

Draft Minutes: July 24, 2020 Dreamshadow Board Meeting (Online via Zoom)

Participating:

Board - Lenny and Elizabeth Gibson, Peter Sjöstedt-Hughes, Johanna Sopenen, Steve Foster, Alex Pare

Staff - Kyle Buller, Alice Dommert, Lindsey Owens

Absent: Wendy Leffel (Board)

Meeting started at 11:00 AM Eastern Time

1. Approval of Minutes from June 28, 2020 Board Meeting: Elizabeth moved to approve the minutes from the previous board meeting; minutes approved.

2. Training/Certification Committee: Elizabeth moved to establish the Training/Certification Committee, to consist of at least three board members and one staff member. She recommended initial members as herself, Alex, Wendy or Steve and Kyle (as non-voting staff member). Discussion: The committee should review and recommend trainees to the full board for certification approval. The Board could meet twice a year to certify new facilitators who have completed their training. The committee also needs to focus on how we will train people going forward by reviewing and modifying as necessary the current training requirements document. Alex seconded the motion to establish the committee; motion passed unanimously.

3. Exeter Philosophy of Psychedelics Conference: Peter gave an update on the planning process for the conference, scheduled now for April 2021. The conference team is working on the format and schedule and has also been discussing technical issues related to the hybrid format of in-person/virtual participation. Peter, Christine Hauskeller, Elizabeth and student assistant Toby Squire are editing the conference papers and waiting on confirmation from Bloomsbury Press as publisher of the book.

4. Ethical Guidelines Document: Alex led the discussion of the document that he and Wendy had drafted and revised with previous input from the board and staff. During the ensuing discussion, we reviewed how the commitment to safety should be presented to workshop participants, i.e., as something that is co-created by all members of a group – facilitators and participants. The consensus was that the current document should be viewed as a work in progress, and it should now be dated and posted at the Dreamshadow website. Peter moved to approve the Ethical Guidelines, Steve seconded, motion passed unanimously.

5. Development of Teaching Material:

- Lenny reported that he has recorded three talks with a video producer so far: basic intro talk, expanded basic talk that includes history of western philosophy, and third talk that includes cosmological/metaphysical perspective. In the next few months, Lenny is planning to add slides, music, and footage of a Zoom talk with people reviewing the talks and asking questions. Next video recordings will be of the four basic training modules: overview, group process, bodywork and abnormal psychology. Eventually, Lenny plans

to have all of this content written up as a training manual. Peter offered to help with video production/editing.

- Regarding other teaching materials, Kyle reported that he and Joe Moore have been pulling together guidelines for developing session playlists.
- Lenny also mentioned that he, Kyle and Joe have been developing a tutorial of the history of philosophy with a particular concern for exceptional experience. The plan is to present this as an expanded tutorial, with Kyle and Joe as Teaching Assistants.
- Kyle explained that Dreamshadow now has a Teachable platform, <https://dreamshadow.teachable.com/>, which is the same platform used by Kyle and Joe for Psychedelics Today. The idea is to customize the Teachable site, upload content and archive training material. We could, for instance, create private courses and public programs incorporating the teaching material. These could generate a revenue stream for Dreamshadow at some point. Elizabeth asked Kyle about content he and Joe have already archived with Psychedelics Today and wonders if any of it can be linked to Dreamshadow. Moving forward, we need to consider what type of content may be appropriate to link between both organizations. Alex: what is the line between Dreamshadow and Psychedelics today? Lenny: we intend to develop a formal agreement between Dreamshadow and Psychedelics Today because we want to keep Dreamshadow as a charity and cannot mix it with a for-profit enterprise. The philosophy course should stay in Dreamshadow. At some point the board needs to approve a formal relationship with Psychedelics Today.

6. Additional Discussion Topics:

- Elizabeth is interested in developing Dreamshadow's affiliation with the Center for Process Studies. Since Burlington College ceased operating, we have been looking for a new academic affiliation. Maybe once Lenny, Joe, and Kyle get the philosophy course completed, we can run it by Andrew Schwartz, the CPS Executive Director. (Dreamshadow is currently an affiliated program of the CPS Process Phenomenology Project <https://ctr4process.org/our-work/projects/process-phenomenology-project/>.)
- Elizabeth – how can we keep people interested in breathwork when we are not able to have in-person trainings? Kyle proposing creating a beta course. Joanna agrees to assist Kyle with the creation of the Dreamshadow Beta course. What are some other possibilities for training outreach? Steve expressed interest in exploring some options.

Next Meeting: The next Board meeting will be scheduled approximately three months from now, around the beginning of October. Kyle will send a doodle poll closer to time.

Meeting concluded at 12 PM Eastern Time

Minutes prepared by Lindsey Owens and Elizabeth Gibson.