

Abstracts of the 42th Annual Conference of the International Association for the Study of Dreams

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held virtually

Content

This supplement of the International Journal of Dream Research includes the abstracts of presenters who gave consent to the publishing. The abstracts are categorized into thematic groups and within the category sorted according to the last name of the first presenter. The keynotes and invited talks are sorted chronologically. Cities, countries are included only for the first author. A name register at the end is also provided.

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1. Keynotes/Invited Talks

Dreams as Healing Messages from the Divine

Fanny Brewster

Lansdowne, PA, United States of America

We sometimes use the word “nightmare” for dreams that scare us. I think of these dreams as mares of the night: horses that come riding into ego consciousness with powerful messages for creating transformative change in our lives. Now seems like such an opportune time to focus our attention on dreams that scare us—especially since there is so much scariness happening in our wake state lives. Let's return to the gentle holding of nightmare dreams with curiosity, seeing the potentialities for joy, not fear.

How Sleep Shapes Our Memories—and Our Dreams

Erin Wamsley

Greenville, SC, United States of America

Every night while we sleep, our brains reactivate recently formed memory networks. A part of the process of “memo-

ry consolidation”, reactivating memories not only stabilizes and strengthens them, but also connects new experiences with past knowledge, helping us to better understand the world and make future decisions. In this talk, Dr. Wamsley will review evidence that memory reactivation during sleep may influence the content of our dreams, helping to explain the bizarre and imaginative scenarios that we experience each night. Dreams, she will argue, offer a window into how the sleeping brain uses memory to build knowledge and plan for what's next.

The Source Code of Dreams and Signs: How to Understand the Importance of Symbolic Language in Night and Day

Kaya and Christiane Muller

Sainte-Agathe-des-Monts, QC, Canada

When we know Symbolic Language, we can understand what people normally call *incoherence* — through dreams or nightmares, intrusive thought, a young child's behavior, a person who has cognitive problems, or simply a word slip. We can understand dreams received during sleep, as well as signs, and even decode our life as if it was a dream. With applied Symbolic Language, our life becomes fascinating and profound.

Building a New Model of Dream Recall

Perrine Ruby

Bron Cedex, France

A better understanding of dream recall is tightly linked to a better understanding of dream function. In 2010, Guenolé & Nicolas proposed a model of the dreaming process with 3 steps: the experienced dream, the recalled dream and the reported dream. Thanks to the research results from the last 15 years, let's try to update and refine this model with new steps (i.e. the short term memory of the dream) and including the parameters (both psychological and neurophysiological) known to influence each of the proposed steps.

Lucid Dreaming for Trauma Treatment

Charlie Morley

London, United Kingdom

In this keynote talk, Charlie Morley will be discussing the remarkable results of two recent scientific studies that used lucid dreaming as a treatment for Post Traumatic Stress Disorder (PTSD).

The results of the studies were quite remarkable, with the average PTSD score dropping so far below the medical threshold that dozens of participants were actually no longer classified as having PTSD by the end of the one week study.

Both the pilot study and the randomized control follow up study were facilitated by Charlie and conducted by the Institute of Noetic Sciences.

As the lead scientist on the study, molecular biologist Dr Garret Yount said "These results are highly significant. Truly remarkable results."

Charlie has been working with military veterans, police forces and trauma survivors for almost 10 years, and in this talk he'll discuss the wider implications and challenges of using lucid dreaming and mindful sleep practices as a mental health intervention.

He will also discuss the initial refusal to publish from many journals, the eventual publication in the peer reviewed journal *Traumatology*, and his controversial TED talk on the subject that was blacklisted over disputed data. So, join us at this exciting talk to explore how lucid dreaming may well be one of the most promising interventions for trauma currently available.

Should Humans Dream of Electric Sheep?

Julia Mossbridge

Falls Church, VA, United States of America

Can our AI nightmares be turned into AI-assisted sweet dreams? Can we use AI-assisted dreaming and dreamwork to grow our understanding of ourselves and others? How might AI be entangled with the dreamworld, how might this backfire, and how can we turn this engagement toward the good? Dr. Mossbridge studies human potential in the context of cognitive neuroscience, and her team has recently developed a method of scoring precognitive dreams using an AI approach that seems to understand the dreams better than humans do. In this keynote talk, she will cover the fledgling field of AI-assisted dreaming and dreamwork, with a waking eye toward love, human potential, and thriving.

2. Morning Dream Groups

Digging for dream gold

Katherine Bell

Santa Cruz, CA, United States of America

Participants will experience four days of the Treasure Hunt approach to dream exploration, in which we look for supportive, beautiful, or connective moments in every dream, even nightmares. We will practice an attitude of optimistic curiosity and learn how to "deepen the dream," using non-interpretive Experiential Dreamwork approaches, trusting that dreaming is a beneficial subconscious process like breathing and digestion. Suitable for all, including clinicians looking to learn new techniques and individuals working with their own dreams.

I will explain the Treasure Hunt approach to dream exploration and provide a handout of top takeaways.

Each morning I will open with a short body-based meditation.

Attendees are then invited to speak a dream moment aloud each morning, letting the dreams work on them naturally with the enhancing elements of personal consciousness and shared experience.

In the last part of each meeting, I will work more deeply with one volunteer using non-interpretive techniques such as:

- Using breath to deepen dream feelings
- Identifying what is happening in the dream vs. the dreamer's assumptions
- Letting positive moments (Treasures) and helpful figures (Allies) bring support to difficult situations
- Encouraging the dreamer to notice what personal associations and memories come up for them: sharing these is optional
- Embodying the dream using members of the group to represent figures or objects in the dream

These techniques are based on the idea that the dream offers nothing but good for the dreamer, and they support my conviction that the dreamer is the ultimate authority on their own dream.

"Integrando sueños en español"

Jordi Borràs-García

Cardedeu, Barcelona, Spain

In this Dream Circle we will follow the theoretical framework of Dream Integration, as we work in mondesomnis, which proposes to explore dreams following three phases (Nocturnal Sea, Luminous Day, Transformational Seeding).

Participants in this workshop will be able to explore their dreams in Spanish using diverse techniques -both personal and group- that scrupulously preserve their authority over the dream. These different strategies will allow them to get in deep contact with their dreams, construct/discover their meaning and move effectively in the direction their inner images are indicating

Playing in Paradox: A Nondual Morning Dream Group

Lael Gold

Berkeley, California, United States of America

From a nondual perspective, our seemingly separate identities are mere make-believe. In the library of our minds and hearts, what should be filed under fiction is filed under nonfiction, and there our troubles begin. Dreams can disrupt this widespread, near universal delusion, if we let them. Trustworthy inner gurus, they can reinforce and provide direct experience of a paradoxical awareness imparted by traditions and teachers worldwide for millennia: Whereas fragmentary selfhood leaves us bereft, the empty stillness of Oneness fills us to overflowing. In "Playing in Paradox: A Nondual Morning Dream Group," our dreams will aid us in releasing the limiting story that we are other than Pure Being, Presence, Wholeness, call it what you will.

While always recognizing the dreamer as the decision-maker regarding the significance of the dream, we will play with the premise that not only self and other but also the dream state and the waking state are actually one. Experimenting with practices adapted from improvisational theater, embodied dreamwork, and the teachings of multiple nondual traditions, we will explore how all dreams, including the darkest of nightmares, can give rise to peaceful, luminous experience. Techniques to include: establishing a dream collective (in which ownership is shared—always with the dreamer's consent); collaboratively improvising a patchwork narrative made up of pieces of multiple dreamers' dreams; re-entering the dream imaginally to fully welcome all dream elements; and applying dreamwork protocols to waking experiences. The target audience for this group is beginning, intermediate, or advanced dreamers already on or curious about any nondual path.

Dream Circle

Athena Laz

Jupiter, FL, United States of America

Join our dream circle where we will utilize the ABC (Accept, Believe, Clarify) method of dream interpretation which is based off ancient Kabbalistic practices. We first accept that all the dream symbols and figures in the dream are valid. Then we move to see the dream in a benevolent manner unearthing the hidden richness layered in the dream messaging. Lastly, we move the dream by clarifying an action step in relation to the dream's wisdom. The action could be a proactive step or a more introspective one—you will be guided by your own dream solutions. Ultimately, you are the authority on your dream, and this warm and supportive community will help you to uncover the depth and meaning of your own dream wisdom. We will offer insights as a group and you will also have the opportunity to explore, share, and expand in this setting.

Lucid Dreaming Adventures

Xian Prem

Ashland, OR, United States of America

This approach results out of my personal years of dream exploration, being guided and visited by my teachers in my dreams, and conversations during last years' conferences about lucid dreaming and beyond. This is a beyond lucid dreams approach. I am bringing together Jude Currievan's research of the Cosmic Hologram with lucid dreaming and my research on transcendent states of consciousness, relating these to my inner experience of dreams that appear to be real.

In my own dreams, I have found myself in places of critical news, in school, or feeling highly guided for my waking life. I am offering you a lens of potential parallel reality, in which we might venture out in our astral bodies.

For the group approach, I am laying this out as an open platform to explore and discuss. What if your dream was a visit into a parallel reality? We will look at sample dreams from the group to explore questions along this line:

How does this type of dream affect your psyche?

What life changes have resulted from those types of dreams?

How does this affect your existence in your waking life?

How do dream time and waking time correlate with one another?

How does this affect your understanding of life, your sense of reality and your identity of who you are?

The dreamer is the ultimate authority of their dream. I am holding the vessel to open to a new horizon of existence. Group members can share their impact "as if it was my dream" to respond to a dreamer's dream report and reflections.

We will utilize some gentle stretching, toning or breath practices to re-center ourselves.

Conversations with Psyche: Creative DreamGroup Practices

Victoria Rabinowe

Santa Fe, NM, United States of America

Through an amalgamation of established, emerging and innovative embodiment dreamwork techniques, we will explore the physical, emotional and archetypal attributes of the dream images presented by participants. In an atmosphere of respectful inquiry and playful curiosity in which the dreamer is always the ultimate authority, dreamers will participate in creative conversations based on the communal richness of participants' collective wisdom, background, and training. IASD members are uniquely suited to engage multiple layers of dream interpretation with their vast collective knowledge of archetypal psychology, mythology, literature, history, religion, science, and shamanism. Together we will investigate the language of metaphor and symbolic thought while sharing our diverse backgrounds of cultures and ethnic traditions. Dreamers of all skill levels and backgrounds are welcome. Discussions will enrich the toolboxes of dreamwork techniques for psychotherapists, spiritual guidance counselors, educators and creatives, with a spe-

cial emphasis on dream group leadership training for those participants who are eager to bring dreamwork into their professional practices or to their communities. www.VictoriaDreams.com

Träume besser verstehen (Language: German)

Michael Schredl

Mannheim, Germany

This approach is based on the client-centered therapy developed by Carl Rogers. Interpretations in any form are discouraged because the interpretations reveal more about the interpreter than about 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.

Guided Dreaming for Stress Reduction and Problem Solving

Bei Linda Tang

North Vancouver, BC, Canada

Introduction: Dreaming consolidates memories and processes emotions. Dreams reflect waking life emotions and offer creative problem-solving insights. Waking and dreaming are interconnected aspects of a continuous conscious process that shape reality and identity. Created by Bei Linda Tang based on pandemic dreams of a shapeshifting octopus and ethical dreamwork, Guided Dreaming facilitates a waking dream experience designed to transform emotions and generate insights for solving waking life problems.

Description: I will invite participants to bring a problem and a helper or dream image into the Guided Dreaming experience. With breathwork and visualization, I will guide the group into a serene underwater dream while awake and meet my octopus dream friend to experience deep relaxation, tension and stress release and mental shapeshifting - an import skill for regulating emotions and navigate complex issues in daily life. Afterward, we will share our dreaming experiences to explore meanings, insights, and solutions. Each dreamer is the ultimate authority on the meaning of their dreams. Lastly, we will each enact a part of our dreams together and explore collective meanings for the community.

3. Workshops

Dream Exploration in the Digital Age: Integrating AI Tools for Dreamwork

Andrea Alboretti Colman

Pine Island, NY, United States of America

Dreamwork has long drawn from traditions—ranging from the psychoanalytic perspectives of Freud and Jung to indigenous shamanistic approaches and symbolic systems like tarot and astrology. As new technologies emerge, researchers and practitioners are exploring how AI can support and enhance these techniques, enabling deeper insights and greater accessibility.

This workshop demonstrates how AI-driven tools can streamline journaling, enrich interpretation, and spark creative exploration. Drawing from established dream research, participants will learn to engage AI as a non-intrusive companion rather than an authority. Emphasis remains on the dreamer's role as the ultimate interpreter of their own dream content. Attendees will be guided through techniques such as voice-to-text journaling (e.g., using apps like Just Press Record), AI-prompted inquiries into dream symbols, and the creation of personalized "dream characters" via Character AI that can help uncover layered meanings. While tarot, astrology, and numerology can provide prompts, these will be presented as complementary rather than definitive tools.

This session is interactive. After a brief introduction, attendees will directly engage with these technologies, provided they have pre-installed ChatGPT, Character AI, and their preferred voice transcription app on both a mobile device and a laptop. Participants will test prompts, create dream characters, and share insights, all while respecting IASD's confidentiality policies. The facilitator will address ethical considerations and highlight strategies for balancing AI-generated suggestions with human insight.

Dreaming in the Third Eye

Kiran Anumalasetty

Hyderabad, Telangana, India

In ancient Indian scriptures, the third eye is considered as a gateway to the inner world. It is also referred to as "Jnana Chakravyu", meaning the eye of wisdom.

Third eye awakening transforms the experience of our Dream world, it can add a new dimension to lucid dreaming, it improves dream call to a great extent.

"Dreaming in the Third Eye" is a method to reap the therapeutic benefits of dreams.

It involves following steps:

1. Bring the sustained gentle focus to the area in between eyebrows
2. Generate "Throat Friction" - A kind of wind sound made from Larynx
3. Bring the Dream into the Awareness

Join all the above three (having three points of awareness at the same time)

Reliving the Dream from the third eye

When the dream is re-lived/re-enacted from the Third Eye, there are many possibilities that open up. Dream world being fluid and free flowing can take us deeper either into Astral Lights or Astral Space or Vortices. The nature of the experience varies from dreamer to dreamer and from dream to dream. However, in the process of navigating the Astral lights or Space or Vortices one experiences a deep sense of relief, healing, lightness, calmness and centeredness.

A different kind of integration of dream happens at this level which is beyond the intellectual integration or understanding of the dream which usually leads to an experience of Wholeness, Oneness and Eternal Love.

Discovering linguistic sayings (idioms) in your dreams: messages from yourself to yourself

Richard Bargdill

Richmond, VA, United States of America

The presenter proposes that dreams are trying to communicate with us. Dreams can be intrapersonal messages. They are a message from ourselves to ourselves. They can be attempts at telling us to correct behavior that we have already committed. One way to decipher these messages is to compare our dreams to various famous sayings in our language. These sayings are called idioms: "You are going downhill fast" might be reflected in the common dream of going down a hill in a vehicle only to discover the car has no brakes.

The presenter claims that dreams can often put us in a situation where we have recently put another person. He calls this a karmic inversion—what we have done to others will be done to us in our dream. We experience the golden rule in reverse. One of the main conclusions of this book is that dreams can provide an individual with "extra" experience. We, generally, accept that we can learn from movies, books, plays, and musical plots. Dreams, then, are also opportunities to learn about who we are. Dreams are a school for your soul.

Ullman dream discussion with simultaneous painting of the dream

Julia Lockheart, and Mark Blagrove

Swansea College of Art, University of Wales Trinity Saint David, United Kingdom

The event is part of the DreamsID (Dreams Illustrated and Discussed) art/science collaboration. The event aims to elicit insights by the dreamer about their dream, empathy from the audience towards the dreamer, and to gift an artwork of the dream by which the dreamer can revisit the dream with friends and family. The theoretical background and history of the collaboration is detailed in our (2023) book *The Science and Art of Dreaming*. A gallery of artworks is at <https://DreamsID.com>.

Mark Blagrove, Julia Lockheart and the dream-sharer sit at the front of the room; a video camera (provided by us) points at the painting and art materials and is used to project the painting process onto a large screen or monitor. Af-

ter the event an enlarged print of the artwork is given to the dream-sharer.

In the workshop Mark Blagrove uses the Ullman Dream Appreciation method (Ullman, 1996) to discuss the attendee's dream. The stages of the technique are: recall and clarification of the dream; audience/group projections about the dream; dreamer describes their recent waking life; dream is read back; connections between dream and dreamer's waking life are suggested by the group. Julia Lockheart creates a painting of the dream onto pages taken (with publisher's permission) from Freud's (1900) *The Interpretation of Dreams*.

The IASD dreamwork ethics requirements are followed during the discussion and we affirm that the dreamer is the ultimate authority on any personal meaning of the dream.

