

PROGRAM of EVENTS

Sunday, June 27

Noon – 9:00 pm Registration

Laurel Registration Area

Don't forget to sign up for Morning Dream Groups and Limited Attendance sessions; sign-up sheets can be found in the Registration Area. Please note: hotel check-in does not begin until 4:00 p.m.

1:00 pm – 6:00 pm IASD Board Meeting

Dogwood

5:00 pm – 7:00 pm DINNER

The Pro's Table Restaurant offers a dinner menu from 5 pm until 9 pm daily. Mulligan's Bar and Grille is open from 4 pm until 1 am daily, offering full food service and drink specials. Walking and driving maps to local restaurants are available at the Registration/ Information Desk, as well as a list of downtown Asheville restaurants.

6:30 pm – 9:00 pm OPENING SESSION & KEYNOTE ADDRESS

Mitchell & Roan

6:30 pm **Music and Song: DreamTrain with Ted Jones**

7:00 pm **Welcome: Robert Gongloff and Curt Hoffman**

7:15 pm **Storyteller: Terry Shinn (272)**

7:45 pm **Keynote Address [CE]**

Cherokee Dreaming and the Politics of Repression

Dr. Lee Irwin (247)

Cherokee dreaming practices are recorded in the historical ethnography of the early 19th century. Dr. Irwin will give an overview of those practices, including the symbolic use of sacred language, diagnostic processes, healing rites, and cosmological perspectives. The rise of pan-native prophetic movements based in visionary dreams and prophecy brought native dreaming practices to the attention of non-native people. Dr. Irwin will review the repression of such dreaming practices among native peoples through missionization, federal policy, and attitudes of cultural domination. The "civilizing" of native people was equated with a general repression of native religious practices and resulted in a serious loss of cultural competence for many

native people.

Coupled with the rise of scientific materialism and a widespread dismissal of dreaming in Protestant religions, native dreaming went underground only to reemerge in the late 20th century. Dr Irwin will conclude with a review of more current roles of visions and dreams in the native recovery of religious culture, now linked to non-native theories of dreaming and the commodification of dream practices.

9:00 pm – Midnight Opening Reception

Overlook & Terrace

Join us as we welcome everyone to the dream conference, especially first timers.

Monday, June 28th

6:30 am – 11:00 am Breakfast Buffet

Pro's Table

The Pro's Table Restaurant offers a \$10.95 breakfast buffet daily, which includes an omelet station and hot and cold items. A la carte service is also available.

8:00 am – 9:00 am MORNING DREAM GROUPS

Please sign up for dream groups at the Registration desk. Attendance is limited.

Magnolia **Dream Group 1: Healing Collage**

Sheila McNellis Asato (173)

Come explore the visual and spatial genius of the dream as it reveals itself through the practice of Healing Collage®. As we allow images to move freely about the paper, we will see how the dream artist in each of us works through our hands to create its own unique compositions. Finally, we will see how particular images and themes tend to cluster in specific areas of the collage, revealing an underlying visual structure not readily apparent in other forms of dreamwork. (Limit 24 participants)

Hospitality Suite 220

Dream Group 2: Transformation Symbols

Ann Bengtsson (081)

In this group, I describe the chakras and their relationships to specific transformation symbols. Participants will share dreams or the transformation symbols and learn how to relate the symbols to the chakras, or meditate on the symbols and experience the changes. I will propose a short meditative exercise at night before going to bed and in the next morning group we may see the results of this influence. As the week progresses, the teaching aspect of the group will continue to build upon what has gone before. (Limit 20 participants)

Foxfire 1 **Dream Group 3: The Dream's Central Image**

Tom Lane (143)

Is it possible that dreams invite us into a deepening experience of the Mystery at the center, not only of our own lives, but of life itself? Can work with a dream's Central Image become a window or door to this experience? In this group, we explore the significance of a central (preferably archetypal) image that fascinates us from a recent dream. We will use dream incubation to open to dreams during the conference that may illuminate our presented dream's meaning. Through reflection, we seek to deepen our relation to the dream and what we may regard as its Mysterious Source. We hope to gain an enlarged sense of the meaningfulness of the dreams we share for our present and the wisdom they offer for our future, as well as an increased relatedness to those with whom we share them. (Limit 12 participants)

Foxfire 2 **Dream Group 4: Healing Dream Imagery**

~~Wendy Pannier (083) and Tallulah Lyons (084)~~

This experiential dream group will explore techniques we use in our dreamwork with cancer patients, appropriate for anyone interested in the healing potential of dreams. Participants will experience ways of working with healing imagery and transforming nightmare imagery. We also experience how to use our healing dream imagery by integrating it with a variety of meditative techniques. This is an experiential group; explanation is kept to a minimum (about 15 minutes on the first morning). Techniques used: Taylor projective technique, dream re-entry, guided imagery. (Limit 30 participants)

Pisgah **Dream Group 5: First-timers' Group**

Kelly Bulkeley (250) and Jane White-Lewis (261)

This group is for those attending the IASD conference for the first time. We will introduce basic approaches to working with dreams and offer guidance in navigating through the multi-tracked activities of the conference.

Dogwood **Dream Group 6: Listening to the Dreamer**

Michael Schredl (046)

This approach is based on the client-centered therapy developed by Carl Rogers. Interpretations in any form are discouraged because interpretations reveal more about the interpreter than the dreamer. Even the dreamer herself/himself is not encouraged to use interpretative methods. The group will learn to ask open-ended questions to stimulate the dreamer to think about the links between the dream (emotions, cognitive patterns, and the way the dream ego acts) and current waking life issues. After working with the dream, group members can share their own thoughts and feelings connected to the dream's topics.

Roan **Dream Group 7: The Theater of Dreams**

Irene Clurman (075) and Michael Tappan (076)

Dream Portrayal creates a community of dreamers who assist each other in discovering the meaning of dreams by enacting particularly resonant, enigmatic or powerful portions of a dream. Using simple props and basic improvisational techniques, participants bring dreams to life. In the process, participants talk to guides, confront objects of fear and emerge with the understanding of the healing power of dreams.

Mitchell **Morning Yoga-Dynamics**

Jim Emery (002)

These yoga sessions offer breathing techniques, gentle stretches and guided visualizations. You will be guided through yoga postures called the "Seven Energy Asanas" and a special yoga practice called the "Five Tibetan Rites." No experience in yoga is necessary.

9:00 am – 9:15 am **Coffee Break**

9:15 am – 12:30 pm **Research Poster Session [CE]**

Mulligan's

RT *Jayne Gackenbach (Chair)*

Gender Differences in Dreams: Applications to Dreamwork with Male Clients

Amy Blume-Marcovici (234)

Differences between the dreams of men and women have been the topic of much research in the study of dreaming. This poster outlines four such gender differences in dreaming: dream recall frequency, sex of dream character, dream aggression and dream perspective. For each difference, a brief review of literature is presented, with possible causes for the difference.

Suggestions are made for applications to clinical practice with a focus on gender-specific dreamwork strategies for work with male clients.

Sexual Dreaming in Relation to Romantic Jealousy and Relationship Intimacy

Jessica Clarke (235), Teresa L. DeCicco (274), and Geoff Navara (275)

This study explored dreams with sexual imagery in relation to infidelity (partner cheating or the target cheating), relationship satisfaction, romantic jealousy, and intimacy. All dream reports and discovery reports were analyzed with a textual analysis system of content analysis. As expected, significant correlations were found with those who reported having a partner cheat on them with cognitive, emotional, and behavioural jealousy. People who scored high in romantic jealousy also had dream meaning associated with infidelity. These findings imply that sex dreams can reveal waking romantic relationship issues.

Dream and Blog Content Analysis of a Video Gamer's Long Term Diary

Jayne Gackenbach (238)

Over 400 dreams from an eight-year dream diary posted online by a hard core video game player were content analyzed using the Hall and Van de Castle system. Daily blogs accompanying each dream were also examined. Some patterns of previous research into gamers' dreams were replicated. Changes over time will be reported.

Phenomenological Qualities Predictive of Reflective Awareness in Dreaming and Waking

Tracey L. Kahan (264)

Theorists disagree on whether dreaming is deficient in executive functions such as reflective awareness and executive attention. Prior studies demonstrated that dreaming experiences are not uniformly deficient in executive functions when compared with comparably sampled waking experiences (see Kahan, 2001). The present study (N = 182) used multiple regression analysis to reveal that the combination of qualities of subjective experience (sensory, affective, cognitive) that best predicted reflective awareness varied somewhat for dreaming and waking and also for men and women.

Religious and Spiritual Dream Symbols in Two Samples: from Canada and the UAE

Mohamed Omar Salem (288), Teresa L. DeCicco (242), Mohamed Abdel Latif Ragab (286), Said Yusuf Abdel Razik (289), and Anthony Murkar (287)

This study examined the dreams of 114 Canadian female students and 114 United Arab Emirates female students. Dreams were analyzed for salient religious and spiritual symbols. Symbols and images were chosen based on important waking day religious and spiritual elements for each sample. Categories such as religious places, God, or Allah were included. Both sets of dreams were analyzed across the same categories and t-tests were used for measuring significant differences. Future research and implications for applied practice will be discussed.

Waking Day Anxiety and Dreams: Content and Predictors in Italians and Canadians

Anthony Murkar (237), Teresa L. DeCicco (276), and Marco Zanasi (277)

Waking day mood is related to dreams (DeCicco & Higgins, 2009; Schredl, Pallmer & Montasser; 1999), and research has begun examining this relationship among Italians and Canadians (DeCicco, Donati & Pini, 2009; Zanasi, DeCicco, Musolino & Wright, 2009). The current study tested the following hypotheses: 1) Dream content would be correlated with a waking day measure of anxiety (BAI) for both samples, 2) There would be significant differences in dream content between samples for mood, 3) Waking day anxiety would be predicted by the number of scene changes in dreams (Jones & DeCicco, 2009).

The Subjective and the Objective Duration of Static NREM Sleep Dreams

Valdas Noreika (265), Jennifer Windt (266), Christine Falter (268), Valtteri Arstila (267), Julian Kiverstein (269), and Antti Revonsuo (270)

In a laboratory study, 10 participants were asked to subjectively estimate the duration of their dreams. The objective duration of NREM dreams was tentatively explored by EEG contrast between the reports of dreaming and dreamless sleep. Subjectively reported duration was associated with the complexity of dream experiences: dynamic REM dreams seemed to last longer than static NREM dreams. Even though NREM dreams were also reported as extended in time, EEG findings did not support this and were compatible with the view that static NREM dreams might be generated during a brief moment of awakening.

Dream Incorporation of Video Game Play: Interactivity, Fidelity and Presence

Matthew J Rosie (239 presented by Jayne Gackenbach)

About 40 high-end gamers were exposed to a maze-type game under high and low interactivity and fidelity conditions. Self-report presence was reported after the game play manipulation and after the following night's dreams were collected. In preliminary analysis there was no effect of the manipulation on game play presence but there was on dream presence.

9:15 am –10:15 am MORNING SESSIONS

Foxfire 1 **Presentation: Becoming Conscious Elders: Guided by Our Dreams**

TH *Carol L. Flake (040)*

The Elder is an archetypal figure appearing in various dream guises and offering new images of maturity centering on wisdom, self knowledge and transcendence. Dream images of elderhood provide the foundation for living our own mythic lives, thus transforming the communities in which we live. Conscious elderhood requires us to wake up, individuate and find our true vocation. Elders must become “refired” instead of “retired.” Dream images help us identify our personal gifts and guiding myths.

Foxfire 2 **Workshop: Recurring Dreams and Their Life Messages**

AH *Ann Sayre Wiseman (001)*

This workshop is Autodrama on a Paper Stage, using colored tissue paper and markers. The act of mapping a dream is more powerful than talk. Action moves you out of stuck places: a rehearsal is recorded in the body. A commitment to help your Self through this new understanding gives you new authority—new permissions you may need to explore—new life strategies. This method is an experiential way to witness, heal, modify, empower, and integrate the disparate parts of the self. It allows the participants to explore, negotiate, reverse roles, rehearse behavior and resolve a dream, a problem, or a life issue.

Pisgah **Presentation: Vasily Kasatkin and Prodromal Dreams [CE]**

CL *Stephen Parker (164)*

The Russian Vasily Kasatkin catalogued 10,000 dreams of his 1200 patients over a forty-year period. Most of the books that review the history of dreams mention Kasatkin without citing any original source. There appears to be no translation of his 1967 *Teoriya Snovidenii* into English, and no systematic presentation of his work on dreams that predict illness. This presentation will summarize the information available about Kasatkin's findings, including original translations from his book. Additional prodromal dreams gathered since my presentation at the 2009 Chicago conference will also be included.

Dogwood **Film Event: Drawing the Dream Awake**

AH *Uma Markus (179)*

Drawing the Dream Awake is a 30-minute film that captures my five-year artistic journey into the wilderness of my dreams to renew my life. Produced in collaboration with my son, Samuel Markus, the film is narrated in my own voice with a soundscape to enhance the imagery. This film refines and expands the original story that I presented at the 2009 Chicago Conference. It clearly demonstrates the life-changing power of the Inner Journey and, in this way, can serve as a teaching tool for others.

Roan **Film Event: Indigenous Dreaming Cultures: A Work-in-Progress**

CA *Heidi Guttman (206) and Teresa MacColl (207)*

Indigenous Dreaming Cultures is a work-in-progress story of how Hawaiians, Native Americans and cultures all over the world view their dreams, via interviews with elders as well as students. Using new ethnography methods to intertwine what dreamers learn along the way, this film will not just document a culture's ancient wisdom about dreams, but demonstrate its use and relevance to all dreamers living in modern cultures.

