

The Living Room



**By
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Imagine a white layer of clouds across the horizon.....ahhh, the fog is rolling in! My unconscious mind signals that the heat will soon end those hot days, relieved by the cool mist off the San Francisco coast.

But wait...

My conscious mind suddenly realizes the white layer is a cloud pattern along the southern Arizona horizon - in June. The anticipated cool air is but a dream.

Back in 2007, I moved to Tucson, AZ from Oakland, CA and had this experience. While gazing south toward Mexico on a particularly hot day, my mind was there in S.F. seeing what my mind knew to be fog. During

that time, I was working toward certification in Integrative Imagery with Beyond Ordinary Nursing. In that brief moment, I understood the power of the mind and the untapped reservoir of the unconscious mind. I got a glass of cool water instead.

Down here in Tucson, my employer pays me six hours per month to provide Integrative Imagery to people with cancer. After receiving certification in February 2008, I began working with people receiving chemotherapy in a place called the Living Room. I have enjoyed seeing my patients' suffering eased and stress reduced. So far I have mainly used "Accessing Inner Strength," "Inner Healer," "Working with an Image" and hanging out in "Special Place."



I would like to briefly share data on my II work at the Arizona Cancer Center in Tucson. Since December 2009, I have worked with 28 people, with seven returning for more than one session. Several people had experienced Guided Imagery, self-hypnosis, or other forms of mind/body techniques. Most people were new to trying any form of self-healing. Ten people experienced at least a one-point reduction on the 0 - 10 Pain Scale. Twice, persons reported the pain as "gone" and "not there" after stating their pain as "4" and "4-5", respectively, before their session started. I

noted calmer breathing patterns, less fidgeting, and overall stress reduction in most of the 28 sessions thus far.

I am grateful for Beyond Ordinary Nursing and the opportunity to learn Integrative

Imagery as a tool for helping others in the Transition of their self-healing journeys. Powerful stuff!

Ann Rose is a holistic nurse working in an outpatient oncology clinic in Tucson, Az. She was certified in Integrative Imagery in 2008 and offers it through the Supportive Care For Healing program at the Az Cancer Center.