQD.org/the-dream-journal/**

@ExperientialDreamwork.com

✉ krbell6@gmail.com

Promote your initiatives:

Have a new book or program to share? Contact us
about being a featured guest on our show!





~ Announcing ~
**THE MUSICAL
 DREAM TAROT**
 by Curtiss Hoffman

Over a period of nearly two years, original music compositions were received in dreams by Curtiss Hoffman, corresponding to the 78 images of the Tarot.

The musical creations with their associated images can be experienced at:

<https://www.musicaldreamtarot.com>

AVAILABLE FROM:

Amazon.com

RiverSanctuaryPublishing.com

\$24.95US



Listen to Your Dreams!

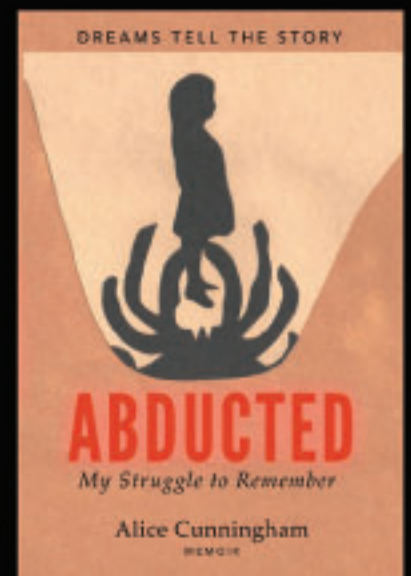
Alice Cunningham, author of *Abducted: My Struggle to Remember* discovered through dreamwork her forgotten past. Dive into the pages as Alice recounts her abduction and the subsequent veil of repression that shrouded her memories.

What an amazing story! Alice Cunningham's thoroughly repressed memory of her abduction finally comes to light primarily because of her nightmares. The extensive recording of her dreams is not only instrumental in recovering the memory of a most sinister experience, they also show the resilience of this tenacious woman who lived a productive and meaningful life in spite of a normally soul-destroying trauma. A powerful message to all of us about suffering and recovery.

—Walter Berry, author of *Drawn into the Dream*

AVAILABLE ON AMAZON

<https://www.amazon.com/dp/B0CWYFVCCH>



2024 IASD International Conference Rolduc

Schedule at a Glance

Days #0 Setup - Friday 7 June					
Registration & Bookstore Setup [Cloister Hall]		Volunteer Office [RM 14]		Art Exhibit Setup [Cloister]	
Day #1 - Saturday 8 June - Opening Day					
Time	Registration & Bookstore	Volunteer Training	Art Exhibit Setup	AV Training & Checkout	Board Meeting
7:00-9:00	Breakfast Buffet for those with Abbey Hotel Lodging . [Grote Eetzaal]				
9:00-11:30	Reg Setup & Training Vol Office [RM 14]	Bookstore Vol Training & Receive Books [Hall]	Art Exhibit Setup [Cloister]	AV Volunteer Training [Aula Major]	
11:30-13:00	90min Lunch Break (pre-ordered meal/tickets) [Grote Eetzaal]				
13:00-18:00	13:00 – 17:30 Registration Open [Hall]	13:00 – 17:00 Bookstore Open [Hall]	13:00 to 15:00 Room Monitor Training [RM 14]	13:00 – 17:30 Presenter AV Checkout [Aula Major]	13:00 – 18:00 5 h Board Meeting #1 16:00 Board Dinner [Kleine-Eetzaal]
			15:00 – 18:00 Dinner Break on your own Chorus gathering 17:45		
	30 min Break				
18:00-20:00	18:00 – 18:30 Opening Ceremony 18:30 – 19:00 Welcome 19:00 – 20:30 Keynote: Dr David M. Peña-Guzmán - Nonhuman Dreamers (introduction by Angel Morgan) [Aula Major] Rec				
20:30-23:00	Opening Reception Bar and Catered Snacks [Foyer & Bar & Garden]				