Mitchell **Special Event: Jung's Red Book [CE]**

RSP *Richard Russo and Laurel McCabe*

A Dream for Our Culture

Richard Russo (185)

Jung's *Red Book*, published for the first time in 2009, contains the dreams and visions he experienced during his famous "confrontation with the Unconscious." This talk will discuss the *Red Book* from several perspectives, including what it has to say about the importance of dreaming, its relation to Jung's work as a whole, and its cultural relevance in today's world. We will also look at some of the paintings that Jung created to accompany his dream text.

Text and Image in the Spirit of the Depths

Laurel McCabe (217)

Jung's *Red Book* is a vivid telling in image and text of his confrontation with "the spirit of the depths" from 1913 to 1917. He faithfully painted and transcribed his inner explorations in these years, and these experiences became the foundation for his psychological theory of individuation. This event presents an outline of Jung's inner work in the *Red Book*, including dreams and active imaginations; a visual presentation of the images; a discussion of how Jung's inner work reflects an objective psychological organization; and application of this structure to Biblical and medieval narratives as well as contemporary art and dreamwork.

10:15 am – 10:30 am **Coffee Break**

10:30 am – 12:30 pm **LATE MORNING SESSIONS**

Foxfire 1 **Workshop: Shamanic Journeying: A Replication of Felicitas Goodman's Lifetime Work**

CA *Nicholas Brink (041)*

From her examination of ancient and primitive art, anthropologist Felicitas Goodman identified a number of shamanic journeying postures that produced different dreamlike trance experiences: Spirit Journeys, Divination, Healing, Metamorphosis/ Shape Shifting and Death-Rebirth Experiences, experiences that can be considered Akashic experiences. This experiential workshop will demonstrate a range of these experiences.

Foxfire 2 **Workshop: Subjective Symbol Immersion**

AH *Velva Lee Heraty (004)*

This workshop will help you be a more effective dream facilitator using a clinically sound dream

model called Subjective Symbol Immersion©, a methodology incorporating all the core concepts of Freud and Jung, Gestalt and Gendlin. You will learn how to take possession of a dream in a new and rewarding way, and engage your clients to do the same. You can, in one or two clinical hours, enhance your clients' self-efficacy and provide them with a sound and meaningful tool to facilitate their deepest healing.

Pisgah **Workshop: Dreamwork and Energy Psychology: The Dream to Freedom Technique [CE]**

CL *Robert Hoss (011) and Lynne Hoss (012)*

This workshop brings together the Dreamwork and Energy Psychology “communities” in one synergistic technique designed for both clinical and personal work. Participants will be taught a Gestalt-based Image Activation approach for identifying emotional issues the dream is dealing with, followed by an Emotional Freedom protocol for reducing or eliminating stressful reactions surrounding that issue. A brief theory introduction and case example will be followed by an experiential training exercise open to all attendees. A worksheet is provided.

Dogwood **Panel: Dreaming in Christianity and Islam: Historical Roots, Future Challenges [CE]**

RSP *Kelly Bulkeley (Chair) (095), Patricia M. Davis (096), Lana Nasser (099), and Geoff Nelson (097)*

Christianity and Islam share a common history of reverence for the spiritual power of dreaming, along with skeptical caution regarding the possibility of being misled or deceived by dreams. In this presentation several contributors to a new book, *Dreaming in Christianity and Islam*, share their perspectives on the future of Christian and Muslim dream teachings, exploring with the audience the broader implications of dream research for the current state of tension among Christian and Muslim traditions.

Roan **Symposium: The Dream as Co-Creation: Explorations in Dreamer Response**

PSI *Ryan Hurd (Chair), Chris Olsen, G. Scott Sparrow, and Robert Waggoner*

This symposium upholds the dream as a dynamic and co-created experience influenced by the dreamer’s attitudes, personal history, and cognitive habits. Some historical roots of this perspective are described by historiographer Chris Olsen. Psychotherapist Scott Sparrow reviews co-creative dream theory and posits that the dreamer’s response plays a role in dream formation. Robert Waggoner describes the mindset and cognitive habits of individuals who report extraordinarily high levels of lucid dreams. Finally, Ryan Hurd describes how attitudes during Isolated Sleep Paralysis can co-create nightmarish as well as positive dream imagery.

Nineteenth and Early Twentieth Perspectives on Dream Consciousness

Chris Olsen (192)

The nineteenth and early twentieth century witnessed a plurality of dream research traditions that have been obscured by history. Many romantic writers developed sophisticated theories of dreaming informed by their conscious interaction with dreamlike imagery. Other researchers adopted an even more active method by becoming aware of dreaming.

Understanding Adaptive Responses from the Standpoint of Co-creative Dream Theory

G. Scott Sparrow (193)

Sparrow reviews co-creative dream theory before establishing that dreamer responses, whether lucid or non-lucid, are predictable. He then describes two types of "adaptive response," one based on early loss and trauma, and one based on familial/cultural indoctrination, and outlines the process of using this framework in therapeutic group work.

The Secret of Frequent Lucid Dreamers: Developing a Lucid Mindset?

Robert Waggoner (194)

A subset of lucid dreamers claims that most of their dreams have lucid awareness. While investigating this ability, a common denominator appeared amongst this group of ultra-frequent lucid dreamers: the development of a lucid mindset, or a persistent mental habit of examining one's perceived environment or state of awareness.

How to Win Fiends and Influence Demons: Sleep Paralysis as a Portal to Extraordinary

Ryan Hurd (191)

The full spectrum of Isolated Sleep Paralysis moves far beyond nightmarish encounters with demons and imps. Courageous dreamers can utilize ISP as a gateway to extraordinary dreaming. Hurd presents accounts of dreamers who discovered alternative (positive and healing) sleep paralysis outcomes when they learned to adjust their attitudes, fears, and expectations.

Mitchell **Symposium: Drinking the Green Lyon's Blood: Dreaming the Transformation of the Inner Masculine**

TH *Jean Norelli (Chair), Pam Brunner, Valerie Hinard, Winnie Piccolo, and Meg Pierce*

A community of women, meeting for over thirteen years, reading through C. G. Jung's *Collected Works*, was asked how their inner masculine transformed in the process of their personal growth. The dreams of all were quick to respond with unique imagery illuminating shifts in their personal processes, images that carried universal value and meaning. The importance of the newfound voice of the inner masculine was unmistakable; subsequently each woman was able to make decisions and take action in self-supporting ways in important

areas of her life.

Drinking the Green Lyon's Blood: Introduction and Conclusion

Jean Norelli (018)

Jean, as a thirty-five year scholar of Jung and guide to the reading group that comprises this symposium, enjoys the difficulties in translating Jung's more obscure writings into something that has personal relevance to each participant. She will tie together the participants' personal contributions with Jung's universal ideas.

The Animus and the Red Queen: Transforming the Oppressive Inner Masculine

Winnie Piccolo (021)

Not uncommonly, women's dreams bring recurrent images of a primitive, oppressive, even sadistic masculine aspect. In development of the inner masculine, a crucial component is the grounding support of the feminine matrix. Winnie will speak of her evolving relationship with her "animus figures," as told through her dreams.

Threading the Dream: Mercurius as Connecting Spirit

Valerie Hinard (020)

The archetypal masculine is explored through amplification of a three-part dream. In this dream, confrontation with the dark masculine leads toward a profound re-experiencing of a traumatic event. Working through the dream threads results in integration of unconscious material. From this process emerges a renewed relationship to self and other.

Animus Transformation and His Role in Midwifing a Granddaughter

Pamela Brunner (019)

Once women trusted the mystery of birth and relied on one another in these sacred moments. Now this process is fraught with fear. Pam weaves together her dreams and experience of midwifing her daughter's birth showing the connection between the realm of the feminine and trusting the internal masculine wisdom.

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The Green Man and Lady Death

Meg Pierce (022)

Meg discusses themes of her dream life during the time of her beloved dog's illness and death. Her dreams symbolize an emergence of a vital and helpful internal masculine, able to act as a bridge between body and spirit

12:30 pm – 2:00 pm LUNCH

Overlook **Lunch Buffet** (pre-reserved tickets only)

The buffet includes vegetarian/vegan options. If you did not purchase the lunch package with your registration, lunch tickets may be available for purchase on a **space available basis** at the Registration/ Information Desk. For those who do not wish to purchase a lunch ticket see the information desk for listings and maps to local restaurants. Note that times of the lunch break vary each day.

Pro's Table **Research Committee Lunch**

A special lunch gathering for the Research Committee will be held in the Pro's Table. Those with lunch tickets are asked to go through the buffet line and take your meal to a table in the Pro's Table area. We regret that food cannot be brought in from outside the hotel.

2:00 pm – 4:00 pm AFTERNOON SESSIONS

Magnolia **Workshop: Dreaming on the Page: Using Proprioceptive Writing for Dream Exploration**

AH *Tzivia Gover (032)*

In this experiential workshop, participants learn to use the technique of Proprioceptive Writing, a ritualized form of meditative writing that employs deep listening and amplification of thoughts and images, as an aid to dream exploration. Participants will learn about the benefits of using this structured writing activity to deepen dream exploration and create greater self-awareness and self-knowledge. (Limit 24 participants)

~~*Foxfire 1* **Workshop: Integral Dreaming: Philosophy of Practice [CE]**~~

~~**DR** *Fariba Bogzaran (181) and Daniel Deslauriers (182)*~~

~~Integral Dreaming is an approach to dreams by using multidimensional methods in working with one dream. In this workshop, the philosophy, theory and core principles of Integral Dreaming will be introduced. The audience will have an opportunity to experience the steps to Integral Dream Practice (IDP).~~

Foxfire 2 **Workshop: Dance your Dreams: The Healing Power of Dance**

CA *Patricia Elizabeth Torres Villanueva (066)*

Consciousness and awareness, the main central focus of our dancing, enhance the abilities of multiple intelligences. The emotional imbalance caused by our stressed way of life affects our thinking processes. We tend to be competitive even with ourselves and the central objective will focus on neither competing nor comparing with others, and avoiding being distracted or insecure. Our innermost feelings of sadness, fear, and anger will flourish together with joy and love; thus, understanding and embracing our behavioral processes and the essence of our dreaming.

Pisgah **Workshop: Working With Dream Shadow Images and Resulting Projection in Church, Society and Yourself [CE]**

RSP *Bob Haden (149)*

How dream shadow images develop; where we find the resultant dream shadow projection in Church, family, society and ourselves; how to work with dream shadow images and resultant projection as psychotherapist and spiritual guides. Each participant will have the opportunity to identify one of their own dream shadow images and be led through an eight-point method to work with that shadow image discerning how to respond authentically and safely.

Dogwood **Panel: Energetic Dreams: Activating Creative, Healing and Transformative Potentials**

PSI *Dale E. Graff (Co-chair), Gloria Sturzenacker (Co-chair), Barbara Condron, Mary Joyce Whitefeather, and Valley Reed*

Panel members discuss a variety of dreams that present imagery related to some form of energy or invoke energetic feelings. Some can be powerful and incredibly inspiring, while others can be disturbing due to the unknown sensations they generate. These sensations can be very intense and seem to result from an unusual force, perhaps a combination of electric and magnetic, as some type of subtle energy or as something spiritual or mystical. A variety of effects, such as healing, precognition or time travel can be experienced.

Kundalini, Healing and Evolution Dreams

Dale E. Graff (156)

Dreams can alert us to inner processes that result in new or enhanced abilities such as healing or precognition. These dreams can be associated with energetic phenomena that cause various physiological reactions and sensations. Various types of energetic dream experiences are reviewed, including those that provide insight into the process.

Applying Energetic Dreams for Healing

Gloria Sturzenacker (157)

Energetic dreams can be presented in metaphorical forms that evoke associations to kundalini energy. Several energetic dreams are described, including one that led to a kundalini visualization and a successful resolution of physical pain.

Shiva's Eye – Connecting the Inner and Outer Self

Barbara Condron (158)

The study of universal myths from various cultures and religious sources, along with personal experiences of hundreds of students practicing various mental disciplines led to the identification of causal factors connecting the inner and outer self and the kundalini phenomenon. A global lucid dreaming experiment with 50 participants is described.

Energetic Dreams at Awakenings

Mary Joyce Whitefeather (read by Carol Warner) (159)

Energetic dreams are evidence of an inner connection between our physical and mental reality. These dreams can be presented in various ways, including those related to the highly energetic kundalini experience. These dreams are transformative and awaken us.

Exploring Energetic Dreams for Healing, Balance and Time Travel

Valley Reed (160)

Energetic dreams allow us to transcend the limits of space and time. Dreams and associated energetic experiences led to healing, time travel, and a connection with energetic ley lines on the earth. Some experiences led to the associations with the energetic domain that Australian Aborigines know as Dreamtime.

Roan **Symposium: Research into the Dreams of Several Clinical Groups [CE]**

CL *Jayne Gackenbach (Chair), Allyson Dale, Katja Valli, Marco Zanasi, and Ernest Hartmann (Discussant) (094)*

This symposium examines the dreams of various clinical groups using a variety of research methodologies. The syndromes include Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder and schizophrenia. Populations ranged from a single case study to small and large groups drawn from online, military, and hospital settings. Some studies were part of therapeutic work while others were observational. All studies used norms or control groups.

Long Term Online Dream Diary of an OCD Individual

Jayne Gackenbach (090), Kimberly Masiuk, and Tyler Sample

An online dream diary of a young man with OCD was content analyzed using the Hall and Van de Castle system. In preliminary analysis many scales showed differences from the norms. There was some replication of another OCD dream content study, including no difference in negative emotions.

Examining Dreams and Discovery of Canadian Soldiers with the Storytelling Method of Dream Interpretation

Allyson Dale (091) and Teresa DeCicco

The Storytelling Method of dream interpretation was tested with soldiers with operational experience (have been overseas), soldiers without operational experience (have not been overseas), and an age-matched control group. Dreams were content analyzed. Soldiers with operational experience had significantly more nightmares, recurring dreams, and negative dream imagery.