References

- Blagrove, M. & Lockheart, J. (2023). *The Science and Art of Dreaming*. Routledge.
Ullman, M. (1996). *Appreciating Dreams: a Group Approach*. Sage Books.

Finding Your Purpose Through Lucid Dreaming

Nisha Burton, and Norma Burton

Ashland, OR, United States of America

Nisha and Norma Burton are an intergenerational, mother-daughter team combining ancient wisdom with modern innovation in the field of consciousness exploration. Together, they bridge traditional dreamwork practices with cutting-edge understanding of consciousness, technology, and personal development.

This immersive workshop introduces participants to advanced lucid dreaming techniques specifically designed for purpose mapping and life navigation. Drawing from both ancient traditions and contemporary research, attendees will learn how to transform their dream space into an active tool for discovering and clarifying their life's direction.

The workshop begins with foundational lucid dreaming principles before diving into specialized techniques for purpose-oriented dream exploration. Participants will learn:

- Advanced methods for achieving and maintaining lucidity with specific intent
- Techniques for asking direct questions about purpose within the dream state
- Ways to interpret and map dream symbols as they relate to life purpose
- Methods for carrying dream insights into waking life decision-making
- Integration practices for aligning dream wisdom with practical life choices

The experiential portion will guide participants through active dreamwork exercises, including:

- Purpose-focused dream incubation techniques
- Dream symbol mapping and interpretation
- Consciousness bridging practices between dream and waking states
- Practical applications for career, relationships, and personal growth decisions

Throughout the workshop, there will be opportunities for sharing experiences and insights, with careful guidance on distinguishing universal symbols from personal dream language. Special attention will be paid to how cultural back-

ground and individual experience influence dream symbolism and purpose interpretation.

The Alchemist's Dream: Transforming Consciousness through Yoga Nidra

Jennifer Closshey

Unravel the mysteries of modern dream research and ancient yogic wisdom in this "sleep of the yogi" session. Explore the unique dreamscapes accessible during yoga nidra – a guided voyage through the three states of consciousness: waking, dreaming, and deep sleep.

Like ancient yogis, we often live in a dream-like state, unaware of our true nature. Yoga nidra, more than just relaxation, facilitates a conscious journey between brainwave states, allowing for deeper dream understanding and revelations.

In this 90-minute session, participants will:

Delve into the history and techniques of yoga nidra.

Embark on a 45-minute guided yoga nidra session, navigating the depths of their own consciousness.

Engage in open discussion and sharing.

Dream Studies seek to understand the scope, role, and purpose of the human dream experience. Explore the dreamworld from a yogic state of pure awakening. This experiential workshop is for anyone seeking to deepen their understanding of dreams, explore altered states of consciousness, awaken to their inner wisdom, and embark on a transformative journey of self-discovery.

Step into the alchemist's dream. Transform your consciousness, one whispered insight at a time.

Solution Oriented Dream Decoding; Problem Solving While We Sleep

Layne Dalfen

Montreal, QC, Canada

This workshop is for all levels of working with dreams. Understanding a dream's meaning is exactly doing a puzzle. I call these attempts "Point of Entry". Using theories of Perls, Freud, Jung and Adler, I teach the method I developed, the goal of understanding a dream's meaning. Participants will learn how to discover what "Point of Entry" works best for a particular dream or dreamer. These include Feelings, Action, Symbols, Play on Words or Puns, Plot, and Repetition. The workshop begins with a short lecture. Once the current issue a dream is addressing is uncovered, solutions to the problem as may be presented in the dream become the focus of discussion. Often the dream discloses the solution to the problem quite directly. I will also look at polarities that present themselves and how we might benefit from noticing and working with them. My second goal is to help dreamers see the solutions our unconscious introduces before our conscious mind catches the message. In my eclectic approach to understanding dreams, I emphasize practical methodology and individually directed results over abstract theory. For example, I will ask the dreamer questions such as: What familiar stories, fables, movies, or characters come to your mind when you think about the story and people in this dream? What do you think these stories or characters

have to teach you about your current situation? We will then attempt to understand the dream of a volunteer from the group with the participants using Montague Ullman's "If this were my dream" format. The group will help define the layers of the dream using these different approaches, as the dreamer connects to each level of the dream. I will reserve 15-20 minutes at the end of the workshop to reexamine the process and answer questions or engage in discussion.

Dreaming Collective Consciousness

Harry de Bont

Ermelo, Netherlands

Dreams invite us into a mysterious realm where the deeply personal intertwines with the universal. In this 90-minute workshop, participants will explore the numinous qualities of dreams—moments of profound meaning and synchronistic connection that reveal the threads linking individual experiences to broader cultural and archetypal patterns. Guided by Harry de Bont, an experienced dream researcher and creator of the Anthropic Universe Theory (AUT), this session celebrates dreams as transformative tools for personal and collective growth.

The workshop begins with a 45-minute presentation outlining AUT's framework, emphasizing dreams as mirrors of both personal development and shared human narratives. Participants will then use intuitive, cloud-based AI tools to analyze their dreams, uncovering synchronistic patterns and numinous insights. As these individual discoveries are shared and integrated into a group exploration, participants will experience the awe—and vulnerability—of emergent meaning arising from the interplay of diverse perspectives.

This process challenges both participants and the workshop leader to surrender to unpredictability. Together, they will navigate the tension of relinquishing control while trusting in the group's ability to co-create meaning. This shared vulnerability mirrors the essence of dreamwork itself: stepping courageously into the unknown to uncover deeper truths.

The session concludes with group reflections and a Q&A, inspiring attendees to approach their waking and dreaming lives with deeper curiosity, connection, and respect for the profound mystery of human consciousness.

Dreams & Social Media: Creating Awareness and Community

Nicoline Douwes Isema, Christian Gerike, and Amina Mara

The Netherlands

Dreams have a growing interest on social media. Online we see some very active dream experts, some of them IASD members, who give enticing, factual and fun information. But more, we see misinformation and a flurry of this-could-mean-that interpretations. Despite the growing interest, the online discourse on dreams often lacks a scientific basis and ethical considerations. We see an information gap between what is known through dream research, and what the general public seems to understand about dreams.

As the IASD Social Networking Committee, we think it's time for a change. We think the conversation on social media about dreams can be elevated. We see a need for factual information, for ethical and fun debates. We think IASD can play a vital role here, creating dream awareness, and being place where dream enthusiasts can find a home through IASD membership. And we need your help.

In this presentation we share our experiences on social media, both within IASD and on our own channels. We exchange ideas, our successes and failures, and we want to hear from you! Your questions and experiences will form a collective brainstorm, hoping to inspire and uplift us all - to fill the internet with gorgeous posts about dreamwork.

Dream Temples: Reclaiming Ancient Dream Incubation in a Sacred Ceremony streamed from Avalon

Dasa Dulinova

Glastonbury, England, United Kingdom

Ancient Dream Incubation is "A practice in which a person performs a ritual act and then sleeps in a sacred place, with the deliberate intention of receiving a divine dream." (This is a classic definition of dream incubation by Juliette Harrison, senior lecturer at Birmingham University)

Dream Incubation has a long history. Most of the concrete evidence we have about dream incubation comes from archaeological finds at dedicated healing dream temples from Greek and Roman times. The rituals included gifts (gold or silver or cakes and honey), cleansing, setting healing intention, and invocation. There is plenty of evidence that the practice worked.

I incubated a powerful dream about IASD after I was asking about my soul path. The dream was my initiation to Dream work and there were all 4 elements present in that dream (water, earth, fire and air). I live, was trained and work as a Priestess in Glastonbury, UK (ancient Isle of Avalon) and performing Sacred Ceremony is one of the primary functions of a Priestess. Avalon called me through a portal of a dream. In another dream I got a call to combine the Dream and Priestess work to bring back Ancient Dream Incubation.

We will reclaim the Ancient Practice of Dream Incubation (adjusted to our times) in a Sacred Ceremony based on the renewed Avalonian tradition. Our spaces dedicated to sleep can be transformed into our own personal Dream Temples. We will invoke deities and the elements. Purification by waters via meditation will follow. We will then set intentions for dreaming. We will place offerings to please deities and close the ceremony with closing prayers.

Rescripting Revisited: Help from the dream as an agent of change in nightmare treatment

Leslie Ellis

Saltspring Island, BC, Canada

We will begin with a brief summary of current nightmare treatment, with a focus on methods that employ rescript-

ing. Both limitations and enhancements to current methods of rescripting will be briefly discussed, including why these methods can be poorly tolerated, and possible solutions.

In working clinically with nightmares, thoughtful preparation, resourcing and supportive embodied experiencing of the dream can lead to a natural rescripting process. As the dreamer becomes able to acknowledge and feel into the crux of the dream itself, it becomes a different dream, changing how the challenging dream emotions are held in the body. While this process involves some re-exposure to the original trauma fueling the nightmare, this is tempered by support that expands the dreamer's window of tolerance such that they are better able to turn toward and move through challenging emotions in the dream.

Examples from clinical practice will show how finding and embodying helpful elements from trauma-related nightmares can lead to profound shifts in the dreamer and the dream. A new ending naturally follows from such a shift that is not invention or wishful thinking, but represents how the dreamer now experiences the situation. It defuses the trauma and subsequent dreams reflect this.

Participants will be invited to experience the steps of embodied experiential nightmare treatment. You will be asked to invoke a dream that is not too challenging. We will re-enter the dream, experiment with finding a manageable vantage point, find and embody a supportive element from the dream, and then allow it to continue from this calmer, safer place. We will journal and then share these experiences in small groups and then reconvene for a discussion and question period. In all activities, the dreamer will have complete agency over the process and the dream.

YOU MUST BE DREAMIN for Recording Dreams with what Dr Garfield called "the most Vivid Recall"

G Nathan Feinstein, Lorraine Levy, and Stannley Krippner

At YouMustBeDreamin.com you will find the basis for our workshop: Dr. Garfield's brief instructions for her inspired dream-writing technique. Before the workshop, try writing down your dreams using it and/or make a template guided version (FREE, per the same website) and join the discussion of your experiences in the workshop. How did the approach work for you?

Patricia Garfield, PhD. (RIP) was one of the founders of IASD in 1983. She published her technique in 1974 in her best seller, "Creative Dreaming"—250,000 copies. She believed that if your eyes remain shut while awakening from dreams and writing about it, you will have "the most vivid recall" of dreams. Garfield describes how her fingers held her place on the page. If you tried it, did the template guide help? Did you have the sense of experiencing material from your subconscious? Did you receive any insights?

I met Dr. Garfield In 2014 at the IASD International Conference. We traded her latest book for my dream-writing hack with cut-out plastic guides on a clipboard. In 2016 at the IASD International Conference, we met again where I gave her the first workbook version of My Dream Guides. She invited us to visit her to collaborate. Sadly, instead, we lost touch. She had fallen. After a long recovery and illness, she passed away. Her wonderful technique should live on. Co-presenter Lorraine Levy, PhD. was the first professor

to use My Dream Guides Workbook for a college psychology class. Co-presenter Stanley Krippner, PhD., a noted dream researcher and an IASD Past President, began using The Dream Guides at the 2018 IASD Conference. After two nights of using it, he reported in my 2025 IASD workshop that it enabled him for the first time to write about dreams at length with eyes still closed from sleep. Dream Guides Workbooks will be available in the conference online bookstore.

A Safety Net To Catch God. Social dreaming session

Tony Hawkins, and Sofia Sanchez

London, United Kingdom

Structure of the session

Introduction: 10 minute introduction to social dreaming and aims of the session

Dreams, and associations sharing

50 minutes of participants, sharing, dreams and associations

Reflective conversation:

25 minutes, participants reflect on the previous sharing in social and wider, cosmic context

Closing five minutes in reflective conversation and reflect on themes that have come up in the sharing

The underlying view of this session is that the universe is five dimensional where the third and fourth dimensions are space and time, spacetime, one thing, inseparable. The fifth dimension is also inseparable from spacetime in that it is all of space-time, one thing, one all-embracing, interinfusing state. This seems impossible to resolve through physical science. The famous inaccessible Theory of Everything.

The trouble is infinite life is not as science would draw it but more like an infinity of emotions.

One way we can experience this is through dreaming, the interlinking of emotional infinity and physical infinity in prophetic and precognitive dreams and through social dreaming.

Social dreaming, like a radio telescope penetrating clouds, has the potential to pick up signals which we can learn to interpret. The ultimate state of social dreaming would be full five dimensional consciousness, touching all things in all time, which we are evolving to become and to create.

Towards this bring your dreams, any dream, none too small. Once everything was nothing too small to be and yet containing everything.

The Subjective Symbol Immersion Method of DreamWork

Velva Lee Heraty

St. Petersburg, FL, United States of America

The Subjective Symbol Immersion Method (SSIM) of DreamWork is a hands-on guide designed for dreamers of all levels. In this workshop we will first demonstrate the procedures and benefits for professional dream therapists including how to use and apply them for a more efficient way to use the 50 minute therapeutic hour. Secondly, for group

practice, either led or self-directed, participants will receive a list of the essential SIMM questions to the dreamer to use as the process unfolds. Thirdly, SSIM can be embraced by anyone willing to apply the simple and direct three steps anywhere and anytime with a list of self-directed questions. Our session will consist of a 30 minute or less presentation followed by a hands-on experiential workshop with hand-outs and guidelines, divided into smaller working groups if necessary. A generous Question and Answer time will follow. The presenter will remain 20 minutes after the session ends for more personal questions. For balance, clarity and purpose two ten minute breaks will occur. It is requested that all participants use non-electronic devices in this workshop.

Dreaming by the Numbers

Curtiss Hoffman

Ashland, MA, United States

Before the dream group movement became widespread, there was a prevailing sentiment among psychotherapists that those portions of the brain which process numbers and written texts were shut down during dream states. We now know that neither of these is true, and that dreamers can and often do recall both texts and numbers, even in non-lucid dreams. In some cases, the numbers reflect the dreamer's waking concerns, for example as prices or as clock times. However, in other cases, the numbers are highly symbolic. This may be true even when the numbers also relate to the dreamer's waking life. Numbers are among the most constant and fundamental archetypes, especially the numbers from 0 to 10.

During the didactic portion of this workshop (approximately 1/3 of the time) I will present several culturally derived systems for interpreting number symbolism, as suggestions of ways to work with the numbers in our dreams. Participants will then enter breakout rooms in small groups to work on their dreams which specifically contain numbers, which they are willing to share with the group. These groups will utilize the standard IASD approach to dreamwork fostered by Taylor, Ullman, and others. At the end of the session, the groups will return to the full assembly to share briefly what they have learned about numbers in dreams.

Person-Centered, Dream-Focused Method for Facilitating Clients' Self-Understanding of their Dreams

Jerry L. Jennings

Narberth, PA, United States of America

In publications spanning 38 years, Jennings has developed a neo-Rogerian person-centered approach to enable clients to explore and understand their own dreams. The approach is absolute in honoring the capacity of ordinary people to analyze, discern, and articulate the wisdom of their own dreams – and rejects the imposition of external interpretations from a therapist or authority. The method is explicitly atheoretical and disavows the application of theoretical concepts and constructs in favor of the naïve

conceptualizations of the dreamer. While this approach to dreams is Rogerian and client-centered, the method is radically dream-centered in that the therapist regards the dream itself as the client and gives primacy to the dream over discussion of waking life issues – at least for the duration of the dream analysis in the session. The method repeatedly urges the dreamer to stay with the dream experience (rather than digress into waking life issues) and letting the dream images express their perspective in their own imagic fashion.

A brief lecture will present the guiding principles of the person-centered dream-focused method, with emphasis on the importance of respecting the dream as a chronological Gestalt. Each dream image is informed by the preceding images and informs the subsequent ones, so it is crucial to explore the dream from beginning to middle to end. The presentation will describe facilitative techniques for enabling clients to stay immersed in their dream experience, while encouraging their description of the rich and vital details that are precisely crafted expressions of the personal meanings of the dream. Participants will view a 22-minute video demonstration of the principles and facilitative techniques in an actual dream analysis. They will engage in follow-up Q&A discussion and then have the opportunities to practice the techniques themselves using their own dreams and/or clinical case examples.

Leading Transformative and Effective Dream Groups

Justina Lasley

Charleston, SC, United States of America

This workshop is designed for both beginners and seasoned dreamers, offering a comprehensive framework rooted in Lasley's innovative DreamSynergy™ methodology.

Participants will delve into the step-by-step processes necessary for effective group leadership, supported by insights from Lasley's book, *Honoring the Dream: A Handbook for Dream Group Leaders*. Combining Jungian, Gestalt, Behavioral, and Psychoanalytic approaches with creative techniques, the workshop emphasizes the dreamer's autonomy while fostering group cohesion and safety.