Time	Common	Day #2 - Sunday 9 June										
07:00-09:00		Breakfast Buffet for those with Abbey Hotel Lodging . [Grote Eetzaal]										
08:00-09:00	08:00-19:15 Registration Desk & Books [Hall]	MD1 1 (10 max) <i>Spiritual Earth</i> Van Doorn [RM 11]	MDG 2 (16 max) <i>Dream Gold</i> Bell [RM 12]	MDG 3 (15 max) <i>Dream Haiku</i> Sahni [RM 6]	MDG6 4 <i>Indigenous Colorado</i> [RM 4]	MDG 5 <i>Animal Dreams</i> Rabinowe [RM 2]	MDG 6 (18 max) <i>For First-Timers</i> Welt & Goodman [RM 1]	MDG 7 (12 max) <i>Writers Dreaming</i> Williams [Aula Major]	MDG 8 <i>Lucid Dreaming</i> Mara [Kleine Eetzaal]			
09:00-09:15		15 min Transition <i>Beverage Break in Hall</i>										
09:15-10:15		Art Exhibit [Cloister]	Poster Session Setup [Kleine Eetzaal]	ARTS Workshop (30) <i>Saphire® Imagery</i> McEwan [RM 6]	HEALTH Workshop <i>Dreaming with Plant Allies</i> Haggerty [RM 4]	EXTRAORDINARY DREAMS Event <i>Initiation Dreams</i> Johnson (chair), Mascaro [RM 2] Rec	LUCIDITY Symposium <i>Lucid Dreams: Healing Psyche</i> Hamilton (chair), Powell [RM 1] Rec	INVITED PRESENTER <i>Pearls on the Healing Path - How Dreams Support Us during the Challenges of a Disease</i> Marja Moors <i>(intro by Susanne van Doorn)</i> [Aula Major] Rec				
10:15-10:30	15 min Transition <i>Beverage Break in Hall</i>											
10:30-12:00	Office [RM 14]			POSTER SESSION Valli & Rosen (co-chairs) Blagrove, Bulkeley, De Koninck, de la Chapelle, Elezi, Gerhardt, Loukola, Morris, Picard-Deland, Pierog, Portocarrero, Yoshioka [Kleine Eetzaal]	DREAMWORK Workshop (30) <i>Dreams, Literature and Psychology</i> Coimbra [RM 6]	DREAMS & HEALTH Workshop <i>Healing PTSDreams</i> Schiller [RM 4]	DREAMWORK Workshop <i>Ullman Review & Painting of the Dream onto a T-shirt</i> Lockheart & Blagrove [RM 2]	EXTRAORDINARY DREAMS Symposium Fatooh (Chair) & Penderak, Tau, Kaniel [RM 1] Rec	DREAMS & ARTS Panel <i>Movies that Dream for Us</i> Welt, Bulkeley (chair) [Aula Major] Rec			
12:00-13:30		1 ½ hr Lunch Break <i>Lunch Buffet</i> [Grote Eetzaal]		Researchers' Lunch Meeting (max 26) <i>(pre-reserved tickets - take food up from buffet)</i> [Kleine Eetzaal]								
13:30-15:30		Posters Open for Viewing [Kleine Eetzaal]	CLINICAL Workshop <i>Alchemical Dreamwork</i> Doehner [RM 12]	DREAMS & HEALTH Workshop <i>Tour of the Five Elements, Chinese Medicine</i> Hanks [RM 6]	DREAMWORK Workshop <i>Working with the Wisdom Within</i> Hoss [RM 4]	DREAMS & EDUCATION Workshop <i>The Dream Game</i> Lindberg [RM 2]	ARTS Symposium <i>Surrealism</i> Lockheart, Blagrove (chair) Welt, Goodman [RM 1] Rec	RESEARCH Panel CE <i>Lucid Dream Induction</i> Zerr (chair), Peters, Salvesen, Esfahani, Pavlou, Adelhöfer, Dresler (co-chair) [Aula Major] Rec				
15:30-15:45	15 min Transition and <i>Beverage Break in Hall</i>											
15:45-17:15	Poster Removal		DREAMWORK Workshop <i>EFT & Dreamwork</i> Kuiters [RM 12]	EXTRAORDINARY DREAMS Workshop <i>Power Animals & Dream Guides</i> Johnson [RM 6]	DREAMWORK Workshop <i>Yoga Nidra Illumination</i> Kowalewska [RM 4]	CULTURE & HISTORY Symposium Heikkila (chair), Katoch [RM 2] Rec	DREAMS & ETHNICITY Panel <i>Elemental Dreaming</i> Burns (chair), Bashir, Lucas [RM 1] Rec	RESEARCH Symposium CE <i>Metaphor, Play & Dream Function</i> Hoss (chair), Wagener, Bulkeley [Aula Major] Rec				
17:15-19:30		17:15 - 15 min Chorus Event [cathedral] 2 hr Dinner Break <i>Dinner Buffet</i> [Grote Eetzaal]										
19:30-21:00		Keynote: Dr Francesca Siclari - <i>The Electrophysiological Landscape of Sleep and Dreams</i> <i>(Introduction by Martin Dresler)</i> [Aula Major] Rec										
21:00-23:00	20:45 – 21:30 Dream Telepathy Contest [Aula Major]				Volunteer Thank You Gathering <i>Pay Bar + Bar Snacks</i> [Vortoren Zoon]							

