

News and Notes**LUCID DREAMING SYMPOSIUM**

Jayne Gackenbach

University of Northern Iowa

In conjunction with the annual meeting of the Association for the Study of Dreams, Stephen LaBerge, of Stanford University, and I have organized a day long symposium on lucid dreaming. Major figures in lucid dreaming work from a variety of disciplines and from around the world will be discussing the phenomenon. If interested in attending please fill out the form below and return with \$25 to me by June 10th.

LUCID DREAMING PROCONVENTION SYMPOSIUM

WEDNESDAY, JUNE 19, 1985

UNIVERSITY OF VIRGINIA

SOUTH MEETING ROOM

NEWCOMB HALL

A.M. Chair--Jayne Gackenbach
University of Northern Iowa

P.M. Chair--Stephen LaBerge
Stanford University

7:00-8:00 a.m. --REGISTRATION8:00-8:45 a.m. --ANTHROPOLOGICAL PERSPECTIVES ON LUCID DREAMING: A
PANEL DISCUSSION

1. Barbara Tedlock, Dept. of Sociology and Anthropology, Tufts Univ. (Chair)
2. Patric Giesler, Institute for Parapsychology, Durham, NC
3. Deborah Jay Hillman, Dept. of Anthropology, New School of Social Research
4. Stanley Krippner, Saybrook Institute San Francisco, CA

8:45-9:15 a.m.--RELIGIOUS AND PHILOSOPHICAL ORIGINS AND
IMPLICATIONS:
SHORT TALKS

8:45-8:55 --George Gillespie, Dept. of Oriental Studies University of Pennsylvania

8:55-9:05 --Harry Hunt, Dept. of Psychology, Brook Univ.

9:05-9:15 --Fabian Tawsano,

Institute of Psychophysical
Research, Oxford, England

9:15-9:45 a.m.--REFRESHMENT BREAK

9:45-10:40a.m.--THE RELATIONSHIP BETWEEN THE OUT—OF—BODY
EXPERIENCE
AND LUCID DREAMING: A SYMPOSIUM

9:45—10:00--Charles McCrerry, Institute of Psychophysical Research
Oxford, England

10:00—10:15--Patric Giesler, Institute for Parapsychology
Durham, North Carolina

10:15—10:30--Andrew Brylowaki
University of Texas Medical School at Houston

10:30-10:40--Roy Salley, Psychology Service, McGuire Veterans Administration
Center Richmond, VA (discussant)

10:40—11:00a.m.--INDIVIDUAL DIFFERENCES ASSOCIATED WITH THE
DREAM

LUCIDITY ABILITY: A TALK

Jayne Gackenbach, Dept. of Psychology, University of Northern Iowa

11:00-12:00a.m.--PERSONAL EXPLORATION OF LUCID DREAMING: A PANEL
DISCUSSION

1. Stephen LaBerge, Sleep Research
Center, Stanford University (Chair)
2. George Gillespie
University of Pennsylvania
3. Jill Gregory, Navato, California
4. Kenneth Moss, Wayne State University
5. HenriRouvouan, Paris, France
6. Alan Worsley, Bull, England

12:00—1:00 p.m.--LUNCH BREAK

1:00-1:30 p.m.--PHYSIOLOGICAL MECHANISMS OF LUCID DREAMING: A
TALK

Stephen LaBerge,
Sleep Research Center

Stanford University

1:30—2:30 p.m.--PSYCHOPHYSIOLOGICAL ISSUES: A PANEL DISCUSSION

1. Stephen LaBerge, Sleep Research Center,
Stanford Univ., (Chair)
2. Andrew Brylowski, University of Texas Medical School at Houston
3. Dana Redington, Sleep Research Center, Stanford University
4. Pierre Etevenon, Centre Hospitalier and INSERM, Paris, France
5. Harry Runt, Department of Psychology, Brook University
6. Joseph Dane, Pain Management Center, Univ. of VA Medical School

2:30--3:30 p.m.--EMPIRICAL ANALYSIS OF THE PSYCHOLOGICAL CONTENT
OF
LUCID DREAM REPORTS: A SYMPOSIUM

2:30—2:45 --Celia Green, Institute of Psychophysical Research, Oxford, England

2:45-3:00 --Jayne Gackenbach, Dept. of Psychology, University of Northern Iowa

3:00—3:15 --Alan Moffitt, Dept. of Psychology, Carleton Univ.