Key focus areas include:

- Benefits of dream groups: Understanding their transformative potential.
- The role of leadership: Developing confidence and authenticity as a leader.
- Organizing your dream group: Structuring for success, from group composition to promotion.
- Developing group guidelines: Establishing boundaries and fostering trust.
- Creative methods of dreamwork: Engaging participants through innovative approaches.
- Group problem solving: Addressing challenges unique to dream groups.
- Creating a bond and safety: Building an environment of mutual respect and openness.
- Commitment to personal dreamwork: Ensuring the leader's growth enhances the group experience.
- Resources for leadership: Leveraging tools and strategies for continued development.

Interactive discussions and hands-on exercises will empower participants to design tailored templates for their own dream groups. With attention to individual challenges, this workshop ensures that each attendee leaves equipped with practical tools, enriched perspectives, and the confidence to lead. Join us to explore the profound impact of dreams and unlock the collective wisdom within groups.

Reawakening Dreaming through the Dream Game: Play, Collaborate, Transform

Ava Lindberg

Coventry, CT, United States of America

This workshop introduces the Dream Game, an innovative tool blending gamification with dream analysis to foster collaboration, creativity, and personal transformation. Grounded in Jungian theory and contemporary applications of gamification, the Dream Game encourages players to explore their unconscious through structured and spontaneous activities, point-based systems, and collaborative sharing.

Participants will engage with the game's three main stages: revisiting one or more past dreams, exploring its archetypal patterns, and unlocking the transformative insights of Smart Shock moments—surprising or disruptive elements within the dream. Points are awarded for dream analysis tasks, including categorizing dreams (e.g., Transformation, Conflict, Journey), identifying archetypes, and linking Smart Shock moments to real-life insights. Teams will collaborate in breakout rooms to craft narratives, draw symbolic connections, and solve dream-related challenges, fostering intimacy and shared discovery.

The workshop integrates interactive features like Jungian archetypes, new dream archetype cards, and Tarot, with optional Dream Quest Challenges to enhance engagement. Results from previous iterations of the Dream Game will be shared, including examples of collective patterns and transformative insights that emerged during gameplay. Participants will reconvene to calculate points, update the leaderboard, and discover how the psyche, dreaming, gamifying, and disruption work together to deepen consciousness through dream work.

Ethically, the workshop emphasizes that the dreamer is the ultimate authority on the meaning of their dreams.

Dream Psychotherapy© with Psyche and Eros: A workshop to improve your relationship with sleep

Marilyn D. Manzi

San Francisco, California, United States of America

This transformative workshop invites participants to explore trauma recovery through Dream Psychotherapy©, using mythological storytelling and mindful ritual to support growth. Inspired by the story of Psyche and Eros, this workshop offers a structured journey to rebuild trust, embrace pleasure, and cultivate a healthier relationship with sleep.

Participants will engage in curating a personal myth, letter-writing to Eros which will complement their created morning ritual, create a sleep ritual, and engage in a guided

meditation by the facilitator. Participants will also have an opportunity to share their work with other participants towards the end of the workshop. By integrating these tools, participants may enhance their sense of pleasure in dreams in the coming months, which may increase sleep quality, reduce long-term physiological pain, and improve psychological functioning.

Supplemented by a series of customizable resources, this workshop emphasizes personal progress, supporting individuals to reclaim trust, pleasure, and inner resilience with sleep. Whether you are healing from past trauma or seeking a deeper connection with your inner self, this workshop offers a compassionate space as your facilitator is a Dream Psychotherapist in private practice. She has worked with many women through trauma recovery utilizing the medicine of dreams.

“IASD recognizes the dreamer as the decision-maker”

Waking Dreaming and imagination games for supporting children

Sheona McEwan

Den Haag, Zuid-Holla, Netherlands

1. Introduce the concept of Sapphire® Imagery & waking dreaming.
Sapphire® Imagery and waking dreaming are techniques developed by Dr. Catherine Shainberg. It encourages us to access our dreaming subconscious self through quick guided imagery exercises. The exercises are designed to have a moment of change or “jolt” which can lead to insight and transformation. It allows us to look at what our inner vision tells us about how we view the world or what our resources are to problem solve. When working with our images we might journey with them, and this can lead to a correction or transformation.
2. Why Imagery and waking dreaming can be such an effective tool for children.
Children are innately creative, imaginative, and playful. Talking about their problems can be challenging because they find it difficult to articulate what is going on inside of them or because it can be very confronting. Through guided imagery, children can play with what their inner world shows them and find their own resources and solutions to their difficulties.
3. Sharing anecdotes of cases, we will explore some of the challenges children face.
4. Lead the group through 4 Sapphire Imagery exercises I have used with children.
 - * Shield of power
 - * Climbing the rainbow
 - * Animal Power
 - * The castle
5. Participants tell about the images and experiences accessing their dream field. We will look at what arises. If the images are challenging, they can be worked with and transformed. Participants own the meaning of their images throughout.
6. Show how the children from the case studies worked

with their images. The drawings will show us the transformative journey these children went through to dealing with their anxiety.

7. Wrap-up

Getting The Most out of Your Lucid Dreams - Learn to Reach any Goal While Lucid

pasQuale Ourtane-Krul

Amsterdam, Noord-Holl, Netherlands

Lucid dreaming can be used for many goals, yet merely becoming lucid isn't a guarantee you will be able to reach your set goal. In this workshop you will learn a proven method (GOLD) developed by the presenter, after years of intensive research, testing and finetuning. It enables you to reach any goal you have in a lucid dream.

The core of the method is “Set the right intent, and set your intent right”.

Participants will taken through the method step by step, with each step containing practice exercises. It will be a very interactive and practical and pragmatic session.

Bring your own desired goal! If you have something you always wanted to experience in a LD but haven't succeeded yet, this is the workshop for you!

You will learn:

Common challenges lucid dreamers face when having a set goal, how the GOLD method addresses those, how to apply the GOLD method for your own goal.

The workshop will NOT go into HOW to become lucid. Experience with lucid dreaming is required to attend.

Dream Journal Writing Techniques: Source of Insight and Creativity

Victoria Rabinowe

Santa Fe, NM, United States of America

Victoria Rabinowe, director of the DreamingArts Studio, presents a creative approach to Dream Writing that demonstrates how to work with dreams in an atmosphere of wonderment and curiosity with unanticipated discoveries and insights. Through carefully crafted workshop development, techniques that are both playful and profound will coax multiple layers of meanings out of the mysterious Materia Prima of dreams. Dreams have a vitality and creative spirit that reveal complex messages through metaphors, symbols, paradoxes, and shifting shapes. By switching creative functions that originate from different parts of the mind, nighttime codes will be decrypted through a variety of provocative writing prompts and dream re-entry methods. Away from standard left-brain strategies for dream analysis, thought-provoking, experiential methods for DreamWriting will be offered in which poetry and prose will burst with creative insights. Dreams are the muses that come in the night. The “DreamingArts” are not concerned with skill or technique but with fostering an impassioned, authentic voice - one that is genuinely alive, responsive and spontaneous filled with energy, courage and intimacy. Dreamers of all skill levels and backgrounds are welcome. In an atmosphere of respectful inquiry and playful curiosity in which the dreamer

is always the ultimate authority, dreamers will work on their own dreams. DreamWriting will expand, deepen and enrich the professional toolkit for psychotherapists, educators and spiritual guidance counselors; it will open up creative styles of dream inquiry for artists and writers; It will increase methodologies for current and future dream workshop leaders. www.VictoriaDreams.com

Ancestral Dreaming: Responding to the 6 Calls of our Ancestors.

Linda Yael Schiller

Watertown, MA, United States of America

This presentation will address the multiplicity of connections we can have with our ancestors in both sleeping and waking dream states. It will attend to our wise and well ancestors, those who come with gifts or blessings, as well as those who are still in pain and may be stuck in between and need our help to finish passing over, and those with whom we need to boundary and send along. It will explore the biological sides of bones and stem cells as memory sources, as well as the new research in epigenetics that demonstrates how events that happened to our ancestors can still be encoded within us as current events, and are frequently brought to light by dreams and nightmares. Remembrance is a theme, and this workshop will offer several experience exercises and guided imagery. This material is based on research in the fields of intergenerational trauma, epigenetics, and a the integrated mind/body/spiritual arenas of trauma treatment and healing. My next book, of a similar title will be available next fall through Llewellyn Publishers.

Dream Incubation Guest House

Bonnie Tarwater

Dallas, OR, United States of America

Dreamers will learn about a new Dream Incubation Guest House that is a part of a non-traditional church, counseling center, retreat center, and biodynamic farm, www.churchfourcommonhome.com in rural Oregon. This workshop begins with a brief history of dream incubation temples in the ancient world and some modern dream incubation practices. Exploring several ancient wisdom traditions and religious practices we will experience a guided dream incubation meditation, with lullabies, prayers and night time rituals. A short PowerPoint to share photos of the five-acre farm and surrounding areas as well as the art work of dreams and visions as well as the art studio in the How do you prepare for sleep and dreams? This workshop invites you to create your own dream incubation rituals.

Culturally Competent Dream Discussions in Counseling and Psychotherapy

Alwin E. Wagener, and J. Scott Young

Easton, PA, United States of America

This presentation introduces Dream Discussion Recommendations (DDR) and Culturally Responsive Dreamwork (CRD), which are designed to guide culturally competent dream discussions in counseling and psychotherapy. The need for these approaches arises from research indicating that clients often hold cultural, spiritual, or religious dream beliefs, while traditional dreamwork interventions are typically grounded in psychological frameworks that may conflict with clients' beliefs.

The session begins with an overview of the psychological and anthropological literature underscoring this need. Participants will then learn the DDRs, which provide nine recommendations for preparation, client belief assessment, dream discussions, treatment planning, and referrals. The DDRs are based on established competencies, including the Multicultural and Social Justice Counseling Competencies (MSJCC) and the Competencies for Addressing Spiritual and Religious Issues in Counseling (CASRIC).

The presentation then transitions to CRD, a flexible framework for culturally competent dreamwork. Unlike psychological dreamwork approaches, CRD does not assume a specific function or meaning for dreams, instead empowering clients to explore dreams based on their own beliefs. CRD's SAFE framework (Sharing, Appreciating, Finding the significance, and Editing) offers a structured yet adaptable model for dream discussions that aligns with clients' beliefs and session needs.

Through PowerPoint slides, examples, demonstrations, and hands-on exercises, participants will gain practical skills for applying DDRs and CRD in their work. The presentation concludes with a Q&A session, emphasizing that the ultimate authority on dream meaning lies with the dreamer. This session is particularly beneficial for dreamworkers and licensed therapists seeking to enhance their culturally competent practice.

Dreamafesting - The Secret to Allowing Your Nighttime Dreams to Manifest Your Daytime Desires

Kelly Sullivan Walden

In the Dreamafesting workshop, Kelly will:

- Draw the contrast between Man-i-festing, Woman-i-festing and Dreamafesting.
- Outline the Dreamafesting Basic tools:
 - o Dream Cocoon
 - o JET SET (Dreamwork Formula)
 - o Dream Activation
 - o Five Points of Light Meditation
- Facilitate group participation/breakout rooms.

Kelly will:

- Invite participants to identify a wish, desire or goal they'd like to achieve.
- Explore 4-Forces of Flight
- Invite participants to recall a high-power dream

- Work dream through JET SET:
 - o J-Just the Facts, Ma'am (Who, what, where, when of the dream?)
 - o E-Emotion/Energy (How does this dream make you feel?)
 - o T-Title/Subtitle (If this dream were a movie, what would it be called?)
 - o S-Stand out symbols (What 3-4 elements are the most curious, strange, disturbing or energizing?)
 - o E-Enlightenment (What is the deeper insight of this dream?)
 - o T-Tangible (What action will you take to honor the wisdom of the dream?)
- Paired-sharing in breakout rooms, 5 minutes each to have their dream and JETSET, and identify WORD, SYMBOL & ACTIVATION
- Reiterate Basic Tools:
 - o Dream Cocoon
 - o JET SET (Dreamwork Formula)
 - o Dream Activation
 - o Five Points of Light Meditation
- Q&A for deeper understanding of the material
- Wrap up, final questions

Using TLC to bask in feelings that arise while imagining a dream often either suggests new ways of looking at waking life situations or highlights emerging concepts. These techniques are easy to learn and to teach and can be used with a practitioner, a friend, a group, or alone while journaling or drawing.

Visual dream reports in psychotherapy: why and how?

Sophie Boudrias

Sherbrooke, QC, Canada

Many psychologists do not initiate dreamwork in therapy (Leonard & Dawson, 2018) and therapists who work with dreams make greater use of written or verbal dream reports. However, visual dream report has distinctive features which can add value to facilitate change in psychotherapy. This presentation first describes the rationale underlying the therapeutic use of visual dream reports, then proposes different ways of using it, as illustrated by clinical cases.

4. Clinical Topics

The Treasure Hunt: A Non-Interpretive Dream Exploration Technique

Katherine Bell

Santa Cruz, CA, United States of America

I will describe how to cultivate a Treasure Hunt mentality in dream exploration. Looking for good moments (Treasures) and helpful figures (Allies) increases enthusiasm for therapy, enhances dream recall, and accelerates personal development. This technique is suitable for clinicians and for people exploring dreams on their own or in groups.

The essence of the Treasure Hunt is looking for dream moments where the dreamer feels safe and loved or experiences peace or beauty. Even unpleasant dreams often contain glimpses of support and connection that can help the dreamer accept new insights that the dream is offering.

The core elements of the Treasure Hunt are represented by a repurposing of the familiar acronym "TLC" which in my formulation stands for Tenderness, Longing, and Curiosity. Tenderness brings the dreamer into deeper awareness of their feelings and helps counteract the paralyzing effects of shame and fear. Longing draws the dreamer forward into hope and optimism. Curiosity highlights the idea that the dream itself is in some way innately beneficial.

TLC is used with "Dream Basking" in which the dreamer imagines themselves in potent dream scenes, inviting in the feelings and memories that arise with acceptance and non-judgmental curiosity. When Dream Basking with more difficult dreams, the dreamer can imagine Treasures and Allies, either from other dream moments or from waking life, close by for support.

The Relevance of Fantasy to Dreams in the Individuation Process

Theresa Coimbra, and Stanley Krippner

Brasilia, DF, Brazil

Our symposium is based on Analytical Psychology. When the rational viewpoint prevails, feeling, intuition, the unconscious, the spiritual and all aspects of human expression that cannot be evaluated by rational thought are excluded. Carl Gustav Jung affirms that fantasy has its own value as a psychic function with roots in the conscious and unconscious, and the individual and collective. Because fantasy contains both opposites, it points toward our one-sidedness, enabling personal development. In Jung's words: "Fantasy it was and ever is which fashions the bridge between the irreconcilable claims of subject and object, introversion and extraversion. In fantasy alone both mechanisms are united."

Jung felt that dreams provide dreamers with frequent opportunities to access archetypal material in a way that would address both their everyday concerns and their individuation. Because archetypes are both symbolic and metaphorical in nature, they allow dreamers to tap into those universal themes that relate to their own processes. Examples include the hero's journey, the magical child, the caregiver, the bully, the charlatan, the outlaw, and the alchemical transformation. By making connections with the archetypes in the collective unconscious, dreamers can utilize a type of shorthand -- an image (symbols) or series of images (metaphors) that may be brief but deep in meaning. It is no wonder that Jung often sent his patients to the library to do mythological and historical research concerning the archetypes in their dreams.

“Everyone I Knew Died” ~ How a Parent’s Response to Nightmares Shapes a Child’s EQ

Barbara Condrón

St. Louis, MO, United States of America

Barbara Condrón learned about the power of fear to transform a dreamer’s consciousness when she woke in a nightmare at 6. Her mother offered love and comfort, then said Barbara’s “bad” dream wasn’t real.

Even so, Barbara knew her dream was real. It took 16 years for her to draw active dreamers who were also looking for answers. That began a 40+ year arc of teaching, global experiments, and eight IASD presentations on dream research in Emotions, Kundalini, Intuition, and the new Bardo.

A Global Lucid Dreaming Experiment (2009) involved 200 people from 36 countries tracking 1000 dreams over four months. “The Moon’s Effect on Dreams” identified four common dreams that people describe as nightmares bid us to exit fear through a 3-trial study of 212 dreamers reporting NO nightmares.

What is the impact of a parent’s reaction to a child’s dream? For Serenity, the 11 year old who dreamt that everyone she knew died, it meant the difference between hope and despair, clarity and confusion, truth and illusion.

In this presentation, Barbara illustrates how applying six questions to any dream can serve as a decoding method for Emotional Intelligence that can be used at any age. The Dreamer’s Compass takes the basic tenets of professional journalism and applies them to day dreams as well as night dreams.

This practice transforms every dream into a self-generated intuitive report relating the mental, emotional, physical and spiritual awareness of the dreamer. The depth of insight this can provide a parent is unparalleled.

