

Joy Gottlieb  
Imagery International

Institute for Health & Healing  
California Pacific Medical Center  
Integrative Medicine Education Program  
Specialty in Guided Imagery & Expressive Arts  
[myhealthandhealing.org](http://myhealthandhealing.org)

The guided imagery training of the Integrative Medicine Education Program can be accessed on the website listed above by following the Professional Education link to the IME page to the Guided Imagery section. This is a field placement program for graduates and students pursuing a Master's degree in Counseling Psychology. The program meets requirements for licensure through the California Board of Behavioral Sciences.

Guided Imagery and Expressive Arts interns work with patients in the hospital offering a combination of art and imagery. Related to meditation, hypnosis and visualization, guided imagery focuses awareness in order to access intuition and deepen inner awareness. Expressive arts uses the creative process to explore deeper meaning in the patient's experience. Education takes place at California Pacific Medical Center (CPMC).

The staff at CPMC is trained to work with Guided Imagery specialists. Our GI/EXA interns are woven into the medical care through Interdisciplinary Rounds and a hospital-wide, comprehensive phone referral system. I was fortunate to have a weekly assignment attending Interdisciplinary Rounds. The charge nurse, the oncology nurse, the dietician, the staff Chaplain and I would exchange and compare patient information. I received patient referrals and reported on the previous week's referrals. These rounds were a great way to integrate our services into all phases of patient care.

Other services offered in the hospital by the Institute for Health & Healing include Gentle Massage, Wholistic Nurse Consultations, Spiritual Support and Healing Harp. Part of my tasks included coordinating these services for new patients. I also worked collaboratively with each of

these other disciplines, seeing patients in duos, triads and Integrative Teams of representatives from each of our disciplines. This system allowed us to offer every patient an individualized package of services, custom designed to meet their wishes. The team approach was also a great way for us to bond. I had some incredible experiences combining Guided Imagery with Massage Therapy: inviting patients to reinhabit their body after serious illness. I also found the combination of Guided Imagery and Healing Harp to be particularly effective in addressing patient's emotional needs.

I was honored to take on the co-facilitation of the weekly Health & Healing Support Group. This is a drop-in, outpatient, Art & Imagery Support Group. I was able to apply my Guided Imagery training and sharpen my group leadership skills, in this setting. Through the use of Guided Imagery and Expressive Arts we explored themes, which included, relaxation/stress reduction, safe place/boundaries, inner advisor, self care, witnessing self/others, spirituality and wellness.

The Guided Imagery training is both didactic and experiential with written work, practice sessions and presentations required. Guided Imagery training is put to immediate use with patients and their families, and groups: serving the CPMC patient population with the much-needed *human* side of healthcare.

My guided imagery training with the Institute for Health and Healing has led me to seek further engagement in the field of guided imagery. I am honored to be a part of Imagery International and I'd be delighted to answer any further questions regarding the Institute for Health & Healing, Guided Imagery training.