3:15—3:30 --Harry Hunt, Dept. of Psychology, Brock Univ. (Discussant)

3:30-4:00 p.m.—REFRESHMENT BREAK

4:00-5:00 p.m.--THE PROBLEM OF INDUCTION: A PANEL DISCUSSION

1. Robert Price, Dept. of Psychology, Univ. of Texas at Austin, (Chair)
2. Christian Bouchet, Ecole Normale Superieure, Paris, France
3. Roger Ripert, Cedex, France
4. Joe Dane, Pain Management Center, Univ. of VA Medical School
5. Stephen LaBerge, Sleep Research Center, Stanford University

5:00-6:00 p.m.--MENTAL HEALTH APPLICATIONS: A PANEL DISCUSSION

1. Patrica Garfield, San Francisco, California (Chair)
2. Gordon Halliday, The Center for Individual and Family Services, Mansfield, Ohio
3. Jean Campbell, Poseidia Institute, Virginia Beach, Virginia

- 4. Ann Sayre Wiseman, Cambridge, Massachusetts
- 5. Judith Malamud, New York, New York
- 6. Morton Schatzman, London, England

LUCID DREAMING PRECONVENTION
SYMPOSIUM REGISTRATION

NAME _____

ADDRESS _____

PLEASE RETURN WITH \$25 BY JUNE 10 TO:
Dr. Jayne Gackenbach
Department of Psychology
University of Northern Iowa
Cedar Falls, IA 50614-0505

ASD CONVENTION

During the annual meeting of the Association for the Study of Dreams, to be held June 17—23 at the University of Virginia, there will be several lucid dreaming presentations. These include:

TUESDAY AND WEDNESDAY, JUNE 18 & 19, 1985

PRECONVENTION WORKSHOP: Drs. Patricia Garfield and Stephen LaBerge Creativity and Consciousness. Approaches to creative problem solving and lucid dreaming will be explored during the evening session and subsequent dreams processed the next morning. Tues. night, Wed. A.M.; \$50.00. (Peabody 106, Nest to Student Union). To register contact Dr. Bob Van de Castle, 6 East, Blue Ridge Hospital, Charlottesville, VA.

WEDNESDAY, JUNE 19, 1985

LUCID DREAM PRECONVENTION SYMPOSIUM
(see elsewhere In this issue of Lucidity Letter for details.)

THURSDAY, JUNE 20, 1985

INVITED ADDRESS: LUCID DREAMING

1:30—2:30 P.M. Ball Room, Newcomb Hall

Stephen LaBerge, Ph.D. Dr. LaBerge is an experimental psychologist associated with the Sleep Disorders Center at Stanford University. His recently published book is entitled Lucid Dreaming.

RESEARCH FINDINGS AND CONCEPTUAL ISSUES IN
LUCID DREAMING

2:15-4:15 P.M. Ball Boom

Stephen LaBerge, Ph.D. (Chair)

2:45-3:05 “Dream Self—reflectiveness as a Learned Cognitive Skill”. Sheila Purcell, M.A., J. Mullington, B.A., A. Moffitt, Ph.D., B. Hoffmann, Ph.D., and B. Pi&eau, Ph.D. The presenters are all associated with the Psychology Department at Carleton University in Ottawa, Ontario.

SUMMARY: Contrary to a prevalent view, this study shows that dreaming is not all single—minded but variable along a self—reflective process continuum culminating in lucid dreaming. Neither is it isolated from other systems of consciousness, but rather this canalization is learned and is modifiable through learning.

3:05—3:25 “A Cognitive Psychology of Lucid Dreams”. Harry Hunt, Ph.D. Dr. Hunt is a cognitive psychologist with the Department of Psychology at Brook University in Ontario.