Barbara uses Serenity’s dream to illustrate how The Dreamer’s Compass is employed to navigate a dream for optimal Self awareness. Through making the unconscious, conscious, emotional reaction loops in the brain can be disconnected, and new neurological connections made for wholistic health at any point in our lives.

What if Hypnosis could Provide an Answer?

Frederic Delforge

Uccle, Bruxelles, Belgium

In this talk, I’ll introduce a new technique, a completely new way of looking at dreams.

First, we’ll learn a little about its history.

About six years ago, I discovered a new form of hypnosis which I called “Body-Mind Resolution”. This hypnosis was so different from what I had known before that I looked for where it could be most effective. Indeed, I was convinced that the specificities of this form of being could make it possible to achieve something very special. Among the many tests I carried out, I turned my attention to dreams.

I said to myself: “What if I were to test this new tool on one of my dreams?”

To my surprise, something very special happened: I thought as if I were in the dream... and realized that these thoughts were far removed from what I had previously

planned. This discovery was a turning point in my perception of dreams.

In the second part of the presentation, we’ll see how this technique could in some way reshape some basic principles about how we see dreams, and how and why the unconscious creates them.

The presentation will be punctuated by various concrete examples.

Dreams and Heart-Knowing: Intersubjective and Transsubjective exploration

Daniel Deslauriers

Honolulu, HI, United States of America

Dream can disclose complex relational topographies, that its, the interwoven landscape of relationships that give texture to our lives. They can fuse memories of different eras in our life with current existential and relational issues. This talk is situated at the boundary of Intersubjective psychology, Enactive philosophy and Transpersonal psychology. Using a dream example, it examines how somatic relational-knowing can inform the dream meaning-making process. Leveraging the central theme of the shared dream, we explore the question: what informs the experience of heart knowing? How can it inform the relational field within and beyond the roles of father and son for example? In the talk, we distinguish three dimensions of intersubjectivity in dreams: respectively geared towards either poles of the relational dyad: ‘me’ and ‘you’, and the relational center located in between, i.e., “us”. Then we introduce the notion of transsubjectivity as an incipient, yet patterning, knowing field, that transcends the relational field.

Dreaming of a Journey to the Underworld: A Psychoanalytic Perspective

Dan Gilhooley

Bellport, NY, United States of America

This big archetypal dream contains several meanings about the nature of life: afterlife, healing and rebirth, death and the rehearsal of death, the hero, encounter with God and spiritual transformation. This dream appears in response to the urgent needs of me and my psychoanalytic patient whose wife is dying of cancer. How could a dream of such complexity and profundity occur at this moment? Such a big dream calls for an inventive interpretation. Indeed, this dream may serve as a prototype of the dreaming mind as a transpersonal field.

The dream is discussed within the theories of psychologists Gustav Fechner and William James, and psychoanalysts Carl Jung and Wilfred Bion. Fechner proposed that human memory survives material death and is preserved in a “cosmic reservoir of memory” which permeates our unconscious mind. Jung proposed a similar concept, a collective unconscious filled with archetypes, patterns of redundant memories which assume a mind-organizing function. Rejecting the materialist assumption that brain produces mind, James’ transmission theory of mind proposed this “mind stuff floating in the world” is a quality of nature received by

our brains like light is received by our eyes. In James' model, consciousness acts as a filter allowing only a small fraction of this nonlocal mind to enter awareness. When asleep, however, in an altered state of consciousness, this nonlocal mind seeps into our dreams.

Fechner, Jung, and Bion conceive of God as the culmination of this reservoir of human experience. God is the ultimate archetype. Bion calls this God-in-the-mind "O," and suggests that O is the creator of our dreams. Following Bion, the author considers his dream to be a mystical confrontation with O leading to the spiritual transformation of he and his patient.

Prognosis and the psyche: dream analysis in ancient medicine

Stephanie Holton

Newcastle Upon Tyne, England, United Kingdom

Introduction: What use were dreams to the ancient Hippocratic physician? This talk explores the ancient medical treatise *On Regimen* – the first extant Ancient Greek dream book – and its emphasis on the prognostic potential of dream interpretation through proper dialogue between the physician and the psyche (soul). It is based on ongoing research first published in Holton's 2022 book *Sleep and Dreams in Early Greek Thought: Presocratic and Hippocratic Approaches*.

Description: In his own work on dream divination, Aristotle endorses the predictive interpretation of dream signs by those accomplished in medicine (τῶν ἰατρῶν οἱ χαρίεντες). But why was this particular group highlighted? This talk outlines some of the ways in which traditional oneiromantic ideas had already been transformed by Aristotle's time as part of the Hippocratic physician's practical and theoretical toolkit, with a specific focus on the late 5th century/early 4th century BC work *On Regimen*. It highlights the innovative theories presented within the work, including the capacity of the soul for perceiving and communicating both physiological and psychological disorder within the bodily space through the medium of dreams, and the subsequent prognostic benefit of correct dream interpretation by a properly-trained physician.

Healing through our dreams

Athena Thymiakos Hurd

Watsonville, CA, United States of America

Grief has a way of holding us captive, binding us and blocking us from healing loss. At 21, my boyfriend, Manny, died in a tragic and sudden way. For 25 years, I carried the weight of that pain, searching for answers, for connection, for healing. The trauma of his loss lingered, shaping my life in ways I couldn't understand.

Then, in September 2024, I had a dream that changed everything. Manny was in my dream, happy to see me, giddy and laughing. We were at his home, and I noticed several photos of me. One photo showed me singing, and as I looked at it, it transformed into a video. He smiled at me with pride and said, "You sound so beautiful." I woke up

overwhelmed with love and gratitude, feeling his presence clearly for the first time in years.

Just days later, I was invited to a yoga class—kirtan yoga, though I didn't know exactly what to expect, I was not preparedness for chanting, and certainly not singing in front of others. But the universe had a plan.

As the leader asked for volunteers to sing solo, I felt my heart race. And then he called on me, the woman against the wall. I thought of Manny and that dream, and with tears streaming down my face, I sang. For the first time in 25 years, I felt love, and deeply connected to him.

In that moment, I knew the dream wasn't just a dream—it was a message, a gift. Through dream, I found a part of myself I thought was lost forever. I found healing. I found connection. And I found the strength to help others with my experience.

How Dream Work Saved Me in Health Crisis

Daniel Kolen

Chicago, IL, United States of America

Description of the Content: To answer the question, "why do dream work?" Kolen's presentation will dive into a dramatic and compelling first hand account of how his dreams saved him from a series of life-threatening situations in 2023-24. His conversations with dream figures, humans who have sensed passed, humans in body, divine beings, and overall dream experiences lead him to make major decisions that ended up saving his life.

In his sleep, he learned new things, things his waking mind didn't know when he went to bed. This knowledge has transformed both his worldview and how he handled his healing journey. What he learned in his sleep changed the course of his life forever.

The dream stories will discuss his spontaneous journey into lucid dreaming, dream yoga, and out of body experiences. These stories will be grounded in the lessons the otherworldly encounters in his sleep taught him and how they influenced his decisions. He will also dive into the techniques and sleep science behind what may have helped cause the hyper lucidity -- specifically covering the role of sleep paralysis, hypnagogic, and hypnopompic sleep states in this awakening.

Weaving Meaning in the Web of Dreams

Elizabeth Leuenberger

Erlenbach, Switzerland

Guided by Jungian analysis and archetypal processes and incorporating various methods including dream journaling, amplification of symbols, and the techniques of active imagination and embodied dreamwork, I spotlight part of my personal practice of self-discovery through expanded dialogue with dream images. Exploring a series of increasingly intense spider dreams and synchronicities triggered by a real-life spider bite, drawing on insights from the likes of Carl Jung, Ernest Hartmann, Steven Aizenstat and cross-cultural spider stories and mythologies—such as Native American Spider Woman, the African trickster Anansi and Charlotte's

Web—the spider emerges as a nurturing symbol representing creativity, voice, feminine maturity and wisdom, and the repressed, unconscious feminine “witch” shadow.

I will show how working with the dream experiences revealed repressed emotions, blocked energy centers, and stifled self-expression linked to the throat chakra; and how acknowledging the spider’s presence as a visitor rather than a threat transformed my relationship with it and the archetypal energies the spider activated. The spider’s persistent appearances, initially unsettling, become a catalyst for healing, personal empowerment, and integrating previously unrecognized aspects of the psyche in a process of feminine redemption. Through embracing the spider’s message I could alleviate somatic symptoms, develop confidence and find a more assertive, authentic “voice.” By confronting the spider as shadow in dreams in midlife and embracing the psychological maturity and wholeness she represents while embodying her creative force and shedding outdated patterns, I began to weave a more fulfilling inner tapestry.

From Trauma to Empowerment: Mapping Dream Transformation in Complex Trauma Recovery

Jesse Lyon

Winter Park, FL, United States of America

Introduction:

Grounded in a psychodynamic theoretical framework and informed by Jungian principles, this presentation explores a proprietary, trauma-focused clinical model developed through a decade of working with clients who have dissociative disorders and complex trauma. Drawing on patterns observed in clients’ dream content, the model aligns with the trauma recovery process, illustrating how nightmares transform from literal trauma “rehearsals” to metaphoric expressions of growth and empowerment.

Description of Content:

The presentation identifies four distinct stages of dream content that emerge as clients move through recovery. Initially, “Trauma Rehearsal” nightmares replay the traumatic event literally. As healing progresses, dreams transition into “Symbolic Nightmares,” carrying metaphorical representations of unresolved emotions. Subsequently, “Symbolic Growth” dreams introduce empowering imagery and metaphor that signal internal resolution. Finally, “Growth Rehearsal” dreams present literal scenarios in which clients practice new, healthier beliefs. These evolving dream patterns mirror four recovery steps within the clinical model: (1) Story—acknowledging the trauma, (2) Emotions—fully experiencing the associated feelings, (3) Core Lie—uncovering erroneous internalized beliefs, and (4) Replacement Belief—establishing integrative, healing narratives.

A visual model will be presented, plotting recovery stages (X-axis) against a continuum from metaphorical to literal dreams (Y-axis). This bell curve narrative overlays onto Jung’s map of the psyche, illustrating a movement from conscious dissonance into subconscious processing, and back into conscious, integrative awareness.

Integrating Dreamwork and Psychedelic Assisted Psychotherapy

Rubin Naiman

The current renaissance of research in psychedelics has generated significant interest in psychedelic assisted psychotherapy for depression, PTSD, addictions, chronic pain, and more.

Based on this author’s training as well as extensive clinical and personal experience with both psychedelics and dreamwork, this presentation proposes an emerging model of psychedelics as ‘super oneirogens’. It proposes using dreamwork to conceptualize and structure the preparation, implementation and follow up for psychedelic assisted therapy.

Significant parallels between dreaming and psychedelic experiences have long been acknowledged, though not adequately investigated. There are, in fact, striking neurophysiological and psychospiritual analogues between psychedelics and REM/dreaming. For example, both are associated with 1) the activation of neurogenesis, 2) a dampening of executive function, 3) modulation of the default mode network, 4) the facilitation of creativity, 5) ego transcendence and ensuing mystical experiences, and 6) the down regulation of negative emotion.

These parallels provide a basis for reconceptualizing psychedelic journeys as dream-like experiences, which can enhance face validity and potentially reduce anxiety for first time users.

Dreamwork offers a range of established procedures that can help guide users through psychedelic assisted therapies, including approaches to preparation, active journeying, and follow up. Additionally, dreamwork offers strategies for managing challenging journeys or “bad trips” using shadow work. Waking dream practices can further provide a valuable structure for microdosing. And lastly, established dream sharing practices provide frameworks for social support to further integration.

Dreamwork can help enhance psychedelic assisted therapy and psychedelics can potentially help us increase interest in healthy dreaming.

The Extraordinary Position of the Dream and Why Dreamwork Matters Today

Gudrun Opitz

New York, NY, United States of America

While Freud saw dreams as the “royal road to the unconscious,” depth psychotherapies have reduced their focus on them. While in the past the decrease was due to theoretical shifts towards conscious adaptation (ego psychology), today’s lack of conviction about the importance of dreamwork has to do with a lack of knowledge about how it can help with patients’ desired clinical outcomes, as well as the inherent difficulties dreamwork presents for clinicians. Dreamwork requires a high tolerance for ambiguity, openness to discussing any topic possible with serious considerations, and conviction that the contents of patients’ dream lives are worthy of attention.

Other problems related to the decreased emphasis on dreams, particularly in psychoanalysis, include confusion

about neutrality. Some mistake neutrality for not having a solidified understanding of what “the good life “ entails. This confusion prevents clinicians from seeing how the process of dreamwork helps develop the character traits that allow one to experience “the good life” regardless of one’s life situation.

Another issue that can confuse clinicians is a concern that showing interest in dreams and prioritizing them is not technically neutral. We should not let our concern about a dynamic process unfolding such as pleasing behaviors or rebelling in reaction to the therapists demonstrated interest in dreams because these dynamics will make themselves apparent in a dream or other behavior so it can be understood and analyzed. We should not pretend to not know what we know once we know it. Anyone who has worked sufficiently with dreams knows how fruitful it can be when the analyst is open to discussing the dream narrative and images in all areas of the patient’s life including the treatment relationship.

Dreams Re-Write the Script to heal Trauma: Perspectives on the healing power of dreams

Sherry Puricelli, and Tzivia Gover

Alpharetta, GA, United States of America

In this panel we’ll cover complex PTSD, images, archetypes, emotional narratives, the role of recurring dreams, animal dreams and more.

We will also engage with the healing power of narrative, and long-term journaling.

The presentations will include:

Presentation 1:

Dreams Re-Write the Script to heal Trauma

Sherry Puricelli

This presentation shares my personal journey of healing from cPTSD through dreams. By following the vivid images, archetypes, and emotional narratives presented in my dreams, I rewrote the script of my trauma. The session explores how dreams guide the healing process, offering transformative pathways for recovery.

Presentation 2:

There is no “No Bite”: How recurring dog dreams and nightmares helped heal trauma and anxiety

Tzivia Gover

In this presentation I’ll share a series of recurring dog dreams that helped me identify the source of fears and worry from waking life, as well as to track my healing progress. Over the decades, dream dogs became this dreamer’s loyal friend and protector. This experience also highlights the benefits of long-term journaling in the process of healing and self-growth, as well as the significance of animal dreams as helping dreams.

Psychoanalytic processes, transference dreams and countertransference

Misa Tsuruta

Tokyo, Japan

A Japanese woman, who lived in the Oceania, started her therapy with me while she was a graduate student. First, she sounded active and sociable, however, gradually it was revealed that her socialization had a quality of compulsion and she had great difficulty in intimacy.

She graduated, got a job, and had a few relationships where she felt she was used. In a particular relationship she felt she was used as a sexual object, she knew she had to get out but needed an enormous amount of efforts in order to sever the relationship. Afterwards, her friend introduced her a man, who became her partner for the coming several years. This, however, revealed one of her biggest vulnerabilities: sexuality. This had been talked about under the rubric of her general aversion to men, including her father. Simultaneously, she started to have a myriad of medical problems, including Covid infections, psoriasis, fibroids, urinary problems, and meningitis.

And perhaps precipitated by her younger sister’s marriage and parenthood, she started to crave for a baby. She didn’t even like her partner touching her shoulder lightly when he passed besides her. Sexual intercourses could be endured with a lot of aversion. Once we decided to discuss her sexuality, but those narratives disappeared after a couple of sessions. It was in this context and her transference dreams, sexual in nature, were dreamed and brought up. Because of their powerful, violent nature, they brought up strong countertransference in me.

Formerly, the patient did not bring in a lot of dreams. It seemed that she had trivialized them as not so valuable or even unrelated. Some time after the above dreams, she became more productive in terms of sharing dreams more regularly. It seemed that her dreaming self had emerged through the therapeutic processes.

A New Technique for Using Dreams to Heal Difficult Emotions

Robert Waggoner

Ames, IA, United States of America

You can use a simple technique that I call Dream-Resolution to resolve issues and complex emotions in the inner reality of dreams. Dream-Resolution has lead some to real transformations within themselves and the outer situation, even though it all occurs at an inner level. This idea came to me as I read Jane Roberts’ Seth material.

Please note: 1) You do not need to recall your dreams in Dream-Resolution,

And 2) If you do recall your dreams in this process, then do not ‘act’ on them in waking reality, since Dream-Resolution occurs at inner levels. For example, if you dream that you attack someone, then please do not do this.

Here’s the Dream-Resolution process:

- 1) Write down an issue or emotion that seeks resolution.
- 2) Clarify the ‘essence’ of the issue or emotion.

- 3) Now, you will need to create the Dream-Resolution incubation statement, "Tonight in my dreams, I will.... (insert your intent 'to resolve' or 'to express' here, followed by) in such a way that no one is harmed, and in everyone's best interest."

