



Imagery International

A Professional Association of Guided Imagery Practitioners



Inviting New Members

We welcome all professionals interested in the practical application of guided imagery for healing and personal growth, including, but not limited to nurses, doctors, psychotherapists, social workers, hypnotherapists, and somatic workers.

Click [here](#) to see the benefits of membership.

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Imagery International's Monthly E-News: February 2013

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In this issue: Meet our new board members and program director, and enjoy excerpts from three articles that will appear in the next issue of *ImagiNews*.

Introducing New Members of Our Board!



President: Susan Ezra, RN, HNC

Susan Ezra has been actively engaged in incorporating imagery into her life and practice since 1989 when she started her formal imagery training with the Academy for Guided Imagery. This work felt like hand-in-glove, and she found she had a natural affinity for this healing art. She was on the faculty for six years

until she was guided to begin her own training program. She and Terry Reed co-founded and directed Beyond Ordinary Nursing and developed the Certificate Program in Integrative Imagery, a certification program for healthcare professionals. From 1996 to 2009, they trained over 378 healthcare practitioners in the clinical applications of therapeutic guided imagery. They co-authored [*Guided Imagery and Beyond: Stories of Healing and Transformation*](#), an anthology of stories from their students and clients illustrating the transformative power of this medium. For five years, they provided

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guided imagery to patients, staff and community at a major SF Bay Area hospital.

When asked what inspired her to lead the board, she responded, "I have been involved with Imagery International since its inception, have been the membership chair for the past four years, and now with the organization in a strong place, I am excited to serve as president to help further our mission and goals."

Here is a link to Susan's website: susanezra.com



Membership Chair: Randy Kasper, LCSW, BCD

Randy Kasper, LCSW is a Board Certified Diplomate and a BBS-approved provider of Continuing Education (State of California). A graduate of AIMI, she continues to study and work with Dr. Epstein.

She currently runs the School of Imagery and Health on the West Coast, where she also maintains a private practice.

She has helped to create and/or oversee hospital-based programs for Chemical Dependency, Domestic Violence and Employee Assistance in Texas, New York and California. She is on faculty at California State University (MSW program) and Alliant International University (Forensic PsyD program).

Her first experience with Imagery International was as a presenter in 2010. She was struck by the warmth, and seeking spirit of the members. She was delighted to accept the position of Membership Chair in hopes of extending a similar warm welcome and encouragement to all new and continuing members.



Member-at-Large: Kate Sculti

Kate has over 30 years experience in Women's Health, Community Health and Psychosocial Nursing. She has taught nursing students, medical students, and health professionals. As a Nurse Practitioner, Kate has been devoted to providing women with expert screening, monitoring, guidance, and a plan for maintaining wellness.

As Coordinator of the Breast Screening Center at UCSF Medical Center, Kate was a clinical specialist to women with benign and malignant breast conditions and to

women at higher risk for breast cancer. She served on the Women's Health Committee of the San Francisco Department of Public Health, and has been a guest on KGO and KQED radio discussing issues related to women's health.

Kate received her training in Guided Imagery through Beyond Ordinary Nursing's four-phase certificate program. She is a Reiki II practitioner, and has trained in first level Yoga Nidra. Experiencing and witnessing the power of the image to bring meaning and healing into people's lives has been transformative. In 2006, Kate completed a three-year Docent training program at the Fine Arts Museums of San Francisco. She is currently designing and developing an Art and Healing program for the museums.

When Kate was invited to be on the Board of Directors of Imagery International she accepted with delight, and looks forward to working with this amazing group of people, who were her every inspiration!

Introducing Our New Program Director



Lea Bayles, MA

Body and Soul Coach, transformational speaker, author and imagery guide, Lea Bayles has helped thousands of people connect with the wise delight of their bodies and the expansive creative power of spirit. Lea's playful, practical, compassionate and mystical approach draws from her master's degree in psychology and experience with theater, dance, mind-body healing, energy work, yoga, tantra and chi-kung and her personal challenges and joys with living in a body. She has created the *Co-Creating Heaven on Earth* interviews with visionaries, *Replenish Your Soul* meditation series, numerous articles and integrative wellness curriculum and the popular guidebook, *Take Back Your Life: Moving from Chronic Pain to Lifelong Healing*.

When asked what inspired her to take this role, Lea responded, "Meeting interesting people and hearing their stories is one of my favorite things! This position of Programs Director lets me interview people who are using imagery to help create healing and positive change in the world and to share their experiences and insights with our imagery community. I hope the podcast interviews will spark dialogue, so please, after you listen to an interview, let me know what you think! And, if you would like to be interviewed or if you have a good idea of someone to interview, please let me know!!"

Here are links to Lea's websites: leabayles.com and KindredWindStudio.com.

Deep gratitude for Juliet Rohde-Brown, PhD, for serving as our president for the past term



As a psychotherapist, educator, and Interim Chair of the Doctoral Program in Clinical Psychology at Antioch University, Juliet has had a very full professional life, and we have appreciated the dedication and time she has given to Imagery International.

We have enjoyed her thoughtful reflections in each issue of *ImagiNews*, her podcast interviews, which have stimulated thought and discussion, and her warmth, wisdom, and creativity in guiding the board.

We are delighted and grateful that she has agreed to continue to work with us as Past President.

Excerpts from Articles that Will Appear in the Next Issue of *ImagiNews*

Pain, Suffering and Healing at the End of Life By Andrew Wagner, MD

As a hospice and palliative medicine physician, I have had many opportunities to explore the issues and concerns of patients and their loved ones regarding alleviating pain, fear and Suffering in the course of treating life-threatening illness. I have also been witness to many sacred moments of healing at the end of life.

The Cause of Suffering: Imagery that Enslaves By Juliet Rohde-Brown, Ph.D.

As Piero Ferrucci so wisely stated, “Images can either imprison us or liberate us...” In the personal and professional work that I have done around forgiveness through the years, I have found that the most devastating experience of all for our self care system is rumination. It causes more Suffering than anything else, and I mean ANYTHING else.

In Memory of Thomas By Bev Hollander, BSN, MS, HNB-BC

One morning I glimpsed a man I Imagined as a vagrant, and our eyes met. Not wanting to encourage him to approach me, I looked away. Yet, in this brief glance, I saw his wan and worn expression embodying the face of

a deeply Suffering human being. Then, the astonishment and horror of what happened next was almost incapacitating. Noticing movement from the corner of my eyes, I witnessed the last moments of his life as he committed suicide.

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