Day #4 – Tuesday 11 June

Time	Common	Day #4 – Tuesday 11 June							
07:00-09:00		Breakfast Buffet for those with Abbey Hotel Lodging . [Grote Eetzaal]							
08:00-09:00	08:00-19:15 Info Desk [Hall]	MD1 1 (10 max) <i>Spiritual Earth</i> Van Doorn [RM 11]	MDG 2 (16 max) <i>Dream Gold</i> Bell [RM 12]	MDG 3 (15 max) <i>Dream Haiku</i> Sahni [RM 6]	MDG 6 4 <i>Indigenous</i> Colorado [RM 4]	MDG 5 <i>Animal Dreams</i> Rabinowe [RM 2]	MDG 6 (18 max) <i>For First-Timers</i> Welt & Goodman [RM 1]	MDG 7 (12 max) <i>Writers Dreaming</i> Williams [Aula Major]	MDG 8 <i>Lucid Dreaming</i> Mara [Kleine Eetzaal]
09:00-09:15		15 min Transition Beverage Break in Hall							
09:15-11:15	Art Exhibit [Cloister]	DREAMS & ARTS Workshop <i>Collaged Dreams with Eros</i> (26) Vedral [Kleine Eetzaal]	DREAMS & ARTS Workshop (10) <i>Dreams on Stage</i> Retchmann [RM 12]	DREAMWORK Workshop (16) <i>Architect of Reality</i> de Bont, Wagener, Bloxham [RM 6]	DREAMWORK Workshop <i>Dreaming in the Third Eye</i> Anunialasetty [RM 2]	PHILOSOPHY Panel <i>What AI and Dreams Tell Us about Consciousness</i> Billington (chair), Payne (co-chair), Bulkeley, Barrett, Junker, Hamilton [RM 1] Rec	RESEARCH Symposium CE <i>Dream Content</i> Hoffman (chair), Balch, de la Chapelle, Ruby & de la Chapelle [Aula Major] Rec		
11:15-11:30		15 min Transition Beverage Break in Hall							
11:30-12:30		DREAMS & ARTS Workshop <i>Dream Dramatization</i> Cimino (10) [RM 12]	CLINICAL Workshop <i>Culturally Responsive Dreamwork</i> Wagener [RM 6]	LUCID DREAMER GATHERING Waggoner [RM 4]	DREAMWORK Workshop <i>A Dream Flying Lesson</i> Emilia Lehtinen [RM 2]	DREAMS & ARTS <i>How to Write Poems in Your Sleep</i> Goodman (chair), Welt [RM 1] Rec	RESEARCH Symposium <i>External Influences</i> CE Appel (chair), Morris [Aula Major] Rec		
12:30-14:00		1 ½ hr Lunch Break <i>Lunch Buffet (pre-ordered meal/tickets)</i> [Grote Eetzaal]		Regional Rep Lunch Meeting (26 person seating) <i>(pre-reserved tickets - take food up from buffet)</i> [Kleine Eetzaal]					
14:00-15:30		DREAMS & ETHNICITY Workshop <i>Dreaming an Ancient Future</i> Reed [RM 12]	DREAMS & ARTS Workshop <i>Dreamscapes Unveiled</i> McKenna [RM 6]	DRMWORK Workshop <i>Life Is but a Dream</i> Kimmelmann & Wright [RM 4]	DREAMS & ARTS Symposium Hoffman (chair), Green, Lockheart [RM 2] Rec	CULTURAL Panel <i>Dreams of War in Ukraine</i> Kobets (chair), Banerji, Himebaugh [RM 1] Rec	RESEARCH Panel CE <i>Does Dreaming Have a Function?</i> Schredl (chair), Valli, Bulkeley, Blagrove [Aula Major] Rec		
15:30-15:45		15 min Transition Beverage Break in Hall							
15:45-17:15		DREAMS & ARTS Workshop <i>Embodied Energetics</i> Lux & Wiley [Kleine Eetzaal]	DREAMS & ETHNICITY Workshop <i>Dreaming With Our Ancestors</i> Aarli [RM 6]	DREAMS & HEALTH Workshop <i>DreamBirth</i> Rosenhouse Raiken [RM 4]	DREAMING & ARTS Symposium <i>Creative Influences</i> Vazquez (chair), Palmer [RM 2] Rec	DREAMWORK Panel <i>Art of the Dream: 3 Approaches</i> Berry (chair), Lockheart, Schneider [RM 1] Rec	RESEARCH Symposium CE <i>Lucid Dreaming</i> Blagrove, Demsar, Stumbrys (chair) [Aula Major] Rec		
17:15-19:15		17:15 - 15 min Chorus Group [cathedral] 2 hr Dinner Break <i>Dinner Buffet pre-ordered tickets required</i> [Grote Eetzaal]							
19:15- 20:00		45 min Book Signing [Hall]							
20:00-21:30		Keynote: Dr Michael Schredl - <i>Analyzing a Long Dream Series - What Can We Learn about Dreams?</i> <i>(introduction by Kadja Valli)</i> [Aula Major] Rec							
21:30-23:00		Presenter Thank You Gathering <i>Pay Bar with Bar Snacks</i> [Vortoren Zoon]							

