

AIMI Training Programs

The American Institute for Mental Imagery (AIMI) is a New York State Regents chartered training center for all health care professionals. We offer two programs: one for mental health care professionals and another for all other health care professionals. In addition, we offer courses to the general public.

I. MENTAL HEALTH CARE PROFESSIONALS receive certification in Mental Imagery, Imagination & Phenomenology through a one to two-year program consisting of experiential, didactic and clinical supervision work.

This program is steeped in a spiritual understanding of healing that engages students to expand their own personal world view and to come to know themselves. The tools we use are Images. Our focus is in learning to read the Images as they manifest through our inner and outer lives. Once understood, we can utilize this language to initiate change within ourselves, our clients and our community.

A) We explore the Image through the following course work:

- **The Metaphysics of Healing:** the spiritual basis of this therapeutic system, how healing works, history of Imagination in the western spiritual tradition, what's wrong with Freudian model, the holographic universe, reversing time and space to arrive at the moment of now.
- **The Healing Relationship:** a new therapeutic paradigm. For the clinician/ guide - Avoid the two pitfalls of burnout and boredom while conveying a new education to clients to facilitate change, growth, and maturity.
- **The Dictionary of Imagination:** learn how to read the language of our inner life. Topics include the mind-body connection, the meaning of symptoms, the keys to creating short Imagery for emotional and physical healing.
- **Waking Dream:** a deep, long Imaginal journey re-living a dream in a therapeutic setting to explore the significant elements of the dream with a guide. The possibilities suggested by this deep exploration of Self are then carried out by the client in daily life. Within a short time, this therapy produces lasting transformations of thinking, feeling, and behavior.
- **Dream reading:** the spiritual/ phenomenological reading of dreams. These inner messengers and messages from the dream reality are holographic recordings of our lives. We use them to inform our lives and to follow the directions they provide for fulfilling our lives in the everyday reality.
- **Morphology:** The ancient art and science of face reading, the premiere diagnostic system based on reading the external Image called "face." At a glance understand your client's temperament, personality, physical strengths and weaknesses, drives and needs, optimal diet & exercise, and compatibility with others.
- **Clinical Supervision:** in small group settings held bi-weekly learn to incorporate these new tools in your clinical practice. Students provide clinical cases for group review.

B) Personal Experiential Work - each student must complete Personal Waking Dream/Imagery work

Didactic requirement can be completed in the course of an academic year: Sept. – June.

Clinical Supervision can be completed in 15-18 months.

Personal Experiential Work is completed within the framework of the student's natural rhythm and pace.

Our faculty: Dr. Gerald Epstein and faculty teach all courses.

II. NON-MENTAL HEALTH CARE PROFESSIONALS receive a certificate of completion upon completing the three-part program. This program is similar in scope to the mental health care program but does NOT include clinical supervision.

III. THE GENERAL PUBLIC - AIMI offers classes to the public through its adult educational center, The Blue Gate School of Spirit, located in New York City.

About AIMI

We are a non-profit corporation that provides scholarships to students in need. The institute conducts research in accord with the direction of Imagery and phenomenology, underwrites book publications for appropriate manuscripts and sponsors conferences.

All donations to AIMI are tax deductible.

For inquiries call Dr. Gerald Epstein at (212) 369-4080 or e-mail jerry@drjerryepstein.org. Additional information about the programs can be found at www.drjerryepstein.com/schools.

Student Testimonial

"There have been a few people, known personally or through books, that I can truly say have changed the direction of my life. Gerald Epstein, MD, is one of those people. That is why after graduating from the American Institute for Mental Imagery, I have continued to take various class offerings year after year. His work has guided me both personally and professionally. Since his teachings are continuously evolving, I continuously gain new insights as well as having profound experiences that foster my own evolution as a person and a Health Patterning therapist."

– Elizabeth A. M. Barrett, PhD, RN, FAAN

In addition to training and supervising clinicians through his school, The American Institute for Mental Imagery (AIMI), Dr. Epstein has an adult education center for the general public and maintains a private practice as well. His latest book project is on longevity and immortality through the Imagery process that he has developed along with other techniques and methods of Western spiritual therapeutics. On his website you'll find a list of all his publications, many of them downloadable, as well as many, many Imagery exercises. To date, he has published over 500 Imagery exercises available to the general public, setting to explore the significant elements of the dream with a guide. The possibilities suggested by this deep exploration of Self are then carried out by the client in daily life. Within a short time, this therapy produces lasting transformations of thinking, feeling, and behavior.