SUMMARY: This cognitive psychology of lucid dreaming comes from its overlap with OBE and meditation. These can be understood as a direct manifestation of the “reflexivity” and “taking the role of the other” underlying the human symbolic capacity — but unfolding independently of pragmatic usage and in a “presentational” (non—representational) symbolic mode.

3:25—3:45 “A Comparison of Waking Instructions and Post—hypnotic Suggestion for Lucid Dream Induction”. Joseph Dane, Ph.D. and Robert L. Van de Castle, Ph.D. Dr. Dane is a clinical psychologist associated with the Pain Management Center at the University of Virginia Medical School. Dr. Van de Castle is a Professor in the Department of Behavioral Medicine and Psychiatry at the University of Virginia Medical School.

SUMMARY: In the course of one sleep lab night per 5, both Waking Instructions and Waking Instructions plus Post—hypnotic Suggestion induced empirically verified lucid dreams during both REM and non—REM sleep in a substantial portion of 30

hypnotically susceptible females (formerly) non—lucid dreamers. Five post—hoc measures suggested qualitative superiority of hypnotically induced results.

3:45—3:55 “Evidence of Non—REM Lucid Dreams: Theory, Physiology and Phenomenology”. Joseph Dane, Ph.D. and Robert L. Van de Castle, Ph.D.

SUMMARY: In a laboratory study of lucid dream Induction, 17 out of 20 successful (formerly) non—lucid dreamers reported a total of 30 empirically validated lucid dreams during NREM sleep. Possible explanations as well as theoretical, phenomenological, and physiological evidence for this occurrence are presented and discussed.

3:55-11:15 “Eye Movement Direction and the Lucid Dreaming Ability”. Jayne Gackenbach, Ph.D. Dr. Gackenbach is an experimental psychologist who is an Associate Professor in the Department of Psychology at the Univ. of Northern Iowa. She is also editor of the ASD Newsletter and the Lucidity Letter.

SUMMARY: Those who report frequently experiencing dream lucidity tend to evidence more leftward eye movement amplitude than rightward. Infrequently lucid and non-lucid dreamers showed no side preference.

VARIOUS APPLIED ASPECTS OF DREAMING

3:30-4:15 P.M. South Meeting Room

4:00-4:15 “From Lucid Dream to Dreamless Sleep”. George Gillespie Mr. Gillespie is a Ph.D. candidate in Sanskrit at the University of Pennsylvania.

SUMMARY: Tibetan Buddhist texts describe how meditation practices during lucid dreaming lead to dreamless sleep in which may occur visions of the void and the light. When we separate the phenomena described from their metaphysical interpretation we see how the experiences of “dreamless sleep” differ from ordinary dreaming.

BECOMING LUCID (A Mini Workshop)

7:00—9:00 P.M. Cavalier Room A

Leader is Judy Malamud, Ph.D., a clinical psychologist from New York City whose dissertation was on lucid dreaming.

FRIDAY, JUNE 21, 1985

A MULTIMEDIA PRESENTATION UTILIZING SPECIAL EFFECTS TO ILLUSTRATE LUCID DREAM PHENOMENA

8:30—9:15 P.M. Ball Room

Prepared by Kenneth Moss, M.D. who has been an amateur in nature, scientific and special effects photography and cinematography, since 1975. Dr. Moss lives in Michigan.

SATURDAY, JUNE 22, 1985

THE TRANSCENDING EXPERIENCE OF DREAMS

9:30—10:00 A.M. South Meeting Room

9:45-10:00 “Dream Evolution Towards Aware-ness”. Pierre Etevenon, Ph.D. Dr. Etevenon does research at the French equivalent of the National Institute of Health. He has recently published a book in France on dream evolution.

SUMMARY: A new perspective of evolution of human consciousness includes evolution of sleep and dreaming processes towards greater insight and awareness of thoughts, emo-tions, energies, and body harmo-nized together. Lucid and vivid dreaming leads to visions and peak experiences.

