



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 eNews: March 2014

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In this issue:

Proposals for our 6th annual conference are due 3/27!

Many thanks to outgoing board member, Kate Sculti

Imaginal Resonance

Member, Glenda Cedarleaf, MSW, LCSW, reports an inquiry she received from the Diane Sawyer Show

Upcoming events by members

Have an event you'd like to list in the next eNews?

Note from our *ImagiNews* editor

Proposals for our 6th annual conference are due 3/27!

Click [HERE](#) for more information.

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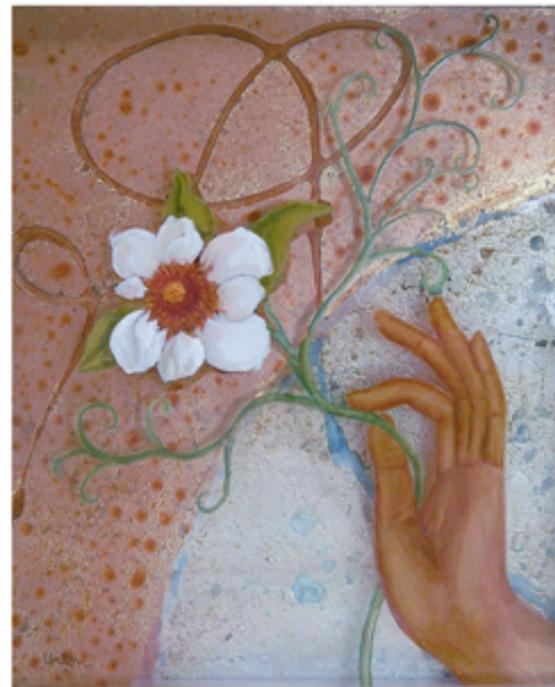
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**Imagery International's
6th Annual Conference**

Oct. 24-26, 2014, Menlo Park, CA



CE Credits available for
RNs, MFTs, and LCSWs

Theme: The Healing Power of Imagery

imageryinternational.org

"A State of Grace," by Robin Urton - DreambirdArt.com

Artist, Robin Urton has generously donated her piece, "A State of Grace" for this year's conference poster. You can see all of Robin's work at her website: DreambirdArt.com

Gratitude for outgoing Board Member, Kate Sculti



Many thanks to Kate Sculti for serving on our board.

Those of you who attended our last conference saw Kate shine when she gave a presentation on the innovative Art and Healing program she designed for veterans visiting the Fine Arts Museums of San Francisco.

If you were at the conference, you also saw the abundance of donations Kate procured for our most successful silent auction

yet.

Kate has also been an important voice in our visioning and planning. We will miss her presence at our board meetings but are delighted and grateful she will stay connected to the organization.

Kate will continue writing her new column for

ImagiNews: Imagery Research in the News. She has also generously offered to lead our efforts in getting donations for this year's silent auction.

Heartfelt thanks and best wishes to Kate!

Imaginal Resonance



Our treasurer, Denise Hughes, has discovered a wonderful resource our members will want to know about: www.imaginalresonance.org

Here is a description from Imaginal Resonance's home page:

"Imaginal-Resonance is a creative practice that aims to foster the relationship between imagination and whole-person development. By becoming aware of and expressing one's connection to images in one's daily-life environment through contemplation, poetry, visual art, and music, individuals explore personal and transpersonal awareness of Self in the World, and build skills that support personal and relational development. This site is dedicated to the research of the ongoing practice of imaginal-resonance through participants' practice, sharing of experience, and community building."

You might be interested in participating in the [Imaginal Resonance with Trees Study](#).

Or you might like to read about [Embodied Writing](#).

Member, Glenda Cedarleaf, MSW, LCSW, reports an inquiry she received from the Diane Sawyer Show!



From Glenda Cedarleaf:

This is an exciting newsflash! Friday morning I received an email from one of the ABC NEWS producers of the Diane Sawyer show. She told me they were doing a special on how meditation helps with various challenges, including emotional eating. She asked me to put her in touch with someone who has used meditation to heal from emotional eating.

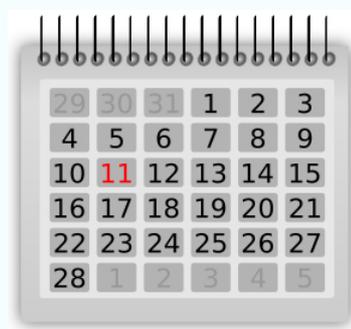
Thankfully, Becky Schmitz agreed to be interviewed on Skype for 20 minutes yesterday afternoon. Becky is an integrative nutrition coach who used Guided Imagery to help her lose weight and heal her life. [Here is her website.](#)

Becky also uses imagery from the Haven of Relaxation to help her stay connected with her "Wise Woman" and inner child.

So for those of you who love imagery and meditation, check out the Diane Sawyer Show and you should see a segment of the interview with Becky! We are told that this feature may also be on Nightline!

To read more now about emotional eating, [I just posted a blog about it here that includes a video with an excerpt from "affirmations for healthy eating."](#)

Upcoming Events by Our Members



Spring into the Vernal Equinox with Imagery and Chi Gong

March 22, 2014

Susan Ezra, RN, HN-BC

Fairfax, CA

[For more information, click here](#), or email:
susan.ezra@gmail.com

Have an event you'd like to list in the next eNews?

Submit the information below to Susan Gold at enews@imageryinternational.com by April 7, 2014. Put "Event(s) for eNews" in the subject line of your email. eNews will be sent out around April 15.

Events should be relevant to our members.

Information to include: title of the event; date; time; venue where the event will be held (be sure to include city and state); cost, person/organization holding the event; contact phone number and/or email for the event; URL for event web page, or web page of person or organization holding the event (optional); description of event—no longer than 25 words.

Note from our ImagiNews Editor



Hello everyone,

It's a busy year already, isn't it? I have a few announcements to make here. First we have our Graphic's Designer, Kerima, leaving us after her relatively short tenure. We really need help in finding her replacement. Hasn't she moved the visual quality and caliber of ImagiNews

up a few notches?

Also, Dr. Epstein is going on what I am calling a hiatus - meaning, I hope he will be back.

It is my sincere interest to move the content of ImagiNews in a more professional direction with a clinical focus on case studies and client vignettes. I want to share information from those who practice this craft of Imagery to help all of us to become more skilled and creative in the Imagery work we do. We want to present cutting edge research that validate what we already know - Imagery is a powerful therapeutic process.

Towards that effort, Charlotte Reznick, current 2012 Imagery International Person of the Year, has agreed to share some of her case studies with us so that the healing aspects of Imagery will be emphasized. I believe she will offer us new approaches we can utilize with out own clients. In addition, we have a new column from Kate Sculti. She is going to scour the research out there and present what she finds on a new column entitled - Imagery Research in the News. I am delighted.

The theme for June's issue is "PEACE."

Certainly you have witnessed imagery sessions where the Peace felt profound. Share your story with your peers. I look forward to hearing from you or before May 1st.

Send your contribution to:
editor@imageryinternational.com

Bev Hollander, BSN, MS, HNB-BC

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