Dream Bizarreness and Waking Thought in Schizophrenia

Katja Valli (092), Valdas Noreika, Juha Markkula, Katriina Seppälä, Antti Revonsuo

Dream diaries and reports of daytime waking thought were collected from five schizophrenia patients and matched controls. Blind judges had more difficulties in differentiating the patients' than the controls' dream reports from reports of waking thought. Patients reported shorter but more bizarre dreams than did the controls.

Oneiric Activity in Schizophrenia: Textual Analysis of Dream Reports

Marco Zanasi (093)

This work evaluated the structure of dreams in people affected by schizophrenia. The verbal reports of 123 schizophrenic patients were compared with 123 dream reports of a control group. Dream reports were assessed using textual analysis processing techniques. Significant differences were found in textual parameters.

Mitchell **Symposium: Waking Influences on Content [CE]**

RT *Mark Blagrove (Chair), J.F. Pagel, Willem Fermont, and Franklin J. Galvin*

Assessing the 5-7 Day Dream-Lag Effect with Home and Laboratory Dreams

Mark Blagrove (123), Nathalie Fouquet, Josie Henley-Einion, Anna Davies, Johannes Thome, Edward Pace-Schott & Alison Baird

The dream-lag effect refers to the relatively high incorporation into dreams of elements from 5–7 days before the dream, compared to 2-4 and 8+ days before the dream. This may indicate a memory processing function for sleep or dreams. The studies presented replicate the 5-7 day dream-lag effect with dreams collected at home (n=8) but not dreams collected in the laboratory (n=20). Incorporating the laboratory situation into dreams may outweigh any dream-lag effect, and/or the inclusion of NREM dreams may have diluted the dream-lag effect.

REMS Suppression Significantly Lowers Nightmare vs Dream Recall In Patients with OSA

J. F. Pagel (082)

A recently published study by the author indicates that Obstructive Sleep Apnea (OSA) suppresses the cognitive experience of nightmare recall, an effect that occurs independently of OSA effects on reported dream recall frequency. It appears likely that diminished REMS in OSA patients accounts for the finding of decreased frequency of nightmares compared to dreaming in this population.

The Dynamic Dream System. An Empirical Approach

Willem Fermont (085)

Dreams are frequently evaluated on a static basis. However, dreaming, recalling and reporting are a dynamic process. We propose that content-free dream report characteristics describing dream report volume and structure are interpreted as state variables of this dynamic system. State variables of 327 dream reports are evaluated against time. It is shown that most state variables do show complex, non-linear behavior through time. The resulting patterns are very promising for a dynamic approach to dream studies.

Toward an Architecture of the Dream

Franklin J. Galvin (228)

Five types of structural forms of dreams are identified and illustrated with therapy case

material. These include: dreams formed around a primary symbolic image or archetype, dreams formed around the automobile as a symbol, dreams formed around a scene or theme from a motion picture, dreams formed around an object, and dreams formed around a mandala.

4:00 pm – 4:15 pm Coffee Break

4:15 pm – 6:15 pm LATE AFTERNOON SESSIONS

Magnolia **Workshop: Making Dream Mandalas**

AH *Dorothy Campbell (141)*

We identify the main elements of Jung's understanding of the mandala as symbolic of the individuation process. The mandala is an archetype, signifying the psychic center of the personality. Jung states that "each of us has an individual destiny and destination and the realization of these alone makes sense of life." The participants will create a mandala utilizing the imagery of one of their dreams. We will explore some of the mandalas to demonstrate the symbols as energies that elucidate the individuation experience. Mandala sharing is voluntary. (Limit 20 participants)

Foxfire 1 **Workshop: Living *The Red Book*: A Journey Through Feelings – Presenting Archetypal Dreamwork**

DR *Marc Bregman (069) and Christa Lancaster (070)*

Archetypal Dreamwork focuses on the images of and the feelings in—and evoked by—the dream. In both one-on-one and group work, dreamers are invited to a lived experience of their dreams, which can open the door to personal and spiritual growth. Following a description of this work will be a demonstration of String Therapy, a way of working with dreams in groups. Several participants will have the opportunity to experience the teaching of their dreams by having several dreams enacted before the group with the help of other participants and the guidance of the presenters.

Foxfire 2 Workshop: Through the Dream Looking Glass

DR *Walter Berry (116)*

Join me in a journey to the deep interior of a dream and experience the wonder that exists there. We will lay open a dream chosen from the group, exposing its emotional content, symbolic meanings, and associations to waking life. We will make a drawing, a “dream map”, and “befriend” the dream, then plunge deeper, choosing a single point in the narrative where we will move back and forth in slow motion, bringing to bear these emotional, visual, and

cognitive tools we have just developed in our pursuit of allowing the dream to speak.

Pisgah **Workshop: Building Community through Group Dreamwork [CE]**

DR *Justina Lasley (220)*

Participants will explore the process of organizing and leading dream groups by either observing or participating in a dream group led by Justina. Skills for leading group members toward personal growth and individuation, as well as new techniques for innovative leadership will be explored by all attendees. The importance of honoring dreams as a spiritual practice and the benefits of exploring energy and emotions will be examined. Members of the dream group will use their personal dreams to demonstrate group process, while those who choose to observe will note and comment. Handouts and materials will be shared.

Dogwood **Panel: Exploring Dreams and Dreaming for People New to the World of Dreams [CE]**

ED *Jacquie Lewis (Chair), Kelly Bulkeley, Patricia Garfield, David Kahn, and Robert Van De Castle*

This panel discussion is an introductory forum for people new to the study of dreams. Panel members will discuss the various types of dreams, what happens in the brain when we sleep, the cultural and historical implications of dreams, and common dreams from people around the world. Newcomers will gain tips on how to remember and record their dreams to start their personal journey of dream study.

Listening to Our Ancestors: The History of Dream Study

Kelly Bulkeley (145)

My presentation shows that three seemingly “modern” ideas about dreams (their visual nature, their roots in waking concerns, and the interpreter’s need for personal associations from the dreamer) were actually recognized and understood by people in earlier historical times.

The Most Common Universal Dream Themes

Patricia Garfield (146)

Basic dream themes exist across time and cultures. Dr. Garfield illustrates four of the most common dream themes from a study of 1000 dreamers. Familiarity with universal themes and their attributed meanings may allow dreamers to more readily understand their own dreams and enrich their waking lives.

What Happens to the Brain When We Dream?

David Kahn (147)

What happens in the brain when we dream? Wake-like brain waves begin to appear some time after we fall asleep. This occurs when we go into the rapid eye movement (REM) stage of

sleep usually about 90 minutes after falling asleep (sometimes called “paradoxical sleep” because of the wake-like brain waves in this stage of sleep).

Dreams 101: Bringing Dreams out of the Bedroom

Jacquie Lewis (144)

Jacquie will discuss the basics of dreams and dreaming, who dreams, theories about why we dream, the various types of dreams, and how to remember dreams.

Psychic Dreams: Out of the Box Dreams / Dreams Without Boundaries / Entangled Dreams

Robert Van de Castle (148)

For millennia, dreams have had an impressive history of being considered as a means of transmitting psychic information: telepathic when one individual dreams about what is happening to another, clairvoyant when correct information about appearance of a distant object or event, precognitive when information involves some future event.

Roan **Symposium: Lucid Dreams and Visitations**

RSP *Laurel Clark (Chair), Nigel Hamilton, and Rich Paseman*

In My Father's House Are Many Mansions

Laurel Clark (028)

Most people live in some kind of house or dwelling place; thus, houses often appear in dreams. Some people report a particular “dream house” in which they have never lived in physical, waking, reality. Sometimes the house evolves over time, with new rooms, additions or changes. Sometimes this “dream house” can be a doorway into lucidity. When the dreamer recognizes the house in the dream, s/he realizes it’s a dream. This presentation discusses evolving “dream houses” as an evaluation tool for assessing one’s own soul progression and emotional or spiritual state of awareness and how to enhance lucidity.

Dream Visitations of the Dead: Communion of Souls – Pillar of Dreams

Rich Paseman (161)

Dream visitations of the dead have been reported in cultures from antiquity to the contemporary. Are they projections from the dreamer's nighttime "cast of characters" or are they valid visits from the departed? Early Christianity regarded such dream visits as a reality that was not inconsistent with the faith. These phenomena are grounded in the communion of souls. Dreams represent a "thin place" where the boundary between the holy and the ordinary becomes permeable. Symbolically, the "pillar" is a biblical representation of the means by which the soul ascends or descends in visitation between the two realms.

The Role of Lucid Dreams in Healing and Spiritual Awakening

Nigel Hamilton (025)

Lucid dreams can be a powerful vehicle for healing and initiating the profound paradigm shifts in consciousness that take place in our conscious awakening during the psycho-spiritual transformation process. Lucid dreams are used in this presentation showing how the dreamer's psyche was healed as well as the phenomena involved during the shift in their consciousness. Reflections on the degrees of lucidity and what they signify will be discussed.

Mitchell **Symposium: REM Sleep Behavior Disorder, Nightmare Content, and Predictors of Disturbed Dreaming [CE]**

RT *Antonio Zadra, Katja Valli, Michael Schredl, Ross Levin, and Mark Blagrove (Discussant) (133)*

With vivid imagery and intense emotions, nightmares are highly disturbing manifestations of the dramatic autonomic and cognitive fluctuations that can arise during REM sleep. This symposium addresses three key but largely unexplored questions related to nightmares: a) What is the relation between dream content and behavioral manifestations observed in patients with REM sleep behavior disorder? b) What are the actual themes and contents that characterize nightmares? and c) Why do people experience idiopathic nightmares? Recent findings from four laboratories will be presented in response to these questions.

Why Do Some Dreams Become Nightmares?

Antonio Zadra (129)

Surprisingly little is known about how some dreams unfold into nightmares. This study investigated the content of prospectively collected dream and nightmare reports from adult men and women. Findings are presented on common nightmare themes, their triggers, narrative development, main emotions, and presumed causes of awakening.

Dream Content and Movements during REM Sleep in Parkinson Patients with REM Sleep Behavior Disorder

Katja Valli (130)

In REM sleep behavior disorder (RBD), a close link between dreamt and actual motor movements has been reported. We explored the relationship between subjective dream content and actual movements carried out in the objective physical realm systematically in a sleep laboratory setting with controlled REM sleep awakenings and video recordings.

Nightmare Frequency and Topics in a Representative German Sample

Michael Schredl (131)

This study investigated nightmare frequency and the frequency of various nightmare topics in a representative German sample. The five most common themes were falling, being chased, being paralyzed, being late, and the deaths of close persons. Several effects can be explained by the continuity hypothesis of dreaming.

The Relative Contribution of Affect Load and Affect Distress as Predictors of Disturbed Dreaming

Ross Levin (132)

Three hundred and nine participants indicated their incidence of nightmares and bad dreams over 21 days and rated their subsequent distress in daily dream logs. The study confirmed a connection between perceived stress and increased incidence and intensity of disturbed dreaming. As predicted, affect load accounted for more unique variance to the prediction of incidences of disturbed dreaming while affect distress accounted for more unique variance to the prediction of distress over nightmares and bad dreams. Taken together, these findings support Levin and Nielsen's model (2007) and suggest that clinical interventions for dysphoric dreaming can be made during waking hours.

6:15 pm – 8:00 pm DINNER

The Pro's Table Restaurant offers a dinner menu from 5 pm until 9 pm daily. Mulligan's Bar and Grille is open from 4 pm until 1 am daily, offering full food service and drink specials. Walking and driving maps to local restaurants are available at the Registration/ Information Desk, as well as a list of downtown Asheville restaurants.

Magnolia **Dinner Dream Group: Creative Genius of the Night Mind: New Tools and Techniques for DreamWorkers**

Victoria Rabinowe (169)

This is a voyage of the DreamShip *Asheville*. Its four-day mission: to explore the strange new worlds within our dreams, to seek out new tools, to boldly go where no dreamer has gone before. This series of evening sessions will break the boundaries of traditional dreamworking methods by opening dreams with creative conversations. Working in new ways with a variety of universal, archetypal and mythic themes, the wisdom of the group will meet the genius of the night mind. Each evening session will introduce different techniques. Note: attendees will order and pay for their meals from the menu offered that evening.

8:00 pm – 9:30 pm KEYNOTE EVENT

Mitchell & Roan

8:00 pm Music with Ted Jones

8:15 pm Keynote Address: The Timeless Wisdom of Our Dreams - A Founder's View of IASD's Evolving Purpose and Identity Over the Next 25 Years [CE]

Jeremy Taylor (248)

Jeremy Taylor is one of the original four co-founders of IASD, along with the late Strephton Kaplan-Williams, Patricia Garfield, and Gayle Delaney. Jeremy always speaks extemporaneously and passionately; as he says, "out of the tradition of the ancient Greek agora, the Black church and the union hall." From the beginning of IASD Jeremy has been an

articulate advocate of the largest archetypal view of dreams and dreaming as the primal source for all humanity's search for meaning and purpose. He will bring us his current views on "dreams as the workshop of evolution," both individual and collective, and on IASD as an increasingly conscious institutional steward of that archetypal tradition.

9:45 pm – 10:15 pm Dream Telepathy Contest

Rita Dwyer and Bob Van de Castle

Try your Psi! Test your dreaming mind's ability to tune into a visual target that will be broadcast telepathically during the night by a designated "sender." Loosely patterned on the cutting-edge experiments in dream telepathy done at Maimonides Dream Laboratory by Drs. Stanley Krippner and Montague Ullman, the annual IASD contest is a playful but surprisingly successful way to test your telepathic skills. Instructions will be given making it easy to join in the fun.