For example your statement of the issue may read, like this:

"Tonight in my dreams, I will allow myself to fully express my true feelings, in such a way that no one is harmed, and in everyone's best interest."

- 4) Before sleep, read your Dream-Resolution suggestion three times. Make it the focus for that night.
- 5) In the morning, notice if you feel different.
- 6) Make this same Dream-Resolution intent each night for one month.

Resolving things frees up 'energy' in your life which you can use for creativity, joy, other relationships and more. Many discover that during the days or weeks afterwards, something amazing happens which validates that the dream therapy worked.

Innovative Self-Analytic Dream Analysis

Reuven Wallack

Winston Salem, NC, United States of America

This presentation will describe a new robust self-analytic technique discovered by the author. Rather than dream interpretation which the author finds difficult in his self-analysis, he describes a method that produces what he calls a 'dominant image.' How it works is that while on the couch, he lets his mind go free and typically within the first five or ten minutes, he sees that an image returns to consciousness more than any other image. He denotes this as the 'dominant image.' Then just like in classic Freudian dream interpretation whereby one takes each element of a dream and free-associates upon it eventually producing a cohesive latent meaning, our method of 'dominant image' analysis utilizes the same strategy upon each of its elements. In the end, it is akin to a mini-dream which packs a powerful punch and a high dose of analytic insight.

5. Religion/Spiritual/Culture/Arts

Sweet Welcome - An Irish Dream Adventure

Sheila Asato

St. Louis Park, MN, United States of America

In this presentation, Sheila will share the most recent leg of her journey as a dream artist and the art she has created along the way. It begins with the story of two mysterious words, Fáilte milis ("Sweet welcome"), that appeared as text in her dreams in an unfamiliar language. This moment marked the start of a transformative series of genealogical discoveries, ancestral healing, and creative growth, resulting in new art.

Using images of her work, storytelling, and a smattering of Gaeilge, Sheila will demonstrate how dreams can serve

as profound guides, weaving together personal growth, creative expression, and ancestral wisdom. She will share vivid examples of art inspired by this process and reflect on how dreams forge meaningful connections to language, culture, and our ancestors.

The Art of the Dream - Multiple approaches to using art to express the experience of dreams.

Walter Berry, Julia Lockheart, and Deirdre Barrett

Los Angeles, CA, United States of America

Dreams primarily start in a visual form. What happens when an artist taps into that primary source and creates art from it?

Walter Berry will show multiple examples of dream drawings where unexpected things appeared on the paper as people sketched their dreams. He will take us through the discovery process when the dreamers discover they have drawn things they didn't realize, intend, or understand. This will be a visual cornucopia of delightful art dredged from the deep unconscious. He will also share and discuss his creation of illustrations of a dream entitled "Sex with Hitler" for his upcoming book.

In part two of the panel, Julia Lockheart will show examples of recent paintings accompanied by the dream narratives, and reflective feedback given by the dreamers some months after the sessions. She will also show the concrete poems as letterpress outcomes which have developed from the found poems taken from the underlying text used in the process, Freud's (1900) seminal text on dream analysis, *The Interpretation of Dreams*. This will be used to explore the process and outcomes of her work.

In part three, Deirdre Barrett will show examples of her early photocollages and more recent digital dream paintings. She will discuss how she represents nocturnal visuals in this surreal art that can be interpreted by the observer in countless ways through their own unconscious associations. She will briefly discuss her experiments with training AI on her own style and offering it text-prompts from her dreams.

Review of exhibition Le temps d'un rêve / Time for a dream, at Musée des Confluences, Lyon, France

Perrine Ruby, Julia Lockheart and Mark Blagrove

Bron Cedex, France

One of the largest and most comprehensive exhibitions on dreaming, if not the largest ever, is currently being held at the massive Musée des Confluences in Lyon, France. The museum hosts major permanent and temporary exhibitions that span science, anthropology and art. The exhibition on dreaming firstly covers neuroscience, including the original EEG machine used by sleep research pioneer Michel Jouvet, and film of an octopus changing colour during sleep. Next is a large cross-cultural collection, including African head-rests for sleep and dream-catchers. The art section includes works from nineteenth century symbolism, surrealism, comics and animation. The film sections shows clips of feature films, including *Nightmare on Elm Street* and *Mul-*

holland Drive. The final section is on dream diaries, and includes dreams used for inspiration and in response to war. The exhibition takes many hours to view and to take in. This presentation shows photos and films of some of the exhibits. We very much recommend IASD members to attend the exhibition, which started in October 2024 and ends in August 2025.

Culture, Media, and Dreaming 2025: Analysis and Critique

Kelly Bulkeley, Alisa Minyukova, Maja Gutman-Music, Linda Koncz, and Bernard Welt

Portland, OR; United States of America

This panel discussion will address the impact, both positive and negative, of modern media on social beliefs and attitudes about dreaming. The premise is that the form, nature, and constraints of these media (e.g., film, literature, the internet) influence how dreams are seen by the culture and individuals.

Each of the panelists has extensive experience in working with dreams and culture, and as a group the panelists represent a variety of disciplines, approaches, and perspectives. The goal of the panel will be to elicit questions and insights that can help people in the dream studies field better navigate the complex cultural environment of 2025. In a poetic sense, the panel will explore the extent to which no dreamer is an island. In more prosaic terms, the forces and currents of the broader culture impact all of us, no matter the kind of dream activity in which we are engaged, whether it be art, therapy, academic research, community leadership, spiritual development, personal growth, or any combination thereof. This panel will provide a forum for discussing the complex interactions of dreaming and culture both historically and in light of recent cultural developments and technological innovations that are dramatically affecting collective consciousness at many levels. The panelists will not be making formal presentations, but will briefly raise what they believe are the most vital questions for dreamers and dream researchers in light of the emerging cultural horizons of 2025. This will prompt an open conversation with attendees, ultimately leading to a better understanding of both the wonderful opportunities and dire threats as we look ahead to the future of our field.

The Art of Dreams, Visions, Other Worlds: Interviews with Texas Artists

Robert Bunch

San Antonio, TX, United States of America

San Antonio writer, collage artist, and retired art librarian Robert Craig Bunch introduces his 2024 book *The Art of Dreams, Visions, Other Worlds: Interviews with Texas Artists* through its 74 images—about ten seconds per image, longer for selected artists to quote or discuss striking dream-specific content from the interviews. The 2018-2020 interviews present 59 artists whose work (or a significant portion of which) is inspired by or evokes one or more of the title themes: dreams, visions, or other worlds. Typically, artists

received emailed, individualized questions after a studio visit; some were interviewed in the studio or by phone. Each interview is accompanied by an artwork mutually agreed upon. The introduction features additional Texas artists—mostly deceased—inspired by the title themes and adding fifteen illustrations to those accompanying the interviews. While questions were individualized and went well beyond the title themes, the great majority of artists commented on the role of dreams and/or visions in their work. Answers were revealing, even in cases where the role of dreams was seemingly small. For all audiences.

From the publisher, Texas A&M University Press: “Working in the tradition of predecessors such as Bror Utter, Ben Culwell, Maudee Carron, Kelly Fearing, Jim Harter, Valton Tyler, Harry Geffert, and even more distant antecedents such as Hieronymus Bosch, Hildegard of Bingen, and the prehistoric rock artists of the Lower Pecos, these artists are united by the common theme of taking inspiration from an ‘inner landscape’ that includes elements of the fantastic, the mystical, and the surreal.” Bunch’s first book from the same publisher, *The Art of Found Objects: Interviews with Texas Artists* (2016) includes 65 interviews and won the Worldwide Books Award from the Art Libraries Society of North America for best publication by a member.

Dreams and Meditation as Portals to the Deep Self

Edward Bruce Bynum

Pelham, MA, United States of America

Child cognitive development along with Relativity theory and quantum mechanics reveal that the categories of space, time and ‘solid matter’ are necessary but functional constructions of the waking state and that during dreaming and disciplined meditation these ciphers are dissolved or deconstructed, leading to the realization of a deeper mode or state of consciousness to which human beings have access to under certain conditions.

Crystal Clear Dreams: Awakening Hidden Insights with Crystal Bowls and the Archetypes of Sound™

Charleene Closshey

This immersive session invites participants on a sound-guided journey into their dreams. Led by classical musician and frequency researcher Charleene Closshey, the workshop combines guided meditation, active imagination techniques, and live music played on 13 chromatically-tuned crystal singing bowls (432 hertz).

Closshey’s groundbreaking Archetypes of Sound™ model translates twelve repetitive behavioral motifs into a sonic structure, where each interval corresponds to a Jungian-inspired archetype. Participants will engage in dialogue with dream elements and characters, while Closshey intuitively plays the crystal bowls, selecting specific intervals to resonate the archetypal energies emerging from the dialogue.

This approach, supported by research on the beneficial effects of 432 Hz music, fosters deep relaxation and reduces blockages to unencumbered dream interpretation. Participants will discover deeper truths and interpret the meanings of recurring dreams or patterns.

The 60-minute format includes an opening meditation, active imagination dialogue, an archetypal soundscape, and time for sharing. This workshop offers a unique opportunity for all conference attendees to explore this innovative approach to dreamwork.

Video Sample of Charleene's LiveStream Set: <https://www.youtube.com/live/cFVcHkn4KwU?si=MI5xsQEJiPDtIRPs>

Indigenous California Dreaming

Christian Gerike

Point Reyes Station, California, United States of America

Just as other cultures have languages, art, foodways, ceremonies, and clothes different than Western cultures, Indigenous cultures have different dreams and purposes for dreaming. Dreaming is highly important in many Indigenous cultures. This is the case for the exceptionally diverse Indigenous cultures throughout California as evidenced in historical and anthropological literature. In many instances dreaming practices are a fundamental part of the socio-cultural, psychological, and economic systems of Indigenous California.

For the Miwok, Yokuts, Kumeyaay, and many other languages and tribes in California, dreaming was of importance in the areas of hunting, religion, ceremonies, personnel power, shamanism, song, dance, religion, basketry, healing and other aspects of their lives. Some tribes, such as the Mohave, have what could be considered a "dream culture" for whom dreaming permeates all aspects of their culture. Dreaming was the basis of the Bole Maru and Bole Hesi nativistic resistance movements from the 1870's to 1930's among the Pomo and Patwin of northern California. Some dreaming practices continue to the present day.

By looking at several of California's Indigenous cultures we can see the diverse roles dreams play in other cultures and broaden our understanding of dreaming in general. By learning about these dreaming practices, Western cultures can obtain new insights into their own dreams and learn new dream practices and processes to apply to their dreamwork, as well as appreciate the dreaming of other cultures.

Dreaming into Sacred Soul Vows: A journey through dreamwork, ancient Jewish wisdom and art

Tzivia Gover

Northampton, MA, United States of America

Carl Jung said that "Dreams are the guiding words of the soul." Like a north star or a personal prayer, soul vows help us build lives of integrity, joy, and meaning.

And just as how marriage vows help couples commit to building a sacred union together, soul vows can help individuals make secular or religious spiritually-rooted promises to themselves.

During the Hebrew month of Elul, a time of soulful self-examination, I undertook a journaling practice to reveal my soul vows. And as soon as I began the process, my dreams began to systematically offer me a guiding image for each step of the way. I instinctually began to honor each dream

with a soul-collage based on that image. By paying careful attention to the dreams, and exploring their imagery through art, I was led more deeply toward my soul's messages for me—in unexpected, inexplicable, and ultimately wise, healing, and helpful ways.

In this presentation I will share the combination of writing prompts, dreamwork, and collage that led me to a set of unique, personally meaningful dream-guided soul vows.

Practical tips for others who would like to create their own soul vows will be offered as well.

My process was inspired by the work of Janet Connor, author of *Soul Vows: Gathering the Presence of the Divine in You, Through You, and As You*, as well as by ancient Jewish wisdom, symbolism and practices.

Although examples will be offered from Jewish wisdom traditions, and this endeavor was initiated as part of a set of Jewish customs, this presentation is accessible to people of any religious faith, or none. Dreams and dreamwork will be our common language.

Dream Drawing for Dream Recollection

Janifer Graf Von Der Pahlen

This presentation explores the practice of dream drawing as a method for enhancing dream recollection and fostering deeper engagement with the subconscious mind. Over the course of several years, I have documented my dreams through drawing on an almost nightly basis. This practice has not only enabled me to recall dreams in greater detail and for longer periods, but it has also demonstrated the remarkable ability of dream drawings to trigger vivid memories, even years after their creation.

I will outline the techniques I have developed, including the optimal timing and approach for drawing dreams, and the ways in which this process can reveal hidden meanings and emotional insights. I will discuss how the act of reviewing these drawings can be a cathartic experience, regardless of the artist's technical skill. Moreover, I will emphasize how engaging in the practice of dream drawing imparts artistic techniques naturally over time.

The presentation will include a selection of the tens of thousands of dream drawings I have created, as well as works of notable artists, along with a discussion of their creation and the lessons they have imparted. This exploration aims to provide attendees with a framework for their own dream drawing journey, merging creativity with self-reflection and offering new avenues for understanding the subconscious.

The Song of the Sea . . . and More!

Curtiss Hoffman

Ashland, MA, United States of America

Since the completion of the Musical Dream Tarot in late January, 2023, I have continued to receive music in dreams which I have assigned to a number of new compositions. These include an oboe concerto in three movements, a song for female chorus with trumpet obbligato, a series of pieces to accompany the telling of the Biblical story of Joseph, a lyrical piece for harp and strings, and others. At the time of

submission of this abstract, there have been a total of over 680 dreams associated with one or another of these compositions. I will describe my methods of capturing dream tunes and transforming them into musical selections using Finale®'s musical reproduction format. They have subsequently been exported to .wav files and then to .mp3 files. At the close of the presentation, I will play some samples of excerpts from these compositions.

Dreaming Between Worlds: When Souls Dream - Part 1 and Part 2

Robert Hoss, Melinda Powell, Linda Mastrangelo, and Jeanne Van Bronkhorst

Cave Creek, AZ, United States of America

A symposia/panel examining dreaming beyond the physical blurring the boundaries of life and death – what we experience “when souls dream”

Linda Mastrangelo Psychopomp - derived from the Greek word *psuchopompos*, “guide of souls,” is one who can navigate between worlds, gaining wisdom from deities and ancestors, while also assisting the recently deceased in their transition to the afterlife. Through research and personal experience, Mastrangelo will explore dreams of this nature, drawing connections between ancient ancestral practices and her work as a grief therapist.

Jeanne Van Bronkhorst With the help of dream teachers, Van Bronkhorst occasionally accompanies other people through their dying transitions, in both lucid and non-lucid dreams that expand upon the Seth/Roberts model - an initial after-death state being much like a dream experience, grounded in our cultural expectations and personal histories. The moment of death offers the comfort of familiar landscapes and faces to help emotionally process our newly non-physical state.

Bob Hoss under circumstances of love and intention, lucidity can become a portal to soul-to-soul connection - not only with the souls of loved ones who have passed but with the soul of a loved one with dementia living between worlds. The soul has begun to move on, anxious to begin a glorious new adventure in spirit but at the same time reluctant to leave loved ones behind.

Melinda Powell Does love continue beyond the grave? This talk explores the possibility that, even when the human relationship has been fraught, the departed soul may seek to love and make amends. Melinda shares how her relationship with her deceased mother deepened as her mother initiated her into lucid dreaming, teaching her about the nature of light, love and life through their lucid dream exchange.

On Dreams and the Śakunāvalī, the Indian Book of Omens

AS Katoch

Stafford, England, United Kingdom

This presentation explores the Śakunāvalī, an 18th-century Indian manuscript that serves as both a dream book and a treatise on omens. Drawing upon ancient texts like the Svapna-Darśana and Svapna-Phala, the Śakunāvalī pro-

vides a rich tapestry of cultural beliefs surrounding dreams and their interpretive frameworks. Rooted in astrology and divination, these works reflect a syncretic tradition that integrates sacred cosmology, empirical observation, and narrative imagination.

Description:

Through an examination of illustrated manuscripts, this talk presents the Śakunāvalī as a visual and textual archive of dream interpretations, offering rare insights into the interplay of Indian art, astrology, and oneiromancy. I will showcase selected images that depict key dream motifs, discussing their symbolic and divinatory meanings as interpreted by astrologers. By analysing the cultural and historical significance of these manuscripts, this presentation illuminates how dreams and omens shaped the understanding of fate, agency, and the divine in pre-modern India. The talk will also delve into the theoretical framework underlying the Śakunāvalī, considering its potential links to Indian cosmology and ritual practice.

Dreams as Sacred Portals: Unlocking the Path to Spiritual Awakening

Megan Mary

Post Falls, Idaho, United States of America

Introduction: Dreams are more than fleeting visions; they are sacred portals to the spiritual realm, unlocking profound insights and guiding us toward spiritual awakening. This presentation explores the metaphysical theory that dreams connect us to universal wisdom, allowing access to spiritual dimensions through visitation dreams, spirit guide messages, and symbolic experiences.

