

# Shifting Perspectives



***Katheryn Darlington, RN, BSN, Integrative Imagery, CHTP, HTCP***

Even a few seconds or minutes of Imagery can provide the Opportunity to shift perspective by evoking inner strength and calm. I am writing this Imagery case study to share a wonderful experience I had while working at our cancer center. This is an excerpt from my journal that I hope you appreciate. Perhaps these little golden gems are common for you with years of experience, but for me as a relative newcomer to the field, the immense impact after just a few quick moments of Imagery coaching was remarkable.

Another amazing event in the radiation therapy treatment area: Todd, a staff member, recommended that I see a patient named Shirley before her treatment one morning. I could spot her easily as she approached the front door. She was a woman in her 70s, hurrying up the walkway holding her left breast in her left hand with her right hand pressed to the side of her head. She appeared very tense and anxious. She was ten minutes late.

I greeted her and escorted her into our conference room to relax. I explained that the practitioners were a few minutes behind schedule, so we had this private time together. She spent the first two minutes lamenting her late arrival and complaining of stress, a headache, sore breast and pain in the axilla (armpit). I sat directly in front of her, kept my gaze fixed upon her eyes and face, and just listened for two minutes. Her hands were tremulous, voice loud, and she appeared very distressed. After two minutes I held up my hand and said, "OK. That's enough. It is alright that you are a few minutes late—they are a little behind schedule. We have only a few more minutes to help you relax so I would like to put my hands on your shoulders, ask you to stay quiet for just a few minutes, breathe slowly and let me help you to find some calm." She agreed and gave me permission to proceed.

I stood behind her with my hands on her shoulders and instructed her how to breathe more slowly. She cooperated easily. I sent her



calming energy while we breathed together and, after about 90 seconds, she began to relax. Then Todd came in and quietly announced that they were ready for her. I felt so disheartened because we had just begun and time was up already. Shirley didn't appreciate this early termination either.

While we walked, I assured her that we could remain "connected in spirit" to help her stay calm. After she changed into the patient gown, we walked the short distance into the radiation room. At the last second, I asked her where she liked to go to relax and feel peaceful. Immediately she responded that she had a favorite campground in the mountains

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with lots of good memories of fun and peace. I told her to go there and focus on that place and those memories while she went through the radiation session.

As staff and I positioned her arm over her head on the table, she experienced more pain in her axilla. She cooperated as best she could. We left her alone in the room during the treatment and I stood outside the radiation chamber and “held the space” for her spirit. When we returned to help her off the table, the first thing she said was, “I did what you said — I have been at the campground the whole time. That cool water in the stream sure felt good. It helped me a lot — took

my mind off all this.” I let her know that I was glad that the Imagery helped and would greet her for the afternoon treatment.

When she returned later in the day — what a surprise! She walked into the lobby appearing calm and smiling. She said she had gone home, napped and continued to “visit the campground all afternoon.” She denied headache, breast or axillary pain.

I escorted her to the conference room chair and provided some energy balancing Healing Touch while she Imaged her campground. After about ten minutes, it was her turn in radiation. She walked into the room and calmly climbed up onto the table. The staff positioned her with ease and when our physicist, Pam, told her we would return in ten minutes, Shirley replied, “OK — take twenty if you want.” Pam stopped,

looked, and then remarked, “Well, you don’t hear that too often!” At the end of the treatment Shirley was still calm, relaxed, and smiling. What a change! The power of only a few minutes with focused intent and tools such as Imagery and Energy can make such a difference!

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*Through the years of working in hospitals, mostly in ICU and ED, I noticed a continual need for my patients, their families, myself, and co-workers to have more tools to manage stress and pain. I found some excellent tools through the study of Imagery with Beyond Ordinary Nursing.*

*I not only use it in my work with private clients, oncology patients, and outpatients for surgery; Imagery is now a part of how I see life and live moment to moment each day.*

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## Welcome to the Team, Janet



We welcome Janet Barr, ChFC, CLU, as Treasurer for Imagery International.

Janet Barr has served as a financial advisor and wealth manager since 1994, helping clients with issues such as protection planning, tax reduction, retirement planning, investment selection and monitoring, asset allocation and estate preservation. She is a Chartered Financial Consultant, Chartered Life Underwriter, Certified Divorce Financial Analyst, Certified Income Specialist, and Certified Fund Specialist.

In 2006, Janet started Collaborative Financial Solutions, LLC, with the mission of creating peace and understanding around money for her clients. She serves as the Treasurer of the University Club of Santa Barbara, the Treasurer of the SB Collaborative Law

Group, and is on the Investment Committee of Trinity Episcopal, overseeing annual budgets ranging from \$2,000 to \$800,000.

Janet is also a member of both the Socially Responsible Investment Forum and the International Academy of Collaborative Professionals. She uses Imagery in coaching individuals to manage stress about money matters.

In addition to these endeavors, her hobbies include spending time with her sheltie named Kobe, gardening, kayaking, golfing, yoga, traveling and flying in light fixed-wing aircraft.

To learn more about Janet, visit: <http://www.collaborativefinancialsolutions.com>