Tuesday, June 29

6:30 am – 11:00 am Breakfast Buffet

Pro's Table

The Pro's Table Restaurant offers a \$10.95 breakfast buffet daily, which includes an omelet station and hot and cold items. A la carte service is also available.

8:00 am – 9:00 am MORNING DREAM GROUPS

See schedule for Monday, June 28 for descriptions and rooms.

9:00 am – 9:15 am Coffee Break

9:15 am – 11:15 am MORNING SESSIONS

Mulligan's **Workshop: Dreams and Meditation**

RSP *Kirsten Borum (122)*

My work with dreams and meditation/energy work for more than three decades shows a correlation between the contents of our dreams and the subtle energy of man. Dreams will

prompt certain specific energy exercises to be performed, and energy exercises will affect the contents of subsequent dreams. I have developed different methods to combine meditation and dreamwork, e.g., including various dream elements into specific structured meditations, and using meditation in combination with dream symbols of a spiritual/archetypal nature with the intent of giving access to creative sources and innate wisdom. (Limit 18 participants)

Foxfire 1 **Workshop: The Theater of Dreams: Discovering Meaning by Playing the Part**

DR *Michael Tappan (034) and Irene Clurman (035)*

Dream portrayal creates a community of dreamers who assist each other in discovering the meaning of dreams by enacting particularly resonant, enigmatic or powerful portions of a dream. Using simple props and basic improvisational techniques, participants bring dreams to life. In the process participants talk to guides, confront objects of fear and emerge with the understanding of the healing power of dreams. (Limit 30 participants)

Foxfire 2 **Workshop: Dreams and Tarot: Innovative Approaches to Dreamwork and Depth Therapy**

DR *Lauren Z. Schneider (183) and Athena Johnson (184)*

This collaborative is both didactic and experiential. It presents Tarot to enhance dreamwork. These archetypal symbols represent a universal language of imagery, which is cross-culturally birthed from the same psychic dream pool. The major arcana of the Tarot are an empowering tool to map out one's personal quest for wholeness in dreams and life by correlating dream symbols and images with the archetypal images of the Tarot. Tarotpy® (Tarot Therapy), uses the rich symbolic imagery of Tarot, Dream Cards, Soul Cards, and other representational images to actively engage the unconscious and create a stronger bond between dreaming and waking consciousness.

Pisgah **Workshop: Archetypal Group Projective Dreamwork [CE]**

DR *Jeremy Taylor (010)*

After distribution of the "Basic Dream Work TOOL KIT" and brief discussion of that material, the workshop will consist of group exploration of dream material volunteered by participants, using the projective, "if it were my dream..." approach. The emphasis is on self-empowerment, and cultivating the understanding and confidence necessary to initiate and participate in ongoing dream groups with shared leadership.

Dogwood **Panel: Weaving Dreams and Dreaming into Educational Classes [CE]**

ED *Deborah Hickey (Chair), Jayne Gackenbach, Curtiss Hoffman, and Jacquie Lewis*

This panel will discuss diverse ways to integrate dreams into educational settings in colleges

and universities.

Dream Use in Various Courses to Various Cultural Groups

Jayne Gackenbach (211)

Over the 30+ years that I have taught at the post-secondary level I have talked about dreams in courses ranging from entire Sleep and Dream courses taught in the U.S. to segments of courses taught in Canada. Most recently in my Psychology of Consciousness course I devoted about a fifth of it to dreams. I regularly teach a dream unit in Introductory Psychology and Personality. In both cases, I invite students to post and discuss dreams online. They often have several choices of what they might discuss, but most choose dreams. For the last 20 years I have been teaching in Canada to various cultural groups, all of which show an interest in dreams, but none with the focus and seriousness of the Central Alberta Cree.

Introducing Dreamwork as a Tool for Understanding Personal Mythologies in a Community College Setting

Deborah Armstrong Hickey (210)

For a South Carolina community college, I developed an optional dreamwork education program within introductory psychology courses. Immediately forced to use lotteries to choose who would be able to take part, I ran these groups for three years. The focus evolved into discovering one's personal mythology through dreamwork. It was, quite frankly, my most satisfying work at this school and student response was overwhelmingly positive. I used a range of dreamwork experiences including: creating dream images with clay; dream enactments; a diverse range of expressive arts with dreams; dream journaling; drumming and 'dream-tending;' and teaching skills to increase lucid dreaming.

Culture and Consciousness: An Undergraduate Seminar Incorporating Dreamwork

Curtiss Hoffman (212)

Since 1997, I have offered a course for upper level undergraduate students entitled Culture and Consciousness. This course is an experiment in the study of how consciousness, and particularly the idea of the unconscious, is construed and constructed in various cultural contexts. We work towards an understanding of consciousness in cultural context as a means of understanding cultures at their deepest levels, including our own. An important component of the course is a series of 6 in-class dreamwork sharing sessions, using a variety of techniques, including the Ullman method, dream amplification, dream art, embodied dreamwork, dream theatre, and shamanic dream-tending.

Teaching Dreamwork in Clinical and Research Courses

Jacquie Lewis (213)

I teach graduate courses at The Chicago School of Professional Psychology and Argosy University in Chicago. In my research methods courses, students are introduced to dreams and dreaming from an academic perspective. Students read and critique articles in the *Dreaming* journal. I also teach PsyD students in Humanistic/ Existential/ Transpersonal courses. Students learn basic skills for working with clients' dreams, engaging in the Ullman

method as a non-directive “humanistic/ transpersonal” approach. Students obtain hands-on experience by working with their own dreams in classroom sessions.

Roan **Symposium: Communion: Dreams Unite the Living and the Dead [CE]**

TH *Rita Dwyer (Chair), Stanley Krippner, Lee Irwin, and Patricia Garfield*

Across time and cultures, people have believed in afterlife contact with the deceased through their dream visits to the living that bring after-death communications (ADCs). We not only dream OF the deceased but also in union WITH them. Our experts will discuss cross-cultural studies of visitation dreams, post-mortem life and dream ethnology in world religions, studies of patterns and personality types in ADCs, and the use of dreams in grief and bereavement counseling.

Communion: Dreams Unite the Living and the Dead

Rita Dwyer (229)

Researchers are looking for evidence of consciousness survival after death using various means such as electronic voice recording and mediumship. However, across the boundaries of culture and time people have believed that dreams bring advice, help and comfort and are the best and truest connections to the dead.

Visitation Dreams: A Cross-Cultural Survey

Stanley Krippner (230)

Dreams in which deceased loved ones make their appearance have been reported in all times and places. I found them in a collection of some 1,667 dream reports collected in Argentina, Brazil, England, Japan, Russia, Ukraine, and the United States. Oftentimes, these dreams provide guidance and healing to the dreamer.

Post-Mortem Life: Dream Ethnography in World Religions

Lee Irwin (231)

The ethnography of dreaming in most religious traditions supports a widespread belief in an afterlife and in post-mortem existence. Examples will be given of beliefs and practices that illustrate the continuity between cultural psychology and cosmological beliefs.

How Grief Dreams Bring Comfort

Patricia Garfield (233)

During grief, people experience change in their dreams involving three general stages, each characterized by different types of dream imagery. Participants learn the typical post-death dream themes, what distinguishes visitation dreams, and how these enhance comfort and self-understanding.

Mitchell **Symposium: Cultural and Gender Associations [CE]**

RT *Michael Schredl (Chair), Miloslava Kozmova, Eva Murzyn, and Michiko Akahori
Carey*

Cognitive Processes Investigated in Threatening Dreams of Japanese and Ukrainian Dreamers

Miloslava Kozmova (104)

This qualitatively-based investigation was guided by the question, "What types of problem-solving strategies are dreamers capable of using when confronted within their dreams with imminent environmental or self-created threatening or dangerous situations?" From the content analysis (by method of grounded theory) of dreams of males and females from Japan and Ukraine emerged four categories of cognitive processes that dreamers use for their decision-making and resolving efforts. The report proposes the existence of a phenomenon of nocturnal cognitive problem-solving (Kozmova, 2008).

Dreaming in Color: Cross-Cultural and Methodological Comparisons

Eva Murzyn (089)

Individual differences in frequency of black and white dreaming can be explained in terms of influence of black and white media, or as a result of different dream construction and recall dependent on cognitive style and visual imagery preferences. In this talk I present three new studies that looked at how color of dreams is related to these factors across different research methodologies.

Gender Differences in Dream Content: Related to Gender or Sex Role Orientation?

Michael Schredl (045)

The present online survey clearly indicates that sex role orientation (femininity/expressivity and masculinity/instrumentality) affect the same dream characteristics that show marked gender differences, e.g., sexual dream content, physical aggression. Whereas the effect of sex role orientation on dream content supports the continuity hypothesis of dreaming, the effect of biological sex on dream content does not exclude that other variables such as, for example, the amount of sexual fantasies during waking, have an effect on dream content in addition to sex role orientation.

Women's Meaningful Dreams

Michiko Akahori Carey (189)

This dissertation project explored how the experience of having and working with a meaningful dream affected 12 seasoned, female dreamworkers' lives and psychological development utilizing narrative inquiry and thematic analysis. The results are interpreted in terms of the Jungian concepts of the Self and individuation.

11:15 am – 1:00 pm LUNCH

Overlook **Lunch Buffet** (pre-reserved tickets only)

The buffet includes vegetarian/vegan options. If you did not purchase the lunch package with your registration, lunch tickets may be available for purchase on a **space available basis** at the Registration/ Information Desk. For those who do not wish to purchase a lunch ticket see the information desk for listings and maps to local restaurants. Note that times of the lunch break vary each day.

Mulligan's **2011 Conference Planning Lunch**

Willem Fermont, Bob Hoss

If you are involved with the 2011 conference, or might be interested in becoming involved, please join us in the Pro's Table. Those with lunch tickets are asked to go through the buffet line and take your meal to a table in the Pro's Table area. We regret that food cannot be brought in from outside the hotel.

1:00 pm – 2:30 pm AFTERNOON SESSIONS

Mulligan's **Workshop: Russian Pagan Dream Rituals**

CA *Maria Volchenko (136)*

This workshop introduces authentic rituals for dreaming. Some elements of the Russian pagan traditions have survived till now. I collect, study, and use those techniques of dreamwork that make pagan dreamers much more successful than Western ones. Seminar participants will be acquainted with the following elements of the traditions: summer dream holidays, magic objects for dreaming, and the incubation of predictive dreams.

Foxfire 1 **Workshop: Dream as a Performance – Tools for Creative Dreamwork**

AH *Silja Heikkilä (006)*

This workshop explores dreams through creative methods like writing and movement, and offers tools for transforming the dream into a performance. The main focus is not only on the artistic product; through creative dreamwork we also focus on the process. This workshop can be characterized as applied dreamwork or as community theatre that uses different dreamwork methods, and is open for everyone interested in creative dreamwork. The process and creative approach helps us to reach the dream the way it is, without any interpretation. (Limit 10 participants)

Foxfire 2 **Workshop: The "Where" of Dreams: Place as Player**

TH *Marilyn DeMario (214)*

This interactive workshop invites participants to interrogate the function of venue in dreams. The introductory talk will draw from sources as varied as stagecraft, humanist geography, visual landscape art, architecture, and English literature. Members will make a replication of one of their own dream venues with pencil, word, and color, and then seek to call forward the "*spiritus loci*" or spirit of place in an effort to gain insight into the dream.

Pisgah **Special Event: The Metaphysics of Dreaming [CE]**

RSP *Lee Irwin (222)*

This workshop explores the topic of the "apex dream" or "big dream" as a source of metaphysical intuition. We will look at the oracular or prophetic aspect of dreaming as well as its mystical dimensions as a theme running through multiple spiritual traditions. We will explore the link between transpersonal psychology and the new "participatory" model of interpreting religious experience. The goal of this workshop is to engender discussion and engagement with the dream as a medium of spiritual transformation.

Dogwood **Panel: Faerie Exploration through Dreams**

PSI *Curtiss Hoffman (Chair), Dolores J. Nurss, Christina Bjergo, and Janice Ryalls*

Our group will address Faerie exploration through dreaming. We show why contact between worlds, realities, and/or states of being happens most readily in dreams, why it makes a worthwhile study even without a scientific way to prove or disprove whether contact actually happens or fairies exist, the difference between oneironautics and oneirology, and why oneirologists benefit from dialogue with oneironauts, and what benefits Faerie dreaming offers on the personal level, the community level, and possibly the trans-world level.

Faerie Dreaming in Community

Dolores J. Nurss (by video) (251)

I will address what led me to form a group on connecting with Faerie through dreams, why I consider dreams one of the best avenues available for Faerie exploration, what results we have seen as a group, and why this matters to people beyond ourselves, in either reality.

There are Fairies at the Bottom of my Consciousness: Who Are They and What Are They Doing There?

Curtiss Hoffman (216)

In dreaming, we sometimes encounter the presence of the "other" – beings not exactly human, though they may resemble humans. Traditions of these encounters are found in cultures all over the world. I propose some ideas about how to fit these "others" into a model of consciousness.

Opening the Heart with Fairy Dreaming

Christina Bjergo (252)

Sharing of Fairy dreaming through emotional healing and the importance of appreciative joy. Exploration of the connection between fairy and the cultivation of an awakened heart. The presenter will share her story of how fairies began appearing in her dreams and facilitated her physical, emotional and spiritual healing.

Dream Fairies, Opening to Higher Vibrations

Janice Ryalls (254)

Fairies entering our dreamworld might be a sign that our Consciousness is becoming lighter, vibrating on a higher plane, opening up to the possibilities of something heretofore unknown, unseen, and previously unbelievable. Powerful little guides lighting our path and delighting our senses, bringing us deeper into the in-between spaces and the uncharted frontiers of our own souls!