Drawing from psychology, metaphysical thought, and contemporary dream studies, we examine how dreams act as bridges between the conscious and spiritual worlds. Visitation dreams provide comfort and clarity, while encounters with spirit guides deliver transformative guidance. These extraordinary experiences serve as profound tools for personal growth, healing, and alignment with one's higher purpose.

Designed for spiritual seekers, metaphysical practitioners, and dream enthusiasts, this talk offers practical techniques to analyze dream messages using the DreamMirror™ Method and deepen spiritual connections. Attendees will gain insights into decoding one's dream language and understanding how dreams can reveal higher realms of wisdom and pathways to self-discovery to integrate these profound insights into their spiritual journey.

Dreaming For Others

Carol Oschmann

Brockport, NY, United States of America

This is based on my personal experience of over forty years, four hundred times doing it, and a wonderful stint at Haden Institute. I'm asking dreamers everywhere to try to carry on my work as God tells me my path is coming to an end; it's overgrown with grass, and my car of life is not where I can

reach it anymore. My stories include several people who were so bad off as to want to commit suicide. Some wanted to hear from loved one on the other side. Some just wanted to ask if the person they were dating was the right one. Each dream for others brought me something about their lives that I had no way of knowing, proving someone greater than both of us was giving me the answers to their dilemma. I have taught this in my various dream groups with amazing success. I want to teach it to you.

Dream Art Panel

Kim Vergil, and Amy Lloyd

Therwil, Switzerland

Five Exhibition artists explain their creative process and how it is related to Dreams and Dreaming. Each artist deep dives using visual presentations of their works and telling their stories. Conference attendees who see the artwork get an in depth understanding of the Dream Art explained by the artist themselves.

Music from DreamLand including a Dream~Artist+Pscientist's Journey

Craig Webb

Montreal, QC, Canada

This audio-visual presentation grows from hundreds of the presenter's own musical dream experiences over 30+ years, as well as his adventures as a degreed physicist, professional yet playful artist/inventor, and intrepid pscientific inner-outer world explorer.

The presenter is grateful to share (before he one day decomposes) personal insights, principles and stories about music dreams including true stories of popular music-dreamer artists, and a diverse medley of soundscapes, melodies and other audio experiences that have come to him in dreams, since he is fortunate enough to dream of music, sounds, and lyrics multiple times per week.

Winsor McCay's Dream of the Rarebit Fiend: Graphic Art as Dream Theory

Bernard Welt

Takoma Park, MD, United States

Winsor McCay's astoundingly inventive comic strip, *Little Nemo in Slumberland* (1906-1914) is universally recognized as the one undisputed progenitor of cartoons in strips and movies for over one hundred years, as well as one of the greatest works of modern dream literature. *Little Nemo* dreams of heroic exploits in fantastic realms, fierce brutes and animal helpers—the stuff of childhood fantasy. And every morning, after each adventure, he awakens in his very ordinary bedroom.

Less celebrated, but equally significant, is the *Dream of the Rarebit Fiend* (1904-1911), which was definitely not meant for the little ones. In each installment, we are plunged

into a vividly imagined nightmare scenario drenched in decidedly adult themes: marital strife and infidelity, financial insecurity, instability of identity, fears of annihilation. And each ends with the dreamer awakening to curse the Welsh rarebit – the beer-based cheese dish that engendered the horrific vision (a prototype of what William Dement called “the pepperoni pizza theory” of the nightmare).

In this presentation, illustrated with many of McCay's Rarebit strips, we will:

- Examine prevailing theories of the nightmare and briefly discuss their depiction in art and modern media
- Consider McCay's training, background, and phenomenal command of the graphic form of comics that made him an innovator in the medium, uniquely qualified to portray dreams in their formal and emotional complexity, with an implicit theory of structure and development.
- Compare McCay's themes and use of symbolism to those famously associated with his contemporary Sigmund Freud, and propose that art is just as important as academic psychology in exploring and appreciating dreams, with reference to the work of Surrealists and other popular cartoonists

As we shall see, Winsor McCay was a Surrealist before Surrealism and a Freudian before Freud. In this presentation we aim to recognize him and give him his due.

6. Education/Other Topics

Can technology be used to enhance dream states

Luke Jensen

Glendwood, NE, United States of America

Over the past five years as a neurofeedback practitioner, I have been deeply inspired by how this technology can awaken and amplify the profound depths of dream states. Clients who once experienced no dreams often progress to vivid, archetypal journeys that unfold in rich, luminous color. These dreams act as portals to the soul, unlocking buried traumas, catalyzing spiritual growth, and guiding individuals toward self-realization and wholeness. Dreams, when nurtured through conscious practices, become sacred teachers, offering wisdom for healing, transformation, and the journey of individuation. As we stand at the convergence of technology and consciousness, the 21st century holds the potential to be an era of awakening, where we transcend limitations and embody our highest spiritual and physical potential.

This presentation delves into the fusion of neurofeedback and biofeedback as pathways to enhancing dream states and deepening spiritual awareness. Neurofeedback attunes the brain to harmonious rhythms, such as alpha and theta waves, which are associated with meditative and dream-like states. These frequencies open the doorway to lucid dreaming, where the veil between the conscious and sub-conscious dissolves, enabling profound exploration and intentional transformation.

Through case studies and lived experiences, I will share how these technologies illuminate the inner realms of con-

consciousness, amplifying creativity, emotional integration, and spiritual insight. The dream state, enhanced by these tools, becomes a mirror reflecting the soul's journey, a guide for healing, and a bridge to the divine. Emerging advancements in wearable technology and intuitive interfaces make this sacred work accessible to all, offering a glimpse into a future where technology serves as a catalyst for awakening. Join me in exploring how neurofeedback and biofeedback can help us align with our higher selves, reclaim our dreams, and step into the sacred flow of consciousness.

Cartography of Dreams

Dan Kennedy, and Andrusa Lawson

Katoomba, NSW, Australia

The places and forms of the outer world become interior archetypes, and in turn our internal landscapes have a persistent life of their own, shaping how we perceive and live in the outer world. Andrusa Lawson and Dan Kennedy approach the concept of mapping the unconscious from two complementary perspectives.

Andrusa Lawson's research involves mapping the internal dream landscape, and the role of hyper-lucid dreaming in mapping common dream spaces that persist between dreams, and even dreamers and cultural boundaries. He will discuss the node-and-edge dreamscape graphs he is creating, and helping others to create, using both existing software and his own custom interface.

Dan Kennedy takes as a starting off point the physical geography of the world. He has created an online map which people can add their dreams to based on the physical locations in the dreams. With this he hopes to reveal something of the mirror world of unconscious meanings, and the hidden geographic patterns that lie behind our physical world. This project began as an art residency in Heraklion, Crete in November 2024.

Dream Imagery: from Paleoart to First Contact

JF Pagel

Gabarus, NS, Canada

The cave art of Southern Europe (15-35K BCE) is considered first evidence of the remarkable creativity of our species. After the author's initial proposal psychoarcheologists have come around to the perspective that dreaming rather than hallucinogenic trance is more likely to be the creative inspiration for this art. There are suggestions that dream-like trance states contributed to Archaic (6-12 K BCE) petroglyph images. Such perspectives as to the basis of image have also been explored by modern artists (ex. Agnes Martin exploration of grids as portals into other dimensions). Examples of meditative approaches that can be utilized in observing solar and seasonal effects in contemplating petroglyph images will be presented. Some of the strongest evidence for associations between petroglyphs and dream/nightmare come from first contact New Mexico petroglyphs that include contextual images apparently reflecting historically documented atrocities. More recently, Carl Jung while visiting the Mesa Prieta Petroglyph site in

New Mexico developed conceptual constructs for mandala and self in art included in his Red Book.

References

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Mapping the known and unknown: The role of laterality in dreams

Oliver Sprigg

Edinburgh, UK, United Kingdom

Calvin Hall once stated that dreams not only show us what a dreamer's preoccupations are, but also tell us something about how they conceptualize these concerns (*The Individual and His Dreams*, 1972). This became the basis of Hall's Continuity Hypothesis, a central idea in the contemporary scientific study of dreams. Building off earlier questions in Jung and Bachelard about the nature and role of space in dreams, this talk explores observations that the side upon which events occur in dreams (both in the 'visual field' of the dream, and the side of the body) may hold profound insight into how the dreamer conceptualizes the known and unknown. This is an exploratory talk that draws from a wide range of theory, from contemporary neuroscience and statistical content analysis, to thinkers including Carl Jung, George Lakoff and Ernest Hartmann. It forms the basis of a set of research questions and potential studies into the as-yet unexplored realm of laterality in dreams.

AI DreamAking for CreAtIve & LucAIld Dreamers

cr-AI-g Webb

Montreal, QC, Canada

AI tools offer a fun, powerful, and quickly expanding arena of "CreAtIve DreamAking" for anyone interested in exploring and shArIng dreams.

Because many such tools are made for the general public they are fairly easy to get started with and offer a new realm of regarding how to seed and creatively interact with such tools, so their benefits are certAIlnly not limited to ArtIsts.

Come enjoy intriguing examples as you learn how such tools can AIld in understanding basic dream themes, quickly expressing dreams in exciting visual, audio, and story formats, and even in interacting with, incubating, and transforming dreams and waking moments in positive ways.

7. Lucid Dreaming

Lucid Dreams and Mindful Awareness: The Practice of Dream Yoga in Tibetan Buddhism

Ayush Srivastava

Dream yoga, rooted in the rich tradition of Tibetan Buddhism, represents a unique and profound approach to spiritual awakening through the exploration of the dream state. This practice involves the cultivation of lucidity and mindfulness during dreams, allowing practitioners to recognize and navigate the illusory nature of both dreams and waking realities (Thompson, 2015). Drawing from ancient wisdom and guided by Vajrayana principles, dream yoga serves as a transformative tool for practitioners to attain heightened awareness and liberate themselves from attachments. Despite its rich heritage and profound implications, dream yoga remains underexplored in contemporary academic discourse, leading to several research problems. First, there is a lack of comprehensive understanding regarding the specific techniques employed in dream yoga and their psychological and neurological impacts. Second, the integration of insights from dream yoga into daily waking life and its potential benefits for mental health and spiritual growth is insufficiently documented. Third, there is a need to bridge traditional Tibetan Buddhist practices with modern scientific approaches to better understand the phenomenology and efficacy of dream yoga.

This paper aims to provide a comprehensive understanding of key aspects of dream yoga, including the recognition of the dream state, the application of mindfulness, the transformative potential within dreams, and the integration of its insights into daily life. By exploring these dimensions, the study seeks to highlight dream yoga's contribution to the broader spectrum of contemplative practices within Tibetan Buddhism, offering a profound journey towards a deeper understanding of the mind, consciousness, and the nature of existence. Ultimately, this paper will illuminate the potential of dream yoga as a valuable tool for mental health, spiritual growth, and the integration of wisdom across the boundaries of dreams and waking reality..

Dreams, Lucid Dreams and Past Lives

Robert Waggoner

Ames, IA, United States of America

In college psychology, most students learn of theoretical psychological layers to this thing called the self. Freud's id, ego and superego seem one kind of layered system, while Jung and others focus upon the persona, the animus/anima, archetypes, Shadow and Self. Of course, both Freud and Jung studied dreaming directly before deriving these ideas. Collectively, these suggest that layers compose this complex thing, called the 'self'.

But what if Freud and Jung had explored the idea of self using lucid dreams? Would they have lucidly discovered even deeper layers to the self, including past lives and probable selves?

In this special presentation I will provide numerous ex-

amples of lucidly seeking out or discovering apparent past life information in dreams and lucid dreams. In many examples, the information obtained could be later verified -- sometimes with exhaustive searching to discover unusual details of long ago cultural practices or writing.

Besides examples of apparent past lives, I will also include probable lives. In one example, I became lucid when I saw that I had written a book on organizational psychology (as I struggled to write my first book in this life on lucid dreaming). In that 'other' life, I looked a bit pudgy, balding and stood on a university campus as a professor of psychology and author.

While modern physics suggests the idea of probable realms, some evidence already exist for past lives. Dr. Ian Stevenson investigated claims of children who recall past lives and can identify family members from their earlier life, along with details about the person's passing (unknown to them or anyone in their current family). Dr. Stevenson published numerous peer reviewed articles and fascinating books on apparent past life cases (e.g., *Twenty Cases Suggestive of Reincarnation*).

Dreaming offers another to investigating reincarnation.

8. Research/Theory

Grief Dreams: Understanding Dreams of the Deceased

Joshua Black, Stephanie Laing, and Sherry Landry

Stoney Creek, ON, Canada

Session #1 - Understanding Dreams of the Deceased: Questions Answered for the Bereaved
Presented by Joshua Black

This session will explore multiple research studies conducted on dreams of the deceased that was guided by questions the bereaved had. Some questions were: Is it common to dream of the deceased? Why have I not had a dream of the deceased? What are some of the functions of these dreams?

Session #2 - Bereavement and Homelessness: Insights into Grief Dreams and the Grief Journey
Presented by Stephanie Laing, Joshua Black, Sherry Landry

There is a lack of research completed to understand the bereavement experiences of those experiencing homelessness. In this qualitative study, we conducted 80 in-person semi-structured interviews with people with lived experience of bereavement and homelessness in British Columbia, Canada. The interviews provided insight into their bereavement experiences, including grief dreams.

Session #3 - Dreams and Waking Life Experiences of the Deceased in Bereavement
Presented by Joshua Black

Research has explored the dreams and waking experiences of the deceased at the end of life and found them common.

Are these experiences also common in bereavement? This research explored the dreams and waking life experiences of the deceased in the last month for the bereaved after partner and pet loss.

Assessment of exploration-insight gains following 'discussion' of a dream using ChatGPT

Mark Blagrove, Laura Roklicer, Jamie Bueno, Oscar Austin, Harriet Foster, and Mea Webb

Swansea University, Swansea, Wales, United Kingdom

Edwards et al. (2013, 2015) showed that the Ullman technique of discussing dreams leads to similar scores on the exploration-insight subscale of the Gains from Dream Interpretation (GDI) questionnaire as occurs for exploration of dreams with a therapist. The Ullman technique uses a relatively atheoretical mapping of dream content onto recent waking life. The current study aims to test whether ChatGPT, if given a participant's dream report, a report of their recent waking life, and free associations to the dream, can emulate an Ullman discussion of a recent dream. The Gains from Dream Interpretation questionnaire was used to assess participants' evaluations of the 'discussion' output of ChatGPT regarding their dream. 24 participants completed the study (Males, $n = 5$; females, $n = 19$; mean age = 31.39). Mean insight-exploration subscale score = 6.73 ($SD = 1.47$), which is significantly lower than means for this variable in studies by Edwards et al., Blagrove et al., and Hill. Personal insight subscale score of 6.03 ($SD = 1.75$) did not differ significantly from the mean score of 6.60 ($SD = 1.43$) in Edwards et al. (2015). The item 'Overall, how accurate do you find the ChatGPT interpretation of your dream?', with responses rated from 1 = extremely inaccurate to 9 = extremely accurate, had mean score = 7.33 ($SD = 1.14$). Participants thus saw the ChatGPT dream interpretation as very or moderately accurate, with personal insight occurring, but with exploration of the dream being less thorough and involving than in group discussions.

References

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An Exploratory Evaluation of AI's use in Visualising Dreams (Preliminary Findings)

Anthony Bloxham

Mansfield, England, United Kingdom

In collaboration with Professor Alex Sumich and Dr Yangang Xing (Nottingham Trent University), Harry De Bont (Monad Company), and Dr Alwin Wagener (Fairleigh Dickinson University).

Dreams are a challenging phenomenon to study scientifically, with no way to measure, observe or record their

content in real-time in the same way that sleep can be measured. But technology is rapidly advancing, and dream imaging may soon become an achievable possibility. This has already been attempted with expensive and complex fMRI-based machine learning and decoding of neural activity patterns, but text-to-image generative AI offers a much more affordable and accessible alternative.

Can Generative AI prove a useful tool for the imaging and analysis of dreams? This is the question the presented research aims to address. We present the first results of an ongoing project that takes written dream reports as a prompt in generating an AI image. We present quantitative and qualitative feedback from the dreamers themselves on how well they think the AI was able to capture and depict the content of their dreams. We also discuss the implications of the work and plans for future directions and further explorations.

