



# 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: April 2013

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### Interviews with conference speakers:

Judith Westerfield, MA, MFT, CCH & GIT, and  
M. Daru Maer, MA, LPC

[Link to the March 2013 issue of \*ImagiNews\*](#)

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## Imagery International's 5th Annual Conference Oct. 4-6, 2013, Burlingame, CA

CE Credits available for  
RNs, MFTs, and LCSWs



Theme: The Magic of Imagery

[imageryinternational.org](http://imageryinternational.org)

"Magical Countenance," by Robin Urton - DreambirdArt.com

[Click here to visit our conference page.](#)  
[Scholarships available.](#)

**Interviews with Judith Westerfield, MA, MFT, CCH & GIT and M. Daru Maer, MA, LPC, who will be co-presenting:**

### **The Magic of the Mask: Therapeutic Creative Expression**



**Judith Westerfield MA, MFT, CCH & GIT** [www.judithwesterfield.com](http://www.judithwesterfield.com)

#### **Biography:**

New clients ask if I like to be called Judith or Judy. If I'm wanting to be suave and sophisticated it's Judith.

When I want to be "down home" it's judy. Family & friends, long ago, decided that I was never suave and sophisticated.

**Judith:** She's a licensed Marriage, Family Therapist, Certified Clinical Hypnosis & Guided Imagery Therapist in private practice in Laguna Niguel, CA since 1986.

**judy:** She loves anything creative - except singing & dancing. (Her vocal cords are connected to her 2 left feet). She sews, knits, paints, makes jewelry, and tends to "collect." The "collection" is ALWAYS valuable things

that can be transformed into something marvelous . . . someday.

I was diagnosed with fibromyalgia in 1996 and had a pacemaker implant in 2010 for heart arrhythmias. It has been a difficult and life changing journey for me. Every day I thank God for what He has given me and what He's NOT given me.

**How did you first discover, or become interested in, guided imagery?**

"Glenda" the good witch from the North and "Witch Hazel" the mischievous, irreverent witch from the South, East & West made me study guided imagery.

In 1986, when I was first licensed as a psychotherapist, I attended a week-end introductory workshop on Interactive Guided Imagery(sm). It was presented by David Bresler and Marty Rossman from the Academy for Guided Imagery. One of the experientials was meeting your "Inner Advisor". Glenda and Hazel showed up singing music from Cinderella. I was hooked. P.S. Glenda and Hazel still continue to "mix metaphors."

**Do you use guided imagery in your professional work? If so, how?**

Interactive Guided Imagery(sm) is a "go-to" in my toolbox for clients who come for depression, trauma, anxiety, life passage, relationship issues etc. I use it, if appropriate, adjunctively to cognitive-behavioral and psychodynamic orientations.

I'm