Roan **Film Event: Director's Preview of Documentary Film, *Linked: The Dream-Creativity Connection***

AH *Angel K. Morgan (051)*

This documentary is a phenomenological, research based, *cinema verite*, urban ethnography that explores the link between dreams and creativity for 20 unique individuals. Angel Morgan interviews teen artists living in a residential arts academy, creative dream group members aged 50-86 in New York City, and professional creative artists in Los Angeles and Ashland, Oregon, to explore various perspectives on the phenomenon that has inspired her vision for a Dream-Arts Community Center: The Link between Dreams and Creativity. Angel Morgan narrates the chapters of the film with a script and artistic style that she dreamed.

Mitchell **Symposium: Dream Remembering [CE]**

RT *Caroline L. Horton (Chair), Tracey L. Kahan, and Connie Svob*

Any evidence for having dreamt relies upon memory. This symposium will raise important methodological issues surrounding working with dreams as memories. Four empirical presentations will each highlight the factors that influence how dreams are remembered. We hope to discuss the implications of these issues in dream research and dreamwork, with an emphasis on methodology of empirical dream studies.

Introduction to Dreams as Memories

Caroline L. Horton (196)

This presentation introduces the idea that dreams are memories. It highlights the major relationships between dreams and memory (dream recall, waking memory incorporation into dreams and memory consolidation) and introduces the autobiographical memory system as a

model for understanding dreams as memories.

Mapping the Relationship between Dreaming and Waking Cognition: A Microcosm of the Strides and Challenges of Dream Science

Tracey L. Kahan (197)

This paper describes two experience-sampling paradigms expressly developed to investigate cognition across sleep and waking, then considers the advantages, disadvantages, and further development of these paradigms in the context of methodological challenges inherent to comparisons of cross-state cognition and dream science generally.

A Multi-dimensional Approach to Measuring Dream Remembering

Connie Svob (198), Don Kuiken and Tore Nielsen

Extending our work on a multi-dimensional dream remembering questionnaire, a revised factor structure will be presented. The results hold interesting implications for the various ways dreams may be remembered, and the effects they may exert on waking consciousness.

Rehearsal Affects the Quality, but Not Quantity, of Autobiographical Recall

Caroline L. Horton (196)

This paper describes how a rehearsal manipulation did not increase the likelihood that diary dreams were recalled. Rather, rehearsal significantly increased the likelihood of memories to be recalled verbatim, indicating that participants were recalling their rehearsed and elaborated memories, as opposed to the original experience.

2:30 pm – 2:45 pm Transition

2:45 pm – 4:30 pm Presidential Address and IASD Membership Meeting

All IASD Members and conference attendees are invited to participate in the Annual IASD Membership Meeting.

□ AGENDA

- Introduction: Jean Campbell
- Outgoing Presidential Address: Robert Waggoner
- Incoming Presidential Address: Jodine (Jody) Grundy
- Motion to pass the minutes of the last membership meeting: Jean Campbell
- Introduction of the new slate of officers
- Introduction of new Board members voted in by the membership
- Introduction of new Committee Chairs: Jean Campbell
- Treasurer's Report: Bob Hoss
- Membership Report, including remembrance of members who have died in the past year: Jody Grundy
- Student Awards: Curtiss Hoffman

- Research Grant Awards: Bob Hoss
- Thanks to the Conference Host and Conference Committee: Jean Campbell
- Remarks by 2010 Conference Host: Robert Gongloff
- Conference 2011: Barbara Roukema and 2011 Committee

4:30 pm – 8:30 pm LATE AFTERNOON SPECIAL EVENTS

Lobby **Blue Ridge Dream Hike**

Alan Siegel (039)

This event is intended to have a recreational and social component to balance and de-stress from indoor presentations. A 2-3 hour hike will include informal discussion of recurring dreams and dreams with nature themes. We will travel by bus to the lush North Carolina Arboretum located next to the Blue Ridge Parkway and surrounded by the botanically diverse and beautiful Pisgah National Forest. We will discuss the ethnobotany of the region and look for mammals and birds. The dream hike will traverse a 3.5 mile circuit rated moderate in difficulty that includes the Owl Ridge Trail. Advance registration is required and the fee of \$28 includes transportation and a box dinner. Please wear appropriate shoes. Bring water, any extra snacks, a camera or binoculars. The buses leave promptly at 4:30 and returns at 8:30.

Lobby **Asheville Shuttle**

For those wishing to dine at one of the fine restaurants in downtown Asheville, shuttle service is available to Pack Square and Prichard Park, where many restaurants are located. The \$5 round-trip shuttle fee can be charged to your room. We recommend scheduling a shuttle at the resort front desk early so that you can go in groups. The resort can also help you arrange for taxi service. A list of area restaurants is provided in your conference packet.

5:00 pm – 8:30 pm DINNER

The Pro's Table Restaurant offers a dinner menu from 5 pm until 9 pm daily. Mulligan's Bar and Grille is open from 4 pm until 1 am daily, offering full food service and drink specials. Walking and driving maps to local restaurants are available at the Registration/ Information Desk, as well as a list of downtown Asheville restaurants.

Magnolia **Dinner Dream Group: Creative Genius of the Night Mind**

Victoria Rabinowe (169)

Attendees will order and pay for their meals from the menu offered that evening.

Overlook **IASD Board Meeting**

Box dinners will be provided based on pre-reservation and payment at the Registration desk on Sunday or Monday.

8:30 pm – 10:30 pm Dream Art Reception

Pilot

Wednesday, June 30

6:30 am – 11:00 am Breakfast Buffet

Pro's Table

The Pro's Table Restaurant offers a \$10.95 breakfast buffet daily, which includes an omelet station and hot and cold items. A la carte service is also available.

8:00 am – 9:00 am MORNING DREAM GROUPS

See schedule for Monday, June 28 for descriptions and rooms.

9:00 am – 9:15 am Coffee Break

9:15 am – 10:15 am MORNING SESSIONS

Mulligan's **Workshop: Playing with Dreams**

DR *Louis Hagood*

Dreamplay is like childplay--unscripted, formless play, requiring a spontaneous response from each player rather than interpretation or explanation. Dreamplay can be one-on-one or in groups, both of which will be experienced in the presentation.

Foxfire 2 **Symposium: Clinical Applications [CE]**

CL **Eros in the Toilet: Toileting Dreams in Clinical Practice**

Leila Ryland Swain (038)

The practicing psychotherapist is routinely presented with dreams depicting scenes of toileting and elimination of body wastes, related to the separation phase of early life as reenacted in the therapy container. The taboo imposed on anal products and their discussion is far-reaching and repressive and prevents a fuller understanding of this in the individuation process.

Reporting a toilet dream in therapy establishes a “waste disposal” couple, similar to the earlier “feeding couple.” The role of the therapist in relating to this transference is discussed.

Pisgah **Presentation: Tarot Dreaming to Gnosis**

RSP *Christina Bjergo (008)*

Western Gnostics integrated body-oriented practices from the East for their spiritual development. A.E. Waite, Gnostic member of the Hermetic Order of the Golden Dawn, created the famous Rider-Waite Tarot deck commonly used today. Symbols in the cards show the way to spiritual unfolding and inner wisdom. Yet the images are but reflections of dreams. Understanding Eastern symbolism in dreams and the Tarot reflects the evolution of the soul. This presentation explores the Gnostic alchemical secrets of the Major Arcana and Taoist symbolism encoded there.

Roan **Presentation: The Shamanic Dream: Vedic Dream Principles and Modern Times [CE]**

CA *Paul Overman (152)*

This multi-media presentation uses the power of storytelling – modern and ancient – to illustrate the evolving role of “dreaming” and shamanism for personal and social healing and change. Ancient hymns and stories from the Vedic tradition, a transformational East-West leadership model, and 21st Century challenges for ecology and society are shared to explore the modern myth of the hero. Issues of personal identity, social identity and self-doubt – and the role and power of personal destiny and right action – are illustrated through scenes from the intuitive, dream-like work of Peter Weir in his *The Last Wave*.

Mitchell **Presentation: Sanctuary Dreams: Reflections on the Images of Aya Uekawa**

AH *Jodine Grundy (118)*

This event is a special opportunity to reflect on how the wonderful, fantastic images of both dreams and art arise from the deep, unconscious mind in dialogue with the waking mind. Ms. Grundy invites the audience to take a trip into the dreaming mind through Japanese artist Aya Uekawa’s “dreamscapes” as if they were one’s own dream images. This invited lecture was originally presented at the Cincinnati Contemporary Arts Center, in the 2009 *Perspectives on Art Series*. It coincided with Uekawa’s solo museum debut where she displayed her inner life in a sanctuary of dreams of her own creation.

10:15 am – 10:30 am Coffee Break

10:30 am – 12:30 pm LATE MORNING SESSIONS

Mulligan's **Workshop: Sounding Dreams, Empowering Community**

TH *Ann E. Aswegan (031)*

This experiential workshop begins by considering some of the ways you may have been silenced as a child. After practicing various forms of sounding techniques, you have the opportunity to combine favorite sounds and noises from these exercises into a short, free-form rehearsal with the entire group. After the group listens to each selected dream and asks any clarifying questions, the dreamer re-tells the story while the group provides background sounds that amplify the feeling tones of the narrative. We conclude with a discussion of how these sounds affected the dreamer and the participants. (Limit 20 participants)

Foxfire 1 **Workshop: The Roots of Healing Dreamwork in Welsh Mythology**

CA *Elizabeth Jeffries (054) and Nicholas Brink (055)*

The second half of the Fourth Branch of the Welsh myth cycle, *The Mabinogion*, as a dream of our ancestors, addresses the struggle with humiliation, vengeance and integrity. This workshop is a continuation of the last four years of workshops that dealt with the First, Second, Third and the first half of the Fourth Branches.

Foxfire 2 **Workshop: Dreams: The Theater of Our Inner World**

DR *Heloisa Garman (128)*

This workshop demonstrates a way of utilizing the Internal Family Systems (IFS) model developed by Richard Schwartz. This model views the mind not as a unitary entity, but as multiple and often differing subparts. Dreams become the stage where all parts interact with each other, representing our inner world. A live demonstration will help participants learn the steps in applying this model to dreamwork.

Pisgah **Workshop: Using Intuition to Explore Transitional Dreams**

PSI *Marcia Emery (113)*

There are two main thrusts to this workshop. The first is to briefly explore intuitive/ precognitive dream and have participants discover how they are wired for intuitive receptivity. This part is primarily didactic. In the second, primarily experiential, thrust, participants explore the role intuition plays in dream interpretation. Participants will first unravel the symbolism by engaging in Dr. Emery's metaphor technique that utilizes amplification, and then by using this method as one of the steps in Dr. Emery's DreamShift technique.

Dogwood **Panel: Long Term Journal Keeping: Quest for Enrichment**

DR *Cynthia Pearson (Chair), Sheila Asato, Jean Campbell, Joan Harthan, and Gloria Sturzenacker*

"...In the tradition of the naturalists whose patient observations prepared the ways to elegant understandings of physics, chemistry, and biology, home journal keepers record and discover events and regularities that astonish and enlighten...the personal journal is a uniquely sensitive instrument that may enlighten not only the individual dreamer but the whole field of dream study." (Dennis Schmidt) The 2010 journaling panel theme is "Quest for Enrichment," featuring presentations by journal keepers who report not only on how recording dreams has enriched their lives but also on ways they enrich their journal-keeping.

Pausing at Midlife – Embodying Dreams in the Book Arts

Sheila Asato (255)

What kind of journals can hold dreams in a way that is true to their original nature? How does the structure of a book itself affect the content within? Is it possible to embody dreams within the book arts? In this presentation, Asato will share her new body of work.

The Benefit of the Internet to Long Term Dream Journalists and Researchers

Jean Campbell (256)

IASD Board Chair Jean Campbell, one of the first moderators of the IASD Discussion Board, Co-Chair of the popular PsiberDreaming Conference, and creator of the World Dreams Peace Bridge, recounts her experiences with the Internet and dreams.

This Quest, This Adventure, This Discovery

Joan Harthan (257)

It started with a dream. A story told in the dead of night launched a Dream Quest that was as important to humanity as it was to her own life. Join in the adventure as Jo takes you with her on her journey of exploration and discovery.

Top 10 Reasons to Write Down Dreams

Cynthia Pearson (115)

With a nod to David Letterman, Cynnie Pearson will recount examples from over 30 years of journaling that demonstrate the brilliant, inscrutable, surprising, rich and inexhaustible benefits of writing down one's dreams.

Curiosity Quests

Gloria Sturzenacker (258)

Gloria Sturzenacker's long-term journal keeping often involves what she's come to think of as a "curiosity quest." Odd or unfamiliar elements of a dream lead her to explore externally—either intentionally (often through Google searches) or unintentionally (through synchronistic encounters). The result is often psi-like connections leading to deeper meaning.

Roan **Symposium: Dreams and Therapy [CE]**

CL *Barbara Bishop, Brigitte Holzinger, and Carol A. Joyce*

Making Use of Drug Use Dreams in Therapy and Recovery

Barbara Bishop (077)

All addicts have drug use dreams after they have stopped taking drugs in waking life. The typical response in recovery programs is to normalize these events, without looking into them further. Flowers and Zweben (1998) and Shoen (2009) are exceptions to the general rule of considering drug use dreams indicative of a "wish to use drugs" (Johnson 2001). This paper examines other features of the "drug use" dream--the prognosis for staying sober, metaphorical meanings of "using," and support systems for sobriety.