Leveraging Large Language Models for Automated HVdC Dream Content Coding

Ben Bongalon

Daly City, California, United States of America

The Hall/Van de Castle (HVdC) coding system is foundational for quantitatively analyzing dream content. However, its manual application requires extensive training, is time-consuming, and prone to error, making it impractical for large datasets. Efforts to automate HVdC coding have explored approaches such as dictionary-based methods, machine learning, and more recently, Large Language Models (LLMs). Despite these advances, no existing study has systematically compared the accuracy of these methods at the code level. Instead, their evaluations have relied on h-profile aggregates, comparing outcomes to established norms rather than assessing the correctness of each individual HVdC code.

To address these gaps and broaden the practicality of HVdC coding for large-scale dream analysis, this study makes the following contributions:

1. Development of DreamCoder: An LLM-powered tool that automates HVdC coding at scale.
2. Partial Code Match Scoring: I introduce a novel evaluation metric that accounts for imperfect codings to provide a more nuanced assessment.
3. Accuracy Assessment: An initial evaluation of DreamCoder's performance using manually labeled dream corpora.
4. Comparative Analysis: An accuracy comparison with existing automated HVdC coding tools, with a focus on code-level evaluation for tools that have published their annotations.

Using DreamCoder, I will also analyze the full Barbara Sanders dream series, comprising over 3,100 reports, to demonstrate how the large-scale annotation enabled by automation can uncover insights missed in prior analyses limited to manually coded subsets.

After this presentation, I look forward to constructive feedback—whether from researchers, practitioners, or curious participants—on improving DreamCoder's accuracy metrics, refining its usability, and exploring interdisciplinary

collaborations that can genuinely enhance our collective understanding of dreams.

Macro Patterns in Dream Journals

Kelly Bulkeley

Portland, OR, United States of America

This presentation will report on the empirical analysis of four people's long-term dream journals, looking not only at continuities with the individual's waking life (e.g., relationships, health) but also with macro-level phenomena such as the seasons, the weather, and the phases of the moon.

The four participants have shared their long-term dream journals with the express desire of learning more about the patterns in their dreams. In a collaborative process of analysis and exploration, the participants and I will identify the most salient patterns across their dream journals. In addition to patterns that relate to personal experiences, the analysis will also include a search for patterns relating to impersonal phenomena that are commonly experienced by all people, such as the changing of the seasons, the variability of the weather, and the waxing and waning of the moon. Little research has been done on dreams in relation to these phenomena, and the goal of this study is to apply sophisticated but highly accessible methods of content analysis to explore the macro dimensions of dream meaning.

Fidelity to Nightmares: Individuation Process in Han Kang's 'The Vegetarian'

Gabriella Calchi-Novati

Zürich, Switzerland

In this paper I offer a philosophical and psychoanalytic interpretation of the narrative dispositive that is at the centre of Han Kang's novel 'The Vegetarian': a dream. After having an incredibly vivid and disturbing nightmare 'the wife'/ protagonist of the novel realises that she is forced - by the dream itself, as it were - to embark in an inner and outer journey of transformation. Such a journey will ultimately free her from any patriarchal and gender-related containments. By analysing the novel's nightmare through the philosophical theory of 'the event' developed by contemporary French philosopher Alain Badiou [1], I will illustrate the ways in which such 'event' is what subjectifies the protagonist. In fact, it is only in the wake of that initial dream that the protagonist finds her voice, her body, and ultimately her position in the world. The novel depicts the protagonist's individuation process in a deeply Jungian, metaphorical and evocative fashion; and while the readers proceed through the three parts of the novel, it becomes increasingly clear that the protagonist's individuation is always-already bond to her 'fidelity to the event,' [2] as Badiou would put it, (where the event here is the initial dream). Such a 'fidelity' discloses a new kind of subjectivity. A subjectivity that reveals herself to be utterly subversive in her seamless merging with 'the more-than-human' [3] (plants and psychic atmosphere), thus taking place outside of any pre-codified linguistic restraints so used and abused by the current patriarchal ideology.

References

- [1] Alain Badiou, *Being and Event* (London; New York: Continuum, 2006).
- [2] Ibid
- [3] Elizabeth A. Povinelli, *Geontologies. A Requiem to Late Liberalism* (Durham and London: Duke University Press, 2016).

Dreams of the Jobless: Insights from Large-Scale Analysis of Online Dream Reports

Emily Cook, and Kyle Napierkowski

El Sobrante, CA, United States of America

This presentation introduces a novel methodology for analyzing large-scale online dream reports, specifically designed to study sub-population differences in dream content. Based on the continuity hypothesis (Bell & Hall, 1971), which suggests that dream content reflects waking life experiences, this methodology allows researchers to explore how different life circumstances shape dreams. Our analysis focuses on the differences between unemployed and employed individuals, providing a compelling test case for the application of this new approach.

By drawing on established psychological theories and leveraging machine learning techniques, this method enables the large-scale collection and analysis of dream reports from online platforms such as Reddit. Traditional dream research has often been limited by small sample sizes and subjective interpretation; this methodology addresses these challenges by automating the collection and analysis of thousands of dream reports, offering a more objective and scalable approach.

In this presentation, we will discuss the development of this methodology and its application to the study of unemployment's impact on dream content. Through our analysis of 6,478 dream reports, we identified differences between the dreams of unemployed and employed individuals. Most notable, unemployment was associated with a decrease in engagement with the dream environment. These findings provide new insights into the psychological impact of unemployment and demonstrate the power of large-scale dream analysis for studying specific sub-populations.

Attendees will gain an understanding of how this methodology can be applied to future research in both dream science and workforce intelligence, offering a new lens for examining the intersection of life circumstances and dream content. Practical applications, limitations, and future directions for expanding this research will also be discussed.

Are Nightmares Bad for Your Health?

Leslie Ellis

Saltsping Island, BC, Canada

While nightmares may not be the cause of physical and mental health problems, they are certainly implicated in many stress-related concerns. They can be helpful or hurtful depending on how they are managed. Nightmares are associated with many forms of mental health issues include post-traumatic stress, suicide risk, anxiety and depression. They are also linked with cardiovascular health issues, an area that is just recently receiving attention. On a more posi-

tive note, nightmares can be both an early warning sign of health issues that need attention and also an avenue for effective treatment.

Sport dreams in Swiss elite athletes

Daniel Erlacher, Michael Schmid, Nicolas Morath, Albrecht Vorster, and Michael Schredl

Bern, Switzerland

According to the continuity hypothesis, which suggests that dream content reflects waking experiences, persons who are highly engaged in sports like elite athletes should dream more often about sports compared to non-athletes. Indeed, two previous studies indicate that sport students dream more often about sports compared to psychology students. However, factors affecting sports dream frequency in athletes have not yet been studied.

Method. Overall, $N = 2297$ athletes completed the questionnaire eliciting sport-related variables, e.g. training hours, discipline etc. The mean age of the sample was 22.05 (SD = 7.53 years). The population-based sample consisted of 2901 persons.

Results and Discussion. Elite athletes ($N = 2297$) dream more often about sports (26% of all remembered dreams) as a population-based sample ($N = 2901$) with about 6% sports dreams. The amount of training was related to sports dream frequency; a finding that is in line with the continuity hypothesis. Interestingly, alcohol consumption and late chronotype were negative related to sports dream frequency.

Reference

Schredl, M., Vorster, A., Schmid, M. J., & Erlacher, D. (2024). Nightmares in Swiss elite athletes: Associated factors. *Journal of Sleep Research*, online first, e14283. <https://doi.org/10.1111/jsr.14283>

Inducing Lucid Dreams at Home using Auditory Cues Before and During Sleep

Simge Genc, Virginie Sterpenich, Lampros Perogamvros, Jean-Baptiste Beau, and Sophie Schwartz

Geneva, Switzerland

Lucid dreaming, the awareness of dreaming while in a dream state, can occur spontaneously or sought out by using specific strategies. The present study evaluated the effectiveness of an innovative, ecologically valid paradigm combining the Mnemonic Induction of Lucid Dreams (MILD) technique with Targeted Memory Reactivation (TMR) via the Oniri mobile application. MILD relies on prospective memory by setting the intention to remember one is dreaming next time they're dreaming. TMR is a technique where information associated with a specific sensory cue is reactivated by presenting the same cue during sleep. Over three weeks, participants (174 who completed the protocol, 124 with sufficient morning reports) engaged in a structured protocol where baseline dream recall and dream lucidity were assessed in Week 1. Each night before sleep during Weeks 2 and 3, participants were instructed to listen to a guided meditation about the intention to become lucid while dreaming. The experimental group received auditory

cues embedded at lucidity-relevant words, while the control group listened to the track without cues. The auditory cue was then delivered 4 times for ten minutes, at 2.5, 4, 5, and 6 hours post-sleep onset, for a total of 40 minutes of stimulation each night in both groups. Morning reports assessed dream recall, lucidity frequency, emotional content of dreams, sleep duration and sleep quality. We hypothesize that combining MILD with TMR significantly enhances lucid dream frequency compared to controls. Post-hoc analyses will explore the relationships of trait anxiety, lucid dreaming skills, emotional content of dreams and subjective volume of auditory cues with lucid dreams. The study may support the use of app-based interventions in achieving lucid dreams at home to fulfil personal or therapeutic goals.

How can we explore whether dreaming contributes to human health and wellbeing?

Caroline Horton

Bishop Grosseteste Universit, Lincoln, England, United Kingdom

Evidence demonstrating sleep's role in improving physical and mental health is widespread and convincing, however, it remains unknown whether dreaming may contribute to health benefits, over and above the effects of sleep.

Dreaming has been correlated with emotion processing and perhaps regulation outcomes, but the medium to long term effects remain unknown.

This presentation will explore the theoretical basis for dreaming contributing to emotion processing mechanisms and will outline how future research endeavours could attempt to resolve whether dreaming, specifically, may contribute to human health and wellbeing.

It will be suggested that modelling paradigms employed within sleep science for dream research could help to establish any additional variance that dreaming may account for, over and above any beneficial effects of sleep.

Comparing memory sources across REM and N2: Implications of hyperassociativity for consolidation

Caroline Horton

Bishop Grosseteste Universit, Lincoln, England, United Kingdom

Mental content varies as a function of both sleep stage and time spent asleep. However, to date few studies have systematically investigated the number and order of activated memory sources of dreams. Underpinned by a developing theory of hyperassociative cognition, the present study sought to identify the nature of hyperassociativity as a proof-of-concept, characterised by multiple distinct memory sources being activated simultaneously during sleep. It was predicted that hyperassociativity was a feature of rapid-eye-movement (REM) sleep, relative to non-REM, N2 sleep. Twenty participants slept at home for two experimental nights, wearing a portable polysomnography device. Participants were awoken by an alarm two hours after their usual sleep time and 30 minutes before their usual morning waking time, to report mental content (dreams). Subsequently participants were presented with their dream reports and asked to score them in accordance with hyper-

associativity measures. A greater number of total memory sources were identified from REM than non-REM reports, although this difference was not significant. Analyses indicated a greater number of simultaneous memory sources during REM than N2 dreams. ($p < 0.05$). These patterns of memory activation are interpreted in relation to models of sleep-dependent memory consolidation, whereby REM facilitates de-contextualisation of memory sources.

Metacognitive evaluations exist in nonlucid dreaming state in problem-solving dreams

Miloslava Kozmova

Boston, MA, United States of America

Previously, Fox et al. (2013) claimed that “the exceptional nature of ‘lucid’ dreaming . . . serves to prove the rule of general lack of . . . metacognitive awareness in ordinary dreaming” (p. 6). Fox and Christoff (2014) characterized metacognition as an “ability to reflect upon, comment about, and report a variety of mental states” and “metacognitive judgments about perception and performance” (p. 3). The authors opine that the awake individuals use this internal mental state for “personally relevant, higher-order goals” (p. 19). Consequently, metacognitive evaluations exist in lucid dreaming and wakeful creative thinking and mindfulness meditation (p. 3).

I hypothesized that metacognitive evaluations as self-generated thought processes might be manifested also in non-lucid dreaming state of consciousness in specific conditions when dreamers feel motivated to solve personally relevant problematic situations. I assumed that thought processes of reflecting, commenting, and making metacognitive judgments will be represented in core aggregate of executive skills of non-lucid dreamers (Kozmova, 2024). I applied Fox and Christoff's (2014) 36 different elucidations of metacognitive evaluations to analysis of 75 different problem-solving dreams with previously developed taxonomy of executive thought processes (Kozmová, 2012). I investigated dreamers' analytical, decision-making, defense mechanisms, evaluative, goal-oriented/goal-directed, interpretative, motivational, self-determinative thinking for instances and frequency of metacognitive evaluations. The results show that from 36 forms of metacognition Fox and Christoff (2014) designated as occurring only in lucid dreaming and wakefulness, the dreamers collectively used, with surprising frequency, 34 variations of metacognitive evaluations when they found themselves in difficult, problematic, dilemmatic, threatening, or curious situations. These findings thus could be presented as challenge to the notion that due to presumably “deactivated” neural correlates metacognition cannot exist in non-lucid dreaming state of consciousness.

Factors Predicting COVID-19 Related Threats in a Sample of Diary Dreams During the Pandemic

Ville Loukola, Jarno Tuominen, Henri Olkonemi, Antti Revonsuo, and Katja Vall

Turku, Finland

The COVID-19 (SARS-CoV-2) pandemic presented a significant threat to global public health and profoundly affected daily life and mental well-being. Surveys indicated that many people were worried about contracting the virus or about their family members getting infected. These worries, coupled with social isolation, were linked to higher levels of mental health problems, including stress, anxiety, and depression. While numerous empirical studies have examined how COVID-19 affected dream recall, dream content and nightmares, relatively few studies have addressed the individual and situational factors that associate with pandemic-induced changes in dreams. Previous studies have shown gender, belonging to a high-risk group, higher subjective concern about the pandemic, experiencing the death of a significant person, self-reported unemployment, and mental health problems to be associated with dreams about the pandemic. Regardless, there are no comprehensive studies on the individual and situational factors that predict pandemic-related changes in threatening dream content or dreaming about pandemic-related threatening situations. Such an analysis will be carried out in this study where we administered a comprehensive well-being survey, and collected pandemic-related measures (e. g., daily worry) and systematic prospective dream diaries for two weeks from 85 Finnish participants.

Negative dreams after acute trauma: a quantitative study

Greg Mahr, Anthony N. Reffi, Lily Jankowiak, David A. Moore, and Christopher L. Drake

Plymouth, MI, United States of America

Introduction: Dreams are involved in the processing of emotions and can serve as markers of emotional distress. The authors developed a rating scale for affect in dreams and applied it to an acute trauma population.

Methods: We recruited 88 patients hospitalized within one week following traumatic injury. Patients who recalled a dream since hospitalization recorded their dream ($n = 43$). An independent rater scored the dreams using a novel 33-item Affective Neuroscience Dream Rating Scale to indicate the presence of fear, rage, grief, seeking, care, play, and lust.

Results: The emotional valence of dreams across all patients was significantly more negative ($M = 4.84 \pm 2.91$) than positive ($M = 1.26 \pm 1.16$), $p < .001$. Experiencing negatively toned dreams was associated with increased odds of being hospitalized for interpersonal violence ($OR = 1.45$, $p = .014$, 95% $CI = 1.08 - 1.96$) and more severe acute stress symptoms ($\beta = 0.36$, $p = .021$), regardless of sex.

Reporting more negatively toned dreams during hospitalization prospectively predicted risk for trauma-related nightmares one month later.

The dreams of patients who went on to screen positive for PTSD one month after trauma were significantly more negative ($M = 5.99$) than patients without PTSD ($M = 3.70$), $p = .038$, $\eta^2 = 19$, indicating a large effect.

Conclusion: Negative affective tone in dreams immediately after trauma predicted subsequent nightmares and future PTSD and can provide a potential tool for assessing PTSD risk in acute trauma patients.

Exploring the Prevalence, Thematic Content, and Emotional Tone of Dreams in Teenagers

Fabiana Mandrillo, and Maria Campo-Redondo

Tyler, TX, United States of America

Teenagers undergo a dynamic phase of emotional and cognitive development, often grappling with self-understanding and navigating their social environment. This study explores how these developmental challenges manifest in the dream world, examining the prevalence, thematic content, and emotional tone of dreams in adolescents, with attention to sex-based differences. A non-experimental, descriptive research design was employed, surveying 30 sophomore students from a public high school in Texas, USA. The study investigated recurring dream themes and their associated emotional tones—positive, negative, or neutral. The findings reveal that positive themes, such as dreams involving friends, animals, and future aspirations, were most frequently reported. In contrast, negative themes, including falling, being chased, death, and feelings of helplessness, evoked strong emotional responses. Neutral themes like family, parties, sports, and cars appeared with moderate frequency and less emotional intensity. Interestingly, dreams involving zombies and monsters, though infrequent, elicited neutral feelings overall. Sex-based differences were notable. Girls reported experiencing more negative emotions towards monsters and being chased, while boys exhibited heightened negative feelings related to zombies, death, and helplessness. Positive emotions towards dreams of friends were more common among girls, while boys reported negative associations with dreams involving their future and cars. Conversely, girls were more likely to associate negative emotions with dreams about family and friends. This study underscores the interplay between adolescents' waking experiences and their dream content, providing insight into the emotional undertones of teenage dreams. These findings emphasize the importance of recognizing the unique psychological needs of teenagers, shaped not only by their waking realities but also by their subconscious experiences during sleep.