SUNDAY, JUNE 23, 1985

COGNITIVE STUDIES AND DREAMING

8:30—9:30 A.M. Ball Room

9:00—9:15 “Single—Mindedness and Self-Reflectiveness Laboratory Studies”. Allen Moffitt, Ph.D., F. Purcell, M.A., R. Hoffmann, Ph.D., R. Wells, Ph.D. and R. Pigeau, Ph.D. All of the presenters are affiliated with the Sleep Laboratory at Carleton University in Ottawa.

SUMMARY: Two studies (N=16, 24) examine the distribution of self—reflectiveness and single—mindedness and the dream reports of self—reported high and low frequency dream reporters awakened from stages REM, II, and IV sleep. The majority of dream reports from all stages of sleep were found to be single—minded. Reports from stage REM were more self-reflective than from stages II and IV, as were the dream reports of high frequency recallers.

ASD CONFERENCE II REGISTRATION

I look forward to attending the ASD Conference in Charlottesville, VA June 20—23,1985*

Name _____

Address _____
 City _____
 Phone _____

__ ASD Member Discount	__ Regular
\$95.00	Participant
	(non-member
	\$120.00)

Information on lodging & Mini—Workshops will be sent upon receipt of registration.

*The Mini—Workshops June 17, 18, & 19 require an additional fee per workshop.

My check/money order for \$ _____ is enclosed. Make checks payable to ASD and send to:

ASD, 337 Spruce St., San Francisco, CA 94118. Non—U.S. members should buy & send US dollars.

Refund policy: 50% return from 4/1 to 5/30 only.

LUCID DREAMING BIBLIOGRAPHY: UPDATES

Each issue of Lucidity Letter contains recent references on dream lucidity. The complete bibliography can be obtained by purchasing all past issues from the editor.

Conello, E. (1984). Lucid dreaming: A review and experiential study of waking intrusions during stage REM sleep. Journal of Mind and Behavior, 5(1), 81-98.

Dane, Joseph (198k). A comparison of waking instructions and post hypnotic suggestion for lucid dream induction. Unpublish doctoral dissertation, Georgia State University, Atlanta. (Available from Univerisity Microfilms Interna-tional, 300 N. Zeeb Road, Ann Arbor, MI 48106.)

Feynmam, R.P. (1985). "Surely you're joking. Mr. Feynman!" New York: W. W. Norton, pp. 45—52.

Gregory, Jill S. (1985). Becoming a lucid dreamer: An analysis of my development in the art and science of lucid dreaming. Unpublished bachelor' thesis, Dominican College, (Order information available from: Jill Gregory, 29 Truman Dr., Novato, CA 94947.)

LaBerge, S. (1985). Lucid dreaming. Los Angeles: Jeremy Tarcher. (Distributed at \$15.95 by Boughton Mifflin Co., 2 Park St., Boston, MA 02108 or contact Kim Freilich at 213-273-

3274 for order information.)

Sparrow, G. S. (1983). An exploration into the induction of greater reflectiveness and 'lucidity' in nocturnal dream reports. Unpublished doctoral dissertation, College of William and Mary, Williamsburg, VA. (Available from University Microfilms International 300 N. Zeeb Rd., Ann Arbor, MI 48106.)

Wasserman, I. & Ballif, B. L. (1984—85). Perceived interactions between the dream and the waking divisions of consciousness. Imagination, Cognition and Personality, 4(1), 3—13.

EDITORIAL AND SUBSCRIPTION POLICY

Starting in 1985 Lucidity Letter is published biannually in June and December. Copy for the June issue should be received by May 1 and for the December issue by November 1. Articles should be submitted in the style of the American Psychological Association and in duplicate. Research case, clinical, theoretical, and personal observation papers as well as book reviews and news of lucid dreaming make up the contents of this newsletter. Subscriptions are \$10 per year and past issues are available from the editor (Dr. Jayne Gackenbach, Dept. of Psychology, University of Northern Iowa, Cedar Falls, Iowa 50614 for \$10 domestic and \$15 foreign.

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