Lucid Dreaming – Cognition in Sleep (CIS): Treating Nightmares in Patients with PTSD

Brigitte Holzinger (200)

Controlled studies of psychotherapeutic treatment of nightmares in PTSD patients are rare. The aim of this study was to determine the effects of lucid dreaming on nightmares of traumatized patients. 15 subjects with recurrent nightmares were enrolled in an inpatient trauma treatment program for 3 months. In addition, they could participate in a six-week lucid dreaming course. Examinations of sleep quality, nightmare frequency, anxiety, depression and quality of life were carried out at the beginning, after 6 weeks, and at a follow up session. During the treatment period, all subjects completed sleep and dream logs. Preliminary results with respect to nightmare-frequency and sleep-quality are presented. (*This presentation was funded by Webster University, Vienna.*)

The Horse as Symbol in the Dreams and Lives of Women

Carol A. Joyce (119)

This paper focuses on the image of the horse in professional women's dreams and lives. The stories of women in individual therapy as well as in one group will explore how the horse, with its instinctual energy, is a healing figure on both an inner and outer level. Celtic imagery and cultural exploration enhance the understanding of the dream. The paper describes the awakening of a new feminine energy, one rooted in nature and not dictated by patriarchal excesses.

Mitchell **Symposium: Evidence of Wisdom in Dreams [CE]**

RT *Robert Hoss (Chair), Deirdre Barrett, Stanley Krippner, and Robert Waggoner*

This seminar explores evidence that dreams exhibit a wisdom or broader base of consciousness that goes beyond learned experience or ego-driven motivations. Four dimensions representative of dream wisdom will be discussed: 1) Jungian observation of wisdom driving a process of transcendence; 2) The creative and problem solving power of dreams; 3) Lucid dreams' observation of an inner wisdom 'behind the dream;' 4) Anecdotal

and research evidence from “extraordinary dreams” of a wisdom that taps into information outside our sensory barriers.

Theoretical Underpinnings of a Psychological Nature

Robert Hoss (Chair) (013)

Observations from case examples and recent neurological findings will be presented in support of the theories of Jung and others regarding the internal wisdom apparent in dreams. Three common characteristics of dream wisdom will be described related to dream compensation and transcendence or the process of creating, projecting and testing rewarding solutions.

Dreams and Creative Problem Solving

Deirdre Barrett (259)

Evidence of the creative and problem solving power of dreams will be presented, supported both by examples from the work of prominent artists and scientists and by empirical research on problem solving in controlled settings. Pointers will be provided for people desiring to increase their rate of problem solving dreams.

Evidence of Wisdom in 'Extraordinary' Dreams

Stanley Krippner (015)

The history of dreaming contains anecdotal reports as well as research evidence that dreams can reach beyond ordinary limits of space and time. These “extraordinary dreams” not only evidence information beyond sensory barriers but may even provide glimpses into dimensions considered by many cultures to be the domain of spirit.

Consciously Questioning the Dream: Lucid Dreams, Dream Wisdom and the Inner Self

Robert Waggoner (260)

An apparent inner wisdom ‘behind the dream’ has been observed and engaged in lucid dreaming by use of a counter-intuitive technique. The emerging picture suggests another layer of conscious awareness with a broader base of consciousness that may connect to what Jung termed the ‘collective unconscious.’

12:30 pm – 2:00 pm LUNCH

Overlook **Lunch Buffet** (pre-reserved tickets only)

The buffet includes vegetarian/vegan options. If you did not purchase the lunch package with your registration, lunch tickets may be available for purchase on a **space available basis** at the Registration/ Information Desk. For those who do not wish to purchase a lunch ticket see the information desk for listings and maps to local restaurants. Note that times of the lunch break vary each day.

Mulligan's **Regional Representatives Working Lunch**

Jody Grundy (host)

A special lunch meeting for the Regional Representatives will be held in the Pro's Table. Those with lunch tickets are asked to go through the buffet line and take your meal to a table in the Pro's Table area. We regret that food cannot be brought in from outside the hotel.

2:00 pm– 4:00 pm AFTERNOON SESSIONS

Foxfire 2 **Workshop: The Power of Dreams in Healing from the Addictive Cycle**

DR *Heather Higgins (218)*

This workshop introduces participants to a method of working with alcoholics that combines sharing personal stories with dream interpretation using The Storytelling Method (TSM). Our research found that dream interpretation leads the alcoholic dreamer to discovery about their addiction, their past and recovery. The workshop is interactive, with participants involved in storytelling as well as interpreting their own dreams through TSM. In 15 years experience working with alcoholic clients, dream interpretation has taken my clients to a level of insight often beyond what occurs in their waking day life. (Limit 20 participants)

Pisgah **Workshop: Understanding and Working with Dream Characters and Relationships [CE]**

CL *Alan Siegel (078)*

Using multiple theoretical lenses, we examine characters and relationships in dreams looking at developmental, gender, and cultural differences along with the impact of childhood relationships, trauma, abuse, grief, and parenting on dream character representation. Issues to be considered include literal, intrapsychic and transpersonal conceptualizations of dream relationships, dream mechanisms such as displacement and condensation, the impact of unresolved trauma and attachment on dream characters. Applications to psychotherapy and dreamwork will be discussed and demonstrated via experiential exercises for working with dream characters including dialogues, role-playing, and dramatization. Geared for psychotherapists seeking continuing education but open to all.

Dogwood **Symposium: Imagination**

AH *Jennifer M. Windt (Chair), Michaela Schrage-Frueh, Rose Cleary, and Sergey Toymentsev*

Tarkovsky's Oneiric Realism: Influences and Evolution

Sergey Toymentsev (208)

Tarkovsky's oneirism evolved throughout his career, reflected in the intertextual cinematic and philosophical influences documented in his diaries (e.g. Buñuel, Mizoguchi, Fellini, Castaneda, Lao Tzu and Zen Buddhism). Tarkovsky's evolution of dream imagery (from "dream vs. reality" to "dream as reality") will be examined in terms of Deleuze's theory of the time-image. Although highly utopian, Tarkovsky's oneiric aesthetics is by no means that of transcendence of everyday reality; rather it is committed to the raw facticity of things and nature seen through the prism of mysticism.

Dreaming Tapestries of Time: The Stone Gods and Tribute to Freud

Rose Cleary (163)

In this presentation, I highlight the striking similarity found in the imaginative methods of Jeanette Winterson and H.D. as they confront the historical realities of "a city of ruin, a world ruined." Each turns toward the "time element" characteristic of dreams; each weaves "tapestries of time in which past, present, future, and fantasy form a single time element" that disrupts linear chronology (Friedman, 1981, p. 52). In the simple dream equation that merges the distant future with the past, H.D. and Winterson recover the reality of a love that awakens from the nightmares of history.

Dreams and the Literary Imagination

Michaela Schrage-Frueh (151)

In my paper I explore the multiple ways in which literary dreams function in fictional texts and interact with them structurally as well as metaphorically. One recent text that lends itself to such an analysis is Clare Jay's 2009 novel *Breathing in Colour*. While approaching the text mainly from a literary perspective, I also draw on insights from dream research, to demonstrate how literary studies and dream studies can be mutually enlightening.

Dreams: The Imaginations of Them That Sleep?

Jennifer M. Windt (134)

Several recent publications suggest that dreams are imaginative rather than hallucinatory experiences. The imagination view, however, fails to explain central features of dreaming, namely the lack of agency and the sense of immersion. These objections notwithstanding, many characteristics of dreaming are closely related to imaginative processes. These include phenomenal underdetermination, frequent perspective changes, discontinuity, recognition by just knowing and narrative structure. Though dreams are not the imaginations of them that sleep, the comparison between dreaming and waking imagination can yield important insights.

Roan **Symposium: Four Perspectives on Soul Making: Dreaming the Past Forward**

RSP *Winnie Piccolo (Chair), Dawn Matheny, Meg Pierce, and Robert Tompkins*

In 2007 and 2009 our group of four presented on "dreams and soul making" at the annual IASD conferences in Sonoma and Chicago. We have continued to meet and live forward the vision of engaging our specific, individual lives within the larger universal patterns of soul. We understand soul as spirit alive in the body and soul making as incarnating into the nature of our

being. Dreams are our powerful allies in this pursuit. This year our panel demonstrates how our ongoing soul making attitude, along with active ways of engaging the dream, is creating forward movement in our lives.

Difficult Conversations with the Men in My Dreams

Winnie Piccolo (109)

Winnie discusses taking an active approach to the men in her dreams after years of enduring their painfully primitive nature. She describes how soulful dream tending and direct dialogue with aggressive or suffering male dream figures gradually set in motion a new relationship with the inner and outer masculine.

Walking the Dream

Dawn Matheny (110)

Dawn explores potent dreams using the ancient medieval pattern of the labyrinth as a tool for containing and grounding the dreamwork. Working with a dream in the labyrinth, the path can be trusted to lead to the center and back out again.

Living in France

Meg Pierce (111)

“Living in France” is used as the metaphor for a life of engagement, responsibility, and participation in the larger community. Through dreams, Meg takes you on a journey from the isolation of rigid singularity to the increasingly complex and dynamic life of interconnection.

Dreams of Life / the Life of Dreams

Robert Tompkins (112)

Robert presents recent dreams of magical animals and children, relating them to an emergent, instinctual aliveness. He will contrast these to an earlier dream of systematic killing of his companion animals, showing how the current dreams correspond to a rebirth of a truer, animated and more spiritual self-awareness.

Mitchell **Symposium: Dreaming and Lucidity [CE]**

RT *David Kahn (Chair), Jayne Gackenbach, J.F. Pagel, Tracey L. Kahan, and Kelly Bulkeley*

Emotion and Reflective Awareness in Dreaming: Mapping Their Reciprocal Influence

Tracey L. Kahan (061) and Kelly Bulkeley (060)

This presentation will share initial results from the project that was named the primary recipient of the 2008 IASD Dream Science Research Grant. The project aims to develop a new

approach to the scientific study of 1) emotion in dreams, and 2) reflective awareness across the waking, sleeping, and dreaming states. Using an innovative analytic method that combines content and process approaches, we shed new empirical light on the roles of feeling and thinking in the formation of dreams.

Dreaming, Lucidity and Mind Wandering

David Kahn (057)

An overview of the brain networks that are involved in mind wandering and in lucid and non-lucid dreaming is given, as well as an overview of the kinds of awareness associated with these networks. Experimental protocols for measuring creativity that may be associated with these networks are also suggested.

Why Are Video Game Players' Dreams Important for Understanding Dreams?

Jayne Gackenbach (037)

This presentation will summarize why studying the dreams of video game players is important for understanding dreams. Hard core gamers represent the leading edge of immersion in virtual worlds that increasingly defines a large part of contemporary entertainment and communication. Three conceptual points as to why this new element in society needs to be investigated will be illuminated: 1) dreams as aids to solving the hard problem in consciousness, 2) evolutionary function of dreams, and 3) gaining lucidity in sleep through imaginal absorption.

Dreaming, Focused Meditation and Lucidity

J.F. Pagel (117)

Focused meditation and lucid dreaming are both characterized by conscious control, teachable induction techniques, focused awareness, intense hallucinatory visual imagery, detailed recall, and association with higher frequency synchronous EEG activity. These are not characteristics of most variants of sleep-associated dreaming. Lucid dreaming has characteristics that fit better with states of focused meditation than with dreaming. Lucid dreaming is better viewed as a "dream-like" state occurring during arousals or awakenings from sleep, sharing characteristics with focused meditative states. Rather than "awake in dreaming" lucidity may be a focused mental state associated with arousal from sleep.

4:00 pm – 4:15 pm Transition

4:15 pm – 6:15 pm LATE AFTERNOON SESSIONS

Magnolia **Workshop:**

Dream Medicine: Healing Energy through Dream Re-Entry and Mandala Expressions

DR *Tallulah Lyons (101) and Rachel Norment (102)*

In this interactive workshop participants will experience three processes developed and used in an IASD project for those facing cancer or other serious illness. First, participants will connect with a healing experience using Dream Re-Entry through Guided imagery. Then they will deepen and expand the experience through creating mandalas and small group sharing. Finally they will reconnect with their imagery and direct it as healing energy toward an aspect of mind, body or spirit that needs special care. (Limit 15 participants)

Foxfire 1 **Workshop: Is the CI the Fast-Lane on the Royal Road to the Unconscious? [CE]**

DR *Ernest Hartmann (142)*

The Central Image (CI) is the most powerful image in a dream, which appears to picture the dominant emotion or emotional concern of the dreamer. In this workshop, the CI will be defined and research on the CI briefly reviewed. Participants will determine whether memorable dreams or "big dreams" contain CIs, and work on their own dreams starting with the CI. Finally we will try to build a dream using the CI model. We will examine whether allowing imagery to develop while experiencing a powerful emotion can lead to a dream or the CI of a dream.

Foxfire 2 **Workshop: Dancing with Dream Images**

AH *Jeanne M. Schul (108)*

The central image is the focus of this workshop, which will engage participants in a movement-based, active imagination exploration of their own central dream images. The goal is to access the creative resources of the unconscious through association with and amplification of vivid dream images. By embodying the positions, actions, and emotions most powerful for the dreamer, a visceral creativity is awakened. The session opens with a presentation of a variety of images taken from dance theatre performances choreographed by the presenter to demonstrate the potential of pursuing the central image through dance exploration.

Pisgah **Workshop: Using Hypnosis to Work with Your Dreams [CE]**

CL *Deirdre Barrett (121)*

There are a variety of ways of combining hypnosis and dreamwork. One can use hypnotic suggestions that a person will experience a dream in the trance state--either as an open-ended suggestion or with the suggestion that they dream about a certain topic. One can also work with previous nocturnal dreams during a hypnotic trance in ways parallel to Jung's "active imagination" techniques to continue, elaborate on, or explore the meaning of the dream. One can suggest changes in nocturnal dream recall or content using hypnosis. The workshop will cover all of these techniques and include experiential exercises with several.