Structural differences between waking-life narrations and dream reports – a lexical approach

Jonas Mathes

Düsseldorf, Germany

Dreams have held the attention of psychology researchers for a long time. One possible explanation for dreams is that they represent the brain's attempt to consolidate impressions and emotions from waking-life. However, little

is known about how the language in dream reports differs from waking-life narrations. Using a lexical approach to examine dream reports can facilitate our understanding of the nature of dreams more deeply. We hypothesize that dream reports are syntactically different from waking-life narrations as measured by the percentage of given parts of speech. Moreover, certain frequently used parts of speech may be associated with nightmare frequency and negative dream emotions. Two groups of participants kept a structured dream diary over 28 consecutive days. For comparison, a third sample of students wrote reports about their waking-life. Results showed that there were structural differences between dream reports and waking-life narrations. These results support the Continuity Hypothesis and also suggest that dream reports may be more negatively toned than those of waking-life. Future research could investigate this more deeply.

Dreams as testimonies: Representation of war in the dreams of Ukrainian female refugees to Poland

Wojciech Owczarski

Gdansk, Poland

This talk will be based on the dreams reported by Ukrainian female refugees who fled to Poland after the beginning of the 2022 Russian invasion of Ukraine. Different forms of war representation in those dreams will be analyzed with reference to the continuity hypothesis of dreaming, threat simulation theory of dreaming, and Jeannette Mageo's idea of dreaming as mimesis. I will argue that the refugees' dreams can serve as testimonies on the Russian-Ukrainian war and its aftermath. The war is reflected in those dreams in several ways: literally and metaphorically, in nightmarish, unpleasant, but also emotionally neutral dream scenarios. The dreams do not resemble typical PTSD nightmares as they do not replicate the dreamers' actual war experiences without any changes. Rather, they distort the war memories and merge them with other life experiences or potential war threats. In spite of this, the dreams can (and should!) be treated as testimonies because, firstly, they picture the women's psychological and social situation as traumatized war survivors; secondly, they reveal the dreamers' repressed memories and unconscious feelings; and thirdly, they enable the refugees to express their otherwise unspeakable war experiences.

I will do my best to make this psychologically and anthropologically oriented talk understandable for all participants of the conference.

Experiencing Multiple Dreams Across the Night

J.F. Pagel, Joshua Moore, and Geoff Carre

Cape Breton University, University of Colorado Health Science Center, United States of America

A novel methodology using a smart phone app with a sixty-minute delay was used at home to induce hourly awakenings and a bed side check list to notate: no dreaming or defined forms of dreaming: dreams with content, white dreams (awareness of dreaming without content), and nightmares.

51 subjects were recruited from college psychology classes. 44 subjects (86%) completed the full protocol of 8 dream responses. Reasons for discontinuation: concern with sleep loss (1), technical issues with alarm (2), early rising for work (1), spousal complaint (1).

This small pilot study utilizes a novel, low-tech, safe, and easily expandable protocol to study changes dream recall across the night obtained from 395 total awakenings using a checkoff form to denote: no dreaming (#150 - 38%); and different forms of reported dreaming including content dreams #98 (25%); white dreams #74 (19%); and nightmares # 14 (3.5%). Some form of dreaming was reported on 186 (47%) of awakenings. Mean number of dreams: 4.0/individual during the night of study. One individual reported no dream recall on any awakening and 2/51 reported dreams with content on every awakening. 12 % (6/51) of subjects reported some form of dreaming on every awakening. For individuals completing the full protocol, non-dreaming was reported significantly more often on the first two hourly awakenings compared to the last 2 awakenings ($X^2=24.7$, $p<0.001$). Individuals reporting a higher level of dream recall on intake had a significantly higher level of dreaming reported from serial awakenings (Pearson $r = 0.571$, $p < 0.001$). After study reports of dream content suggest that reported dreams were formally different and discrete rather than portions of one coherent dream experience developing across the night.

The Dream Lab Effect: Exploring VR and Sensory Cueing for Lucid Dream Induction

Emma Peters

Bern, Switzerland

When individuals sleep in a lab for the first time, they frequently dream about the lab environment, the researchers, and the equipment, a phenomenon referred to as "lab dreaming." This "lab dreaming" might play a significant role in facilitating lucid dream (LD) induction. Based on previous research into the role of external cues in dream content and lucidity, we hypothesized that we could utilize the predictability of lab-related dreams to optimize LD induction.

To test this, we developed a Virtual Reality (VR) sleep lab where participants explored a virtual version of the lab and practiced reality checks. This training was designed to help participants associate the lab environment with the practice of checking their state of consciousness, allowing them to critically reflect on whether they were in the physical lab, the VR lab, or the dreamed lab. We tested three groups: (1) participants who napped in the physical lab after one week of audio-guided LD training at home (LAB), (2) participants who completed a 10-minute VR training session before a morning nap (VR), and (3) participants who underwent the same VR training along with haptic vibration stimulation using a targeted lucidity reactivation protocol during REM sleep (VR+HS). The TLR protocol paired vibration cues during VR training with similar cues during REM sleep to prompt reality checks and induce lucidity.

Preliminary results from these pilot studies suggest that the role of 'lab dreaming' might be bigger than we think in enhancing LD induction. These findings will be discussed in the context of our ongoing larger study, which integrates VR, bizarre elements, and sensory cueing techniques to fur-

ther explore the potential of virtual environments in supporting lucidity.

Indexicality and Anaphora in Dream Reports: NLP and the Oneiric Reference Constraint

Victoria Philibert

Victoria, BC, Canada

Dreams often involve fluid identities, where the dreamer or other characters might inhabit another person or shift perspectives between characters. This phenomenon challenges conventional linguistic theories of reference, which assume stable relationships between pronouns (e.g., "I," "you," "he/she/they") and their referents in the waking world. The Oneiric Reference Constraint is a limit to intelligible readings of pronoun references when presented in dreams, as evidenced by reading experiments with mother tongue speakers in different languages (Pearson & Dery, 2019).

In this talk, we explore research in experimental philosophy and computational linguistics to show how the ORC in dream reports can inform how we solve ongoing debates and impasses in natural language processing on word sense disambiguation, anaphora and cataphora resolution, deictic expressions, and ellipsis and implicit reference issues.

Understanding the ORC and its associated research raises compelling philosophical questions about how language captures identity in contexts where traditional notions of "self" and "other" dissolve. It has implications for our approaches in understanding different types of gender identities, plurality, empathy, and the capacity of the human imagination to represent itself and time.

Using AI to assess emotional parameters in dreams and autobiographical memories.

Adam Prioux, and Perrine Ruby

St Priest, France

Our research study the role of dreams for emotional regulation. Using a large database of 739 participants and AI, we analyze in parallel autobiographical memories (AM) and dream memories (DM) collected from the same individuals.

This approach will be validated through double human evaluation on a sample of 100 narratives, establishing the reliability of AI in emotional and sensory content analysis.

This research had two main objectives:

- Validate the use of AI as a reliable analysis tool for processing emotional parameters
- Identify specific emotional and sensory patterns that distinguish dream memories from autobiographical memories

This study is part of a broader effort to understand emotional regulation mechanisms during dreams. If AI proves reliable, this methodology could revolutionize dream narrative analysis, paving the way for larger-scale studies on the role of dreams in emotional balance.

Self and Other Agency in Lucid Dreaming: Neuro-cognitive Correlates and Inquiry of Dream Guides

Kennedy Robertson, Claudia Picard-Deland, Remington Mallett, Raphaëlle Semin, Anthony Levasseur, Tobi Matzek, Léa Damian, Maria Chamas, Tore Nielsen, and Michelle Carr

Montreal, QC, Canada

Lucid dreaming occurs when a person becomes aware they are dreaming and can actively engage with the dream. While non-lucid dreams involve interactions with dream characters, lucid dreams offer unique opportunities to interact meaningfully with these characters, especially “dream guides,” who are perceived as significant or spiritual figures with their own agency.

This study investigates whether lucid dreamers can intentionally elicit meaningful interactions with dream guides and explores the perceived agency of these characters, including control, emotions, spirituality, and knowledge. We also examine factors contributing to the mysticism and spirituality of these dreams.

Expert lucid dreamers participated in four overnight laboratory sessions and two weeks of at-home dream reporting. In the lab, participants were awakened after each REM cycle and interviewed about their dreams. They followed instructions to interact with dream guides, with lucidity confirmed using polysomnography (EEG/EOG/EMG). At home, participants set intentions for lucidity, recorded their dreams, and completed daily questionnaires on lucidity and mystical experiences.

Preliminary results suggest that lucid dreamers can intentionally provoke meaningful encounters with dream guides in both lab and home settings. Dream guides in lucid dreams displayed more agency (control and spirituality) than non-lucid dream characters. While participants reported similar connection and attitude towards different dream characters, interactions with dream guides were perceived as more mystical, positive, and meaningful.

These findings indicate that dream guides can be intentionally elicited during lucid dreaming, with dreamers perceiving them as having greater agency and spirituality. Future research will explore how personal beliefs influence these experiences and significance.

Gay Dreams: Exploring the Relationship Between Sexual Orientation and Dream Content in Men

Michael Schredl, and Johann Dietze

Mannheim, Germany

According to the continuity hypothesis, which suggests that dream content reflects waking experiences, the differences in personality and life experiences between homosexual and heterosexual men may lead to differences in dream content. Indeed, two studies indicate that the dreams of homosexual men featured fewer aggressive elements, more friendly and sexual interactions, and a greater prevalence of homosexual themes to dreams of heterosexual men.

Method. Overall, $N = 119$ men (sexual orientation: $n = 55$ homosexual, $n = 64$ heterosexual) completed the survey. The mean age of the sample was 31.97 ($SD = 11.94$ years, range: 18–64 years). The participants

completed a questionnaire about waking-life sexual behavior, dreaming including a most recent dream and a most recent sexual dream.

Results and Discussion. Homosexual men reported more sexual partners in waking life and also reported more sexual dreams. Dream reports showed no significant differences in sexual interactions or the number of sexual partners between groups, but homosexual men’s dreams featured a higher ratio of male to female characters and more romantic relationships with men. These findings partially align with the continuity hypothesis, suggesting that the dream content of homosexual men reflects their social interactions and romantic preferences.

Reference

Dietze, J., Schredl, M., & Gisch, U. (2024). Gay Dreams: Exploring the Relationship Between Sexual Orientation and Dream Content in Men. *Journal of Homosexuality*, 1-19. <https://doi.org/10.1080/00918369.2024.2420074>

Creativity, dreaming and trauma

Ashmin Singh

Durban, KwaZulu-Na, South Africa

Dreams have interested humankind throughout the ages for aeons. It was the groundbreaking work of Freud that reinvigorated meaningfulness into dreams. However, the function that dreams serve has yet to be fully understood. In this theoretical exposition of dreaming, this paper aims to understand how dreaming may contribute towards our creativity and the extent to which trauma negates this process. While there is a wealth of research on trauma, more especially in light of recent global events that have seen a surge in the topic, there is little research looking at the way in which creativity may manifest from the process of dreaming and how this process may be disrupted when trauma arises. Further, creativity during dreaming will be unpacked from a psychodynamic lens, bringing to fore the fundamental necessity that creativity has in our everyday lives. This paper will then focus its attention on the way in which trauma may undercut this process as well as the effects of trauma on creativity and dreaming.

Dream Content in British Prisoners-of-War during WWII

Katja Valli, Monica Bergman, Jarno Tuominen, Oskar MacGregor, Antti Revonsuo, and Henri Olkonien

University of Turku, Finland

Background: We investigated themes, emotions, and threatening events in dreams reported by British Prisoners-of-War (POWs) during WWII. The results are compared to dreams collected in early 1970s from Polish Auschwitz survivors (PASs).

Methods: In May 1940, British Major Kenneth Davies Hopkins was captured during the Battle of France and interned in prisoner-of-war camp for officers Oflag VII-C (Laufen, Germany). He systematically collected dream reports from his fellow inmates between 1940 and 1942. We analyzed themes, emotions, and threatening events in the preserved

dataset that consist of 391 dreams from 79 officers. We compared the findings with another WWII dataset collected in 1973-74 from Polish Auschwitz survivors that consists of 164 dreams dreamt during the internment in Auschwitz.

Results: War-related themes were the most frequent theme in both samples, with no statistical difference between the two groups. Compared to PASSs, POWs were more likely to dream about family and freedom-related themes but less likely to have negative emotions in their dreams. The groups did not differ in the number of reported threats, but PASSs were more likely to dream of aggressive threats and life-threatening events.

Conclusion: Possible explanation for the differences in dream content in these samples is that the living conditions for POWs differed substantially from the conditions in Auschwitz regarding, for example, food, warm clothing, exemption from forced labor, and general treatment. The POWs were also allowed to send mail and receive letters and packages from their families.

Testing the Embodied Cognition Theory of Dreaming: Key Concepts and Potential Research Designs

Alwin E. Wagener

Easton, PA, United States of America

An important component of new theories is making them testable, so they can be supported, refined, or rejected. The Embodied Cognition Theory of Dreaming (ECTD) is a new theory about the functions of dreaming. It puts forward the claim that dreams prepare dreamers for their waking lives by training them in the schemas most recently relevant to their waking life. It grounds this claim in dream research and conceptualizing cognition using the theory of embodied cognition. The claims and construction of ECTD create opportunities to test the theory, and these opportunities are the focus of this presentation.

There are three primary claims in ECTD: 1. Dreaming serves to organize schemas congruent with individuals' affective and sensorimotor understandings of self-in-context. 2. Dreaming prepares individuals to recognize and react to schemas. 3. Dreaming prepares individuals to use sensorimotor processes needed for those schemas. Each of those claims will be described along with how those claims are currently supported by research and what further research is needed to evaluate them. In addition to addressing the core claims and related research, time will be devoted to addressing the challenge of studying embodied metaphor (a core concept with ECTD), including how to examine links between waking cognition and dreams when dreams are the metaphoric source domain for understanding abstract concepts in waking life.

The influence of temporal proximity on lucid and non-lucid dream characteristics

Xinlin Wang, Emma Peters, Martin Dresler, and Daniel Erlacher

Bern, Switzerland

A lucid dream is a dream during which the dreamers are aware of the fact that they are dreaming. However, beyond this definitional criterion, other potential differences (e.g. vivid perception) between lucid dreams and non-lucid dreams could also be possible. To investigate this, Here we collected lucid and non-lucid dream reports within subjects. In a further step, we aimed to assess how temporal proximity to the dream experience influences the characteristics of these dreams. We asked the participant to provide reports of their most recent lucid and non-lucid dreams, which had occurred in the past. Additionally, participants were instructed to record their next lucid and non-lucid dreams immediately after awakening, ensuring that fresh dream experiences were captured for comparison. We analysed the sensory quality, emotions, and cognitions in these dreams, with a particular focus on the dream insight. These results indicated the characteristics of lucid dreams that distinguish from non-lucid dreams. It also contributed to a better understanding of the cognitive and emotional dynamics of memory of dreams.

The Unnatural Space in the Dream Narrative of the Nineteenth Century British Novels

Yue Wang

Jinhua, China

The dream itself as an umbrella space may produce various sub-spaces together with all kinds of events, strange or familiar people, or anything strange or unnatural. As Globus states, "there are infinite worlds possible within our dreaming bubble of perception. Dreaming frees us from the actual world to the set of all possible worlds." About this quality of productivity of dream space, dreams can make people freely crosses time and space and brings the dreamer to another unknown space. It is just the strangeness of the dream space that stimulates people to explore the qualities of dream space. The dream narrative constructs an unnatural space which is a possible world from which the events and characters or things can be produced freely and amazingly, and this untouched space can extend boundlessly far beyond our physical reality. This paper mainly discusses the productivity of space and the unboundedness of space in the dream narrative in Alice's Adventures in Wonderland and Wuthering Heights of the nineteenth century British novels.

Dreaming as Ecotherapy: Dream Recall Frequency and Perceived Connectedness to Nature

Nikki Wardwell Sleath

Nikki will present the results of the research project conducted for her Master's work, which aimed to explore the relationship between one's rate of dream recall and one's per-

ceived connectedness to nature. The research was carried out thoughtfully and with care regarding its abstract nature. The findings showed that there is an overwhelming statistical significance between these factors, and the discussion will highlight the implications of considering dreaming as a form of ecotherapy. This presentation would be in the form of a talk, with a QR code given to participants which will allow them to read the research in its entirety and have access to all graphs and data involved.

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