Day #5 – Wednesday 12 June

Day #5 – Wednesday 12 June												
Breakfast Buffet for those with Abbey Hotel Lodging . [Grote Eetzaal]												
07:00-08:00	Common		MD1 1 (10 max) Spiritual Earth Van Doorn [RM 11]	MDG 2 (16 max) Dream Gold Bell [RM 12]	MDG 3 (15 max) Dream Haiku Sahni [RM 6]	MDG6 4 Indigenous Colorado [RM 4]	MDG 5 Animal Dreams Rabinowe [RM 2]	MDG 6 (18 max) For First-Timers Welt & Goodman [RM 1]	MDG 7 (12 max) Writers Dreaming Williams [Aula Major]	MDG 8 Lucid Dreaming Mara [Kleine Eetzaal]		
08:00-09:00	08:00-17:30 Info Desk & Books [Hall] Art Exhibit Closes Down Artists pick up works by (times to be announced) [Cloister]	Art Exhibit Closes Down Artists pick up works by (times to be announced) [Cloister]	DREAMS & ARTS Workshop (20) Somatic Art Therapy Dreamwork Hamel [Kleine Eetzaal]	DREAMWORK Workshop Imaginal Ecotherapy Schneider [RM 6]	DREAMS & ARTS Workshop (50) Lucid Dream Drama Morgan [RM 4]	DREAMWORK Symposium Banerji (chair), Beau, Basterfield, Krey [RM 2] Rec	HISTORY Symposium Price (chair), Maich, Williams, Y Wang [RM 1] Rec	CULTURE & HISTORY Symposium Rosen (chair), Trakas, Kirberg, Alcaraz-Sánchez [Aula Major] Rec	THEORY Symposium Philosophy of Dreams			
09:00-09:15												
09:15-11:15												
11:15-11:30												
11:30-12:30												
12:30-14:00	Office [RM 14]		DREAMS & ETHNICITY Event Oral Tradition & Ancestral Healing Lawson [RM 12]	DREAMWORK Workshop Return to Grace Smallwood [RM 6]	HISTORY Special Event Rolduc Abbey: Founded on a Dream Koet [RM 4]	DREAMS & HEALTH How My Dreams Help with Bipolar Disorder Schertenleib [RM 2] Rec	SPIRITUAL Panel Tarot & Dreamwork: a Group Exploration Bou Said (chair), Kobets [RM 1] Rec	RESEARCH Symposium CE Nightmare Effects W Wang (chair) [Aula Major] Rec				
14:00-15:30												
15:30-15:45												
15:45-17:00	Info Desk Closed		Closing Keynote: Dr Newton Kondaveti & Dr Lakshmi Newton – Who is Dreaming? (introduction by Kiran Anumalasetty) [Aula Major] Rec									
17:00-20:00	17:00-17:30 Final Book Sales	17:30 – 18:30 Authors Pick up books at Bookstore & Registration desk	17:00 - 15 min Chorus Event [cathedral] 3 hr Free Time Dinner On Your Own	17:00-19:00 2 hr Board Meeting #2 17:00 Dinner served [Kleine-Eetzaal]	Setup Aula Minor for Dream Ball [Aula Minor]							
20:00-24:00	Books Closed		20:00 – 21:00 1 hr Costume Parade 21:00-24:00 3 hr Dream Ball Pay Bar with Catered Stacks [Aula Minor]									

Departure Day - Thursday 13 June			Departures
Breakfast Buffet with Lodging [Grote Eetzaal]	09:00- 10:30 Rolduc Tour - Meet at Registration [Hall]		



ENROLL IN IASD ONLINE

Dream Study Groups Program

featuring the:
Foundation series,
Research series,
Dreams and Ethnicity series,
and Dreams and the
Arts series!