Dogwood **Symposium: Sacred Archetypes**

RSP *Tom Lane (Chair), Diana McKendree, Jeffrey R. Schweitzer, and Deon van Zyl*

Trusting and Not Knowing Simultaneously: Responding to a Language of Heart

Diana McKendree (202)

My focus is examining the heart as symbol – how it has been split by the analytical, industrialized mind and how we are now in our evolution as a species being called to consciously return to heart – individually and collectively. The language of heart is image, and the new language we must learn and integrate is the language of image. It is foreign and must be created. One quote I am working at unfolding/unpacking is, "intelligence of the heart. ... connotes a simultaneous knowing and loving by means of imagining," James Hillman.

A Narrative Approach to Religious Calling: The Role of Dreams

Jeffrey R. Schweitzer (105)

This paper is a Master's Thesis in progress. In the first half of the presentation, we provide a summary review of Christian calling, Jung's Big Dream and its scholarly lineage, and archetypal psychology. In the second half, we discuss the merits of a narrative methodology and furnish our narrative analysis for one or two participants. At the conclusion, we will open up it up to the audience for questions and comments.

The Clown Archetype: Reflections on the Age-old Wisdom within the Fool's Humor

Deon van Zyl (124)

This lecture explores the essential dynamics of the clown as a universal symbol and character. An example will be given of how a clown image manifested through an experience of active imagination and spontaneous movement. The importance of the fool or sacred clown as the carrier of fundamental but often forgotten life principles and wisdom will be illustrated with DVD clips of performances and examples from cultures across the world. The role of humor in psychological maturity and healing will be highlighted through the clown symbol.

Roan **Symposium: Extraordinary Dreaming**

PSI *Barbara A. Derrick, Dale E. Graff, Jacquie Lewis, Christine Simmonds-Moore*

The Wisdom of the Dream Maker Within

Barbara A. Derrick(read by Dale Graff) (209)

In sleep, the dreamer may quiet the conscious mind and have access to what Edgar Cayce might call the Universal Wisdom. Edgar Cayce believed the dream depicts a human soul in evolution. Insights gained through dreaming can stretch and strengthen the dreamer and awaken a potential beyond the expectations of the conscious mind.

Learning from Precognitive Dreams

Dale E. Graff (165)

A study of dreams proven to be precognitive provides insight for identifying subsequent precognitive dreams. Precognitive dreams related to tragic events provided imagery suggestive of survival after physical death. Precognitive dreams reviewed are for personal situations that provided warnings, and for events published as headlines in newspapers up to a week ahead of the dreams. These news events include the Spaceship Columbia disaster, the TWA 800 explosion and the terrorist attacks in 2001. Recommendations are made for routinely experience precognitive dreams.

The Paranormal Dreams of One Exceptional Individual

Jacque Lewis (138)

Andy Paquette is a 45-year-old American artist living in the Netherlands who recorded his dreams for twenty years and recently wrote a book about them. Many of his dreams suggest paranormal ability, particularly precognition. A number of Andy's dreams will be examined, incorporating his dream journal passages and artwork, in an attempt to explain the nature of these dreams. We explore the variety of paranormal dream experiences Andy reports and investigate patterns that occur in his dreams.

The Relationship between Anomaly-Proneness and Dreaming: Sleep Interjection Theory and Beyond

Christine Simmonds-Moore (052)

All anomalous experiences can be understood from a sleep/ dreams perspective. Anomalous phenomena may be fundamentally associated with dreaming, but dreaming can also occur during the daytime via hypnagogic "sleep interjections." Recent work indicates that sleep deprivation or poor sleep may result in "dreaming" while awake (as compensatory daytime hypnagogic experiences) and may underpin diurnal hallucinatory experiences and subjective paranormal experiences. Dreaming may well be a necessary part of human conscious experience that may interject itself into waking if disallowed at night. Sleep interjections may also be particularly likely for the anomaly-prone personality type Positive Schizotypy.

Mitchell **Symposium: Dream Experience and Imagery**

AH *K.J. Bartnicki (chair), Jacob Empson, William Henry Price, and Massimo Schinco*

Representations of the Experience of Sleep in Literature and the Arts

Jacob Empson (047)

The results of a qualitative analysis of literary treatments of the experience of sleep will be presented, part of a larger project dealing with treatments of sleep and the night. Literary

material will be supported by artwork; the principal theme is the anticipation of the development of psychological ideas and theories in literature and the arts.

Dream Origins of Language, Pre-Verbal Meaning In World Art

William Henry Price (172)

This talk explores the dream origins of language as revealed by patterns in world arts. I relate specific dream narratives regarding encounters with living language forms, which are at the core of creation. We see how artisans obsessively employ these visionary designs. We look at the meanings in the pattern languages of early China, the Amazon, Africa, Tibet, the early Celts, and others. We see how the patterns are the mythic DNA of the people, essential to the life of the culture.

Dreams and Music: 10 Common Features Affecting Practices of Psychotherapy and Education

Massimo Schinco (036)

The aim of this paper is to show how music and dreams share common features, and to argue that thinking activities underlying both dreaming and music have vast areas of overlap. The acknowledgement that the boundaries between waking and sleeping activities of mind are flexible and without sharply cut interruptions accounts for a view of creativity as a general attitude of mind which has its basis in dreaming creativity. A particular form of creativity is "thinking music," seen here in the general frame of theories of wholeness and orders.

The Art of Daily Dream Recall

K.J. Bartnicki (263)

This is an introductory presentation for dreamers who wish to learn "The Art of Daily Dream Recall" and daily dream recording. It presents some of the reasons why dream recall and daily dream recording are valuable and important for the dreamer, and the author's "Four R's of Dream Recall: Reflect, Recall, Record, Review."

6:15 pm – 8:00 pm DINNER

The Pro's Table Restaurant offers a dinner menu from 5 pm until 9 pm daily. Mulligan's Bar and Grille is open from 4 pm until 1 am daily, offering full food service and drink specials. Walking and driving maps to local restaurants are available at the Registration/ Information Desk, as well as a list of downtown Asheville restaurants.

Magnolia **Dinner Dream Group: Creative Genius of the Night Mind**

Victoria Rabinowe (169)

Attendees will order and pay for their meals from the menu offered that evening.

8:00 pm – 9:30 pm KEYNOTE EVENT

Mitchell & Roan

8:00 pm **Music** *with Ted Jones*

8:15 pm **Keynote address: Dream Content, Waking States and Well-Being: Why Dreaming is Psychologically Meaningful [CE]**

Antonio Zadra (249)

Although contemporary dream research suggests dreaming is functionally significant, some argue that dreams are epiphenomenal to neurophysiological activity during REM sleep. This presentation reviews work indicating that dreams show systematic relationships to various dimensions of the dreamer's waking life. Particular attention will be given to studies highlighting robust relations between waking levels of well being and dream content, including with recurrent dreams and nightmares. These findings indicate that dreams can be conceptualized as simulations that enact life concerns and interests, including emotionally salient interpersonal preoccupations. In essence, science shows us that far from being a random creation or insignificant event, dream content is a unique and meaningful product of the human brain.

9:45 pm – 11:00 pm **EVENING EVENTS**

9:45 – 10:45 Film: The Dream Mystery – The Many Facets of Dream Interpretation

Pisgah

AH *Hezekiah Condron (186)*

The Dream Mystery is a documentary incorporating many ways of looking at and interpreting dreams. Interviews with Dr. Stanley Krippner, Robert Moss, Patricia Garfield, Rita Dwyer, Richard Wilkerson, Vicki Anderson, Beverley D'Urso and others during the 2009 IASD Conference address the question "What do you find profound and interesting about dreams?" The answers reflect the many faceted ways we see our nighttime experiences. The answers also showed what we have in common. The awe in the dream experience and the affirming of how much dreams can teach us shines in this film.

9:45 pm – 11:00 pm **Volunteers' Reception**

Hospitality Suite 220

In appreciation of your work for the conference, all volunteers are invited to a private reception in your honor in the Thomas Wolfe Hospitality Suite. Beverages and snacks are provided.

Thursday, July 1

6:30 am – 11:00 am Breakfast Buffet

Pro's Table

The Pro's Table Restaurant offers a \$10.95 breakfast buffet daily, which includes an omelet station and hot and cold items. A la carte service is also available.

8:00 am – 9:00 am MORNING DREAM GROUPS

See schedule for Monday, June 28 for descriptions and rooms.

9:00 am – 9:15 am Coffee Break

9:15 am – 10:45 pm MORNING SESSIONS

Mulligan's **Workshop: The Science of Mirrors**

DR *Mary Ziemer (044)*

This workshop analyzes dreams as mirroring surfaces that reflect a dreamer's psychological and spiritual state. Participants will experience how properties involved in mirroring such as mirror reflection, symmetry, and light relate to dream analysis and spiritual transformation. All participants are asked to bring a small mirror to the workshop.

Foxfire 1 **Workshop: The Art of Yoga Dreaming**

AH *Bethany Keen (174)*

This three-part experiential workshop is designed to create a new awareness in the dreamer of the power of the mind, body, and breath, and their connection to reaching deeper states of dreaming and dream body awareness. You will learn simple tools to open and rejuvenate the outer body, to cause conscious relaxation, conscious assimilation and therefore more wakefulness in the dream body. Participants will then either choose a dream to re-enter and gain deeper insight upon, or simply use the dream space to explore the Self, and will be lead into a yogic sleep. Sharing and discussion will follow.

Foxfire 2 **Workshop: Dream-Work: A Psychoanalytic Perspective [CE]**

DR *Suzanne Saldarini (058)*

More than one hundred years ago Sigmund Freud's pioneering work with dreams revealed a

hidden world of unconscious thoughts and wishes. Today his respectful, informed approach continues to shed light on anxiety dreams, connections between memory and dreams, and motives unseen in waking life. *Dream-Work: A Psychoanalytic Perspective* reviews key aspects of Freud's findings, method and technique. This workshop encourages study of one's own dreams and offers guidance for participants' use of dreams in clinical practice.

Pisgah **Symposium: Lucid Dreaming: Transcendence, Transformation, or Both?**

RSP [CE] *G. Scott Sparrow (155)*

Scott will present a series of lucid dreams in which the dreamer is leaning either toward transcendence/emancipation or engagement/incarnation, and show how the dream content balances for this inclination by pointing to the need for the other. He will illuminate this theme against the backdrop of age-old religious debates.

Dogwood **Symposium: Children's Dreams [CE]**

ED *Denyse Beaudet and Jean H. Orost*

Born From the Dream: Tracking Children's Dreaming from the Womb Forward

Denyse Beaudet (190)

Every infant born emerges as if from the dream, when one weighs evidence from scientists who have penetrated the realm of sleep over the last sixty years. From the appearance of sleep cycling in the womb to the first signs of dream awareness in the young child, and to the blossoming dream life of the older child, a child's capacity for experiencing the dream deepens. Dreams from two five-year-olds and their recurrence—one at age seven and one at age nine—observed in children's dream journals, illustrate processes in children over large spans of time.

Children's Dreams: Integrating the Theories of Piaget and Erikson with Jungian Dreamwork

Jean H. Orost (153) (30 min)

Using the dreams of children from the literature and private practice, the author explores ways in which developmental theories can enrich interpretation and clinical practice. Erikson's psychosocial stages and Piaget's cognitive and moral reasoning stages help in grasping the tasks in which the child is currently engaged, and add to meanings of the child's dreams. Also, childhood dreams recalled later can be better understood when reflecting on the adult's current stage of development in comparison to the stage of the remembered dreams.

Roan **Dreams as Extraordinary Experiences**

PSI *Stanley Krippner (225)*

Exceptional Human Experiences are life-changing illuminations, ecstasies, dreams, or "Eureka" insights. This presentation describes several exceptional human experiences that emerged from dreams, experiences that transformed groups of people including entire ethnic, institutional, or religious groups. Their occurrence in dreams is in accord with both evolutionary theory and chaos theory.

Mitchell **Symposium: Community Dreaming**

TH *Barbara Condron, Daniel Deslauriers, and Marsha Hudson*

Group Dreaming: Energetic Connections Forming Universal Mind

Barbara Condron (088)

Beginning with incubating peace through participation in a "Living Peaceably" event at the College of Metaphysics and culminating in logged dream activity, this presentation chronicles participants, their level of mental discipline, dream recall and interpretation revealing the energetic connections within Self and between people.

Dreams: A Source of Global Change

Marsha Hudson (071)

This paper states that because of the nature of dreamwork and how dreams bring projections into awareness, we can shift personal and communal consciousness by changing fears into understandings.

10:45 am – 11:00 am **Transition**

11:00 am – 1:00 pm **LATE MORNING SESSIONS**

Mulligan's **Workshop: Dream Theater**

AH *Diana McKendree (205)*

Dream Theater offers individuals the opportunity to experience a dream from a multi-dimensional perspective. A dreamer is invited to experience a number of characters within the dream, enabling new and creative understandings. The dreamer participates as actor and director, exploring the multitude of dynamics presented by the players. No experience is required.

Foxfire 1 **Workshop: The Right to Dream: Bringing Dreamwork to Underserved Populations**

TH *Linda Mastrangelo (086) and Megan Joseph (087)*

One of the most exciting movements in dream studies today is bringing this field to underserved populations including the homeless, elderly, disabled, children, and prisoners, for personal empowerment. In this workshop we share success stories, access guidance for your project or idea directly from your dreams, shape the language of your dreamwork to make it accessible to anyone, and create action steps to shape your dream project into a reality. Everyone is welcome, however this workshop is primarily intended for those working with underserved populations who want to integrate a dreamwork program, or have ideas for a dreamwork project with an underserved population.