The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-members, will include:

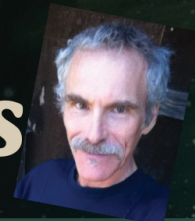
- Access to the "DSGP Tea Room", a global forum for dreamers.
- Access to one of these series in the DSGP: Foundation, Research, Dreams and Ethnicity, or Dreams and the Arts.
- A one-year membership in the chosen series, where members will interact on forums and discuss course content over the year.

<http://iasdreamcourses.org/>

THE MANY WORLDS OF LUCID DREAMING



Save the Dates



IASD will present its fourth annual online conference in October 2024, The Many Worlds of Lucid Dreaming, which Robert Waggoner and Ed Kellogg will once again co-host. This conference offers presentations on the many facets of the lucid dreaming universe, ranging from practical "How To's" to explorations into psi, healing, philosophy, and spirituality, and the latest cutting-edge scientific research.

OCTOBER 26 - NOVEMBER 9, 2024



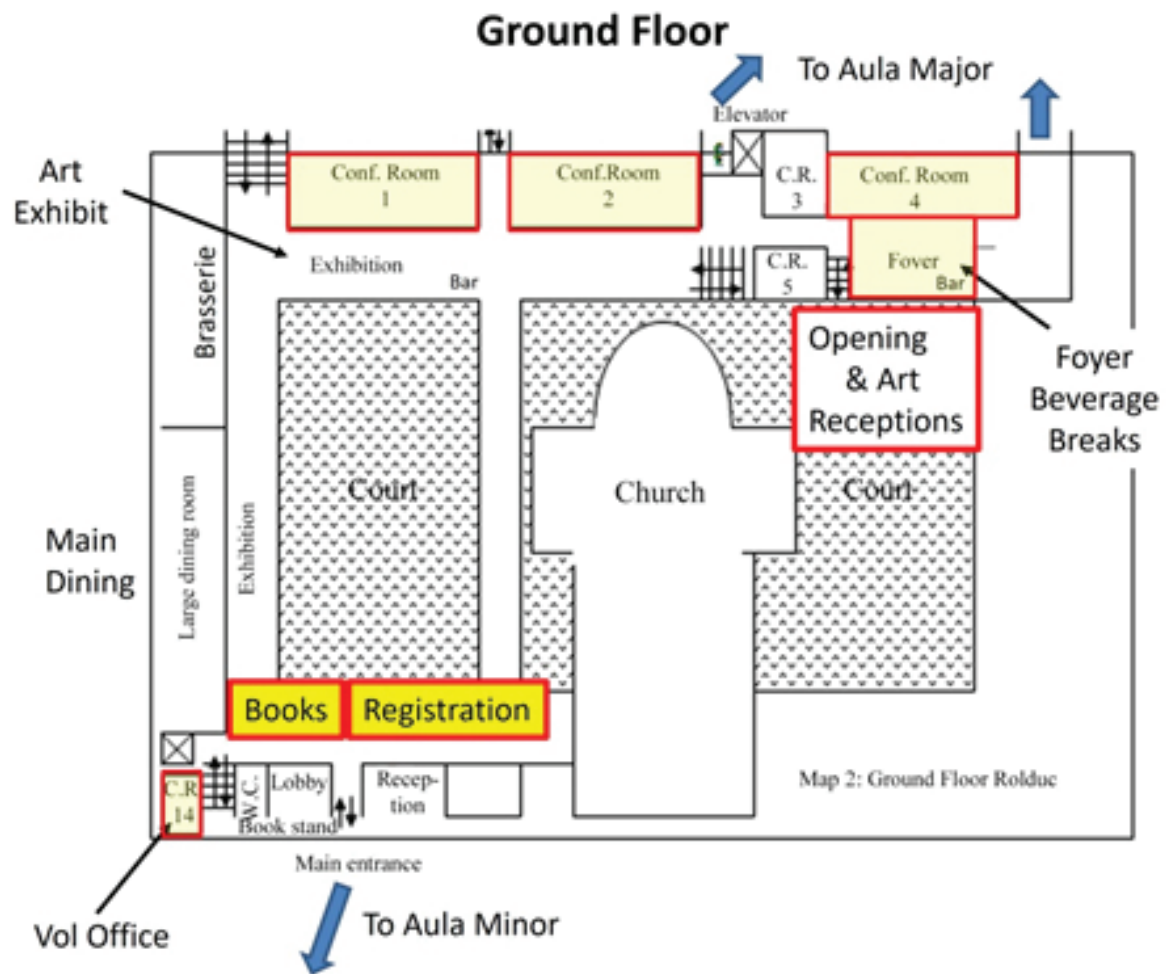
DREAMSCIENCE

CALL FOR RESEARCH GRANT PROPOSALS

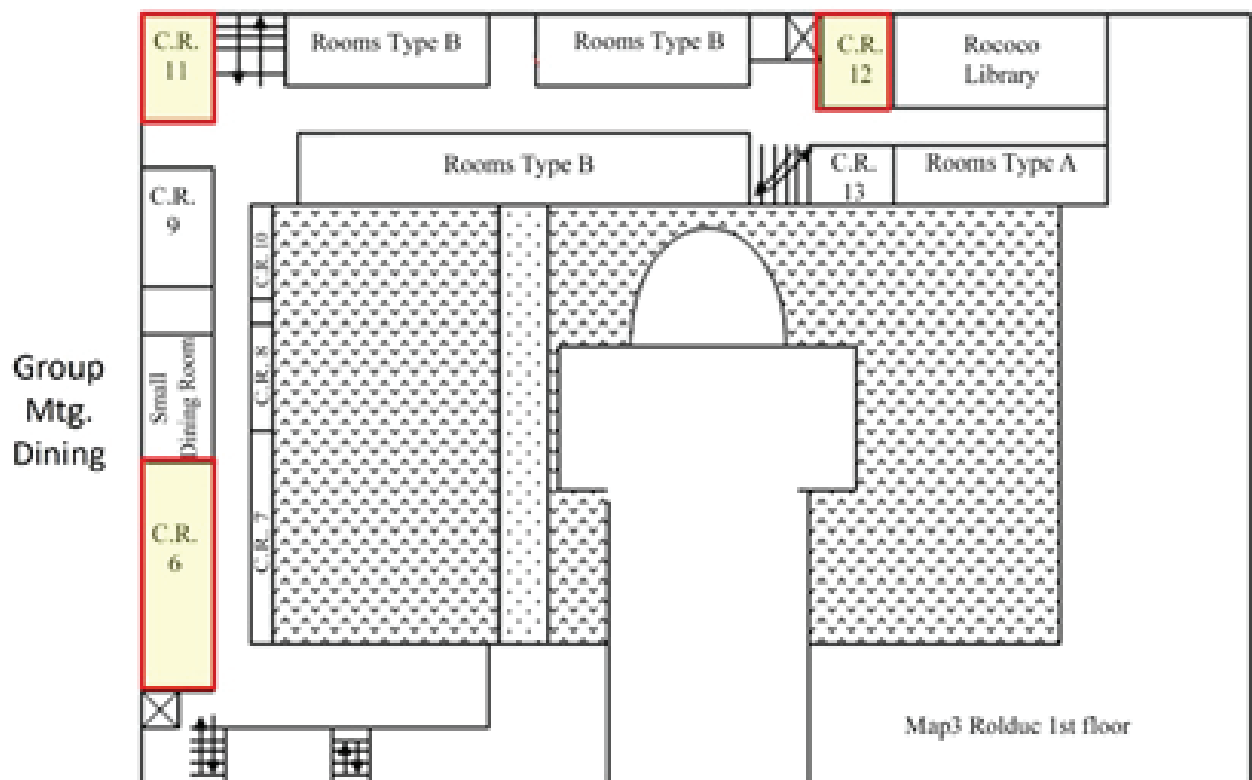
Deadline: October 15, 2024

[HTTP://WWW.DREAMSCIENCE.ORG](http://www.dreamscience.org)

VENUE MAP



2nd Floor



International Association for the Study of Dreams

Address	●	PO Box 582, Folsom, CA 95763
Website	●	www.asdreams.org
Phone	●	1-209-724-0889

MISSION STATEMENT: INTERNATIONAL ASSOCIATION FOR THE STUDY OF DREAMS IS 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 EXCHANGE OF IDEAS AND INFORMATION.