Foxfire 2 **Workshop: Bringing the Dream to Life [CE]**

CL *George M. Leute (175)*

This workshop presents Gestalt Therapy orienting principles and compatible approaches to working with dreams. There will be an experiential demonstration of specific techniques for embodying dream images, dialoguing between them, and constructing a dream theater. Therapeutic considerations will be discussed.

Pisgah **Workshop: Shamanic Dreamwork**

CA *Mary Pat Lynch (127)*

This workshop explores shamanic approaches to dreams, including journeying into dreams for ourselves and others, connecting with dream allies, and healing work in dreams. Background information on shamanic traditions will be shared, but the emphasis will be on working directly with our dreams in shamanic ways. No experience with shamanic journeying is required.

Dogwood **Symposium:**

RSP *Laurel Clark (Chair), Daniel R. Condrón, Suzanne Wiltink, Constance Wolfe*

Beyond Edgar Cayce: Dream “Prescriptions” in Intuitive Health and Past Life Readings

Laurel Clark (027)

In the early 1900’s, psychic Edgar Cayce discovered he could obtain knowledge from an etheric source known as the Akashic Records while in a trance-like state. To this day, people study his readings. In the late 1960’s, the School of Metaphysics developed a method to obtain knowledge about Health and Past Lives from the same etheric source. The Intuitive Reports

sometimes recommend remembering and understanding dreams as a tool for greater health and wholeness. This presentation describes some of the intuitive “prescriptions” for using dreams for greater health, with specific examples that have universal applications.

Kundalini, Chakras, and Dreams

Daniel R. Condron (030)

The words kundalini, prana, and chakras are unknown or mysterious to some. However, more and more of the Western world is becoming aware of these Eastern concepts. This presentation will focus on the creative energy known as Kundalini, chakras or energy transformers of the body, and prana of life force and their influence on dreaming and dream content. Dr. Daniel Condron has experienced the kundalini, the chakras, and prana, and has studied and researched dreams for over 30 years.

The Dream Give-Away: Dream Sharing in a Shamanic Ritual

Suzanne Wiltink (072)

The presenter participated in a dream quest ritual, preceded by a give-away ritual. When asked to bring a precious personal object to be sacrificed to a fire, the presenter was guided by a dream in which a Buddhist teacher motivates her to participate and “give!” This leads her to give away her “dreams” by sacrificing her dream journal, and see the dream-like quality of life itself. Her personal vision of the nature of dreams, the practice of dream yoga in Bön Buddhism, and dream sharing will be discussed.

Using Astrology and Dreams as a Methodology for Psychospiritual Growth

Constance Wolfe (042)

This methodology for dream study uses the symbolism of astrological Jupiter Cycles as a guideline for timing of psychospiritual growth as evidenced in dream symbolism. It was developed through self-observation of critical life events that corresponded to 12-year Jupiter Cycles and the effect of Jupiter as it passed over key points in the birth chart before arriving back at its original birth position. These key points offer symbolic information for releasing blockages leading to growth potential at the cycle completion, also evidenced in dream symbolism. This is a valuable tool for timing and individualizing dream study.

Roan **Symposium: Culture, Community, and Dreams [CE]**

CA *Jeff Armano, David L. Kahn, Winifred K. Lum, and Misa Tsuruta*

Indigenous Dream Practices and Religious Attitudes

Jeff Armano (195)

This paper explores actual dream practices, such as dreaming for empowerment and dream sharing, in various tribes across North America and Australia. These practices are analyzed as a reflection of the particular religious and spiritual framework in which they occur, and connections between the practice and belief system are highlighted. Following this a discussion on why this study is relevant to Westerners today will be presented.

While the World Slept: Dreams of Rwandan Genocide Survivors

David L. Kahn (068)

This presentation reports on the dreams and experiences of Rwandan genocide survivors in the aftermath of the 1994 genocide. As this is a modern-day genocide, some of the testimonies come directly from modern day survivors, most of whom are still quite young. Books, articles and websites also contribute to the information included. This presentation features the story of my friend Rwema Jean Nepomuscene Sibomana, who was the sole survivor of his family. He survived being thrown into a pit and living on his own in the wilderness for one hundred days at the age of ten.

Dreaming in 2 Worlds and 2 Languages: Bicultural Self in Bilingual Dreams

Winifred K. Lum (033)

This paper discusses one of the main findings from a qualitative dissertation that explored the role language plays in bilingual dreams: the bicultural self. Eighteen American immigrants were interviewed and several of their dreams were found to be about conflicts specifically related to acculturation and cultural identity development. The bicultural self appeared to represent an aspect of the self that was more or less effective in dealing with this conflict. Several dreams will illustrate the role the bicultural self seems to play in these bilingual dreams, with implications for the dreamers' acculturation process and cultural identity.

Myoe: A Buddhist Dreamer

Misa Tsuruta (199)

Myōe Shnin (High Priest Myōe or Saint Myōe) was a prominent dreamer in medieval Japan. A dreamer and poet since his youth, he was a Buddhist priest who kept a dream journal for his lifetime. He wished not to have disciples, but attracted quite a few. This presentation introduces you to Japanese dreaming, his contemporary society and culture, his personality and life, and his dreams. Also, two individuals fascinated by his life, the late psychologist/Jungian analyst Hayao Kawai and the writer Masako Shirasu, will be featured.

Mitchell **Hot-off-the-Press – Research and Theory [CE]**

Assessing Dream Impactfulness, Session Depth and Dream Understanding in a Dream Group

Mark Blagrove (245) (Chair)

Each of 13 participants took part in a dream appreciation group session based on the Ullman method. The other permanent members of the group were three experimenters. Participants rated themselves as having obtained new understanding of the dreams in the group session, and gave a moderate rating of having obtained insight about themselves or about their life due to the session. However, due to a lack of control conditions, personal insight may have resulted from the discussion process rather than from any dream characteristics, and ratings of understanding of the dreams may have resulted from expectation and experimenter demands.

Association of Neurohormones Oxytocin and Cortisol with Sleep Stage and Dream Content

Mark Blagrove (246)

Oxytocin and cortisol are neurohormones, respectively associated with emotional attachment and stress. In this study 20 participants slept 2 nights each in the sleep lab and were woken from REM and stage 2 sleep, providing saliva samples for neurohormone levels and dream reports at each awakening. The study tested the hypotheses that a) oxytocin would be higher in REM sleep than stage 2 sleep, b) oxytocin would be higher during or following dreams with friendly characters compared to no characters or unfriendly characters, and c) cortisol would be higher during or following unpleasant dreams compared to pleasant dreams.

Research Articles in *Dreaming*: A Metastudy

Curtiss Hoffman (049)

This presentation examines the range of research articles in *Dreaming* over the past 20 years to try to determine whether there are any consistent trends. Articles are reviewed in terms of how explicit their description of the participant group was, the duration of the study, the number of quantitative tests, level of accuracy accepted, awareness of limitations of the study, and whether conclusions were blithely global or cautiously hedged. The ultimate aim of the study is the upgrading of research standards in our flagship publication.

Color Reported in Dreams over the 20th Century: A Content Analysis

Robert J. Hoss (262)

There has been speculation that color in dreams may have changed over time, based partly on observations of earlier studies which contained fewer color reports than more recent studies. Explanations have ranged from a change in research methodology, to attitudes about dreaming in color in the psychological community or culture at large, to media influences. A content analysis of color terms was performed on a database of 25,222 dreams spanning the early 1900's through the present. Based on the database samples, color patterns in dreams across the century appear to have remained relatively consistent.

Effects of Watching Films on Dreams of UAE University Students

Mohamed Omar Salem (241)

This research investigates the effect of watching films on the dream life of a sample of UAE university students, and whether there are any gender differences in such effects. This study was a descriptive cross-sectional epidemiological survey in the academic year 2008/2009, and the sample included 200 students, 100 males and 100 females. The study demonstrates that watching films has significant effects on many aspects of the viewer's dreams, including dream recall, and there was a significant gender difference in many aspects of these findings.

Comparing the Projective Method of Dream Interpretation between Italians and Canadians

Massimo Schinco (290) and Teresa L. DeCicco (243)

Dream interpretation techniques have been a key focus of research in the psychological literature (e.g. DeCicco, 2007; Hill, 2003). More recently, methods have been translated from English to other languages. For example, an Italian version of *The Storytelling Method* (DeCicco, 2006; DeCicco & Donati, 2008) has been tested in clinical practice (Decicco, Donati & Pini, 2009). The purpose of this work was to extend previous findings by testing a second dream interpretation method, The Projective Method, in an English speaking and an Italian-speaking sample (N=30).

1:00 – 2:30 Thursday Lunch

Overlook **Lunch Buffet** (by pre-reserved tickets only)

The buffet includes vegetarian/vegan options. If you did not arrange for the lunch package as part of your pre-registration, lunch tickets may be available for purchase on a **space available basis** at the Registration/ Information Desk. For those who do not wish to purchase a lunch ticket see the information desk for listings and maps to local restaurants. Note that times of the lunches vary each day.

Mulligan's **Regional Lunch: All Members with Regional Reps**

Jody Grundy (host)

Attendees will go through the buffet line to obtain their meals (requires a pre-purchased lunch ticket) and bring it into the Pro's Table area (go to registration desk if you do not have a ticket).

2:30 pm – 3:30 pm AFTERNOON SESSIONS

Dogwood **Presentation: Five Element Dreamwork (FED): Uncovering the Healing Power of Dreams**

CA *M. Lourdes Gonzalez (162)*

The Five Element system of Water, Wood, Fire, Earth and Metal originated in ancient China, and has been used as a healing modality for thousands of years. The Elements are a community of archetypes that illuminate the idea that everything in the universe is interconnected. One way the Elements manifest guidance is through dreams. Each element has a set of associations, which correspond to physical, emotional and spiritual levels. In 2006, Five Element dreamwork was revealed to the presenter in a dream. This presentation will illuminate the Elements, their associations and their application to dreamwork.

Pisgah **Presentation: Dreams at the End of Life: A Tool for the Great Crossing Over**

RSP *Monique Séguin (073) and Nicole Gratton (074)*

Various scenarios of dreams from people at the end stage of life are studied, from practical

experiences of listening to what can be heard in a milieu where the death is close is shared. This presentation will introduce dreams as a tool of communication, for dreamers and their families, with different scenarios used to help in current circumstances and later in the grieving process.

Roan **Symposium: Adolescent Dreams and the Classroom [CE]**

ED *Jan L. Hitchcock and Henry Reed*

Adolescent Dreaming: Critical Connections and Opportunities

Jan L. Hitchcock (223)

While much of the literature on dreaming by youth emphasizes infants and young children, this paper focuses on critical connections and opportunities presented by adolescents' dreaming for researchers, educators, and adolescents themselves. This integrative literature review builds on the writings from the past two decades on dreaming by children and adolescents, including by Bleanonu, Bulkeley, Catalano, Domhoff, Foulkes, Siegel, and White-Lewis, as well drawing on perspectives from more general literatures of developmental psychology, neuropsychology, and evolutionary psychology.

Dreamwork in the Classroom: An Empirical Approach

Henry Reed (056)

Teaching dreamwork in the classroom presents many challenges. Not only does it require the teaching of skills not normally associated with intellectual achievement, it also ventures into topics normally thought of as too personal to share, and raises questions about the boundary between self-exploration and psychotherapy. This presentation describes a decades-long program, involving special dream education technology, involving students in experimentation, observation, sharing, and the testing and application of dream insights. Examples will be given of specific pedagogical tools used in empirical dreamwork instruction.

Mitchell **Video event: 2 Dream Films: Dreams and the Lifecycle [CE]**

CL *Alan Siegel (292)*

Appointment with the Wise Old Dog: Dream Images in a Time of Crisis by David Blum

A moving documentary about dreams and facing death, this film illustrates how musical composer, David Blum explored his dreams through active imagination and painting to help him deal with the mortal threat of cancer. In so doing, he undergoes a profound transformation that prepared him for death.

Goodnight Moon and other Sleepy Time Tales

Multiple-award-winning HBO special that explores the world of children's dreams. Only children appear talking about their dreams with wit and wisdom beyond their years. Includes

narration by Billy Crystal and Susan Sarandon, and music by Aaron Neville, Tony Bennett and Lauryn Hill. Included are animated versions of classic children's books including *Goodnight Moon*, *Tar Beach* and *There is a Monster in my Closet*.

3:30 pm – 3:45 pm Transition

3:45 – 4:15 Interactive Performance: “Qareen” Dream Companion

Pilot Lana Nasser (291)

“Qareen” Dream companion: embodying animal spirit and reenacting the dreams of the community. Performance art and interactive experience.

4:15 pm – 7:00 pm DINNER

The Pro's Table Restaurant offers a dinner menu from 5 pm until 9 pm daily. Mulligan's Bar and Grille is open from 4 pm until 1 am daily, offering full food service and drink specials. Walking and driving maps to local restaurants are available at the Registration/ Information Desk, as well as a list of downtown Asheville restaurants.

Magnolia **Dinner Dream Group: Creative Genius of the Night Mind**

Victoria Rabinowe (169)

Attendees will order and pay for their meals from the menu offered that evening.

7:00 pm – Midnight Dream Ball and Costume Judging

Crowne Ballroom

The Dream Ball is a popular annual event held at the end of every conference for the past 25 years. It allows contestants to share dream-inspired imagery through costume, and honor a special dream with a brief, public description.

7:00 pm – 8:30 pm Costume Parade and Judging

Before the Ball: Write down your name, dream title, and theme category on the special ballots available in advance. At 7:00 pm, presenters will assemble in costume, in single file. Each presenter (or group) will hand a completed ballot to the judges, and then proceed to the microphone to share his or her dream with the audience. Individuals are limited to one minute. Groups are allowed up to one minute per member. The judges will announce the winners in each theme category at the Ball, during a break in the music.

8:30 pm – Midnight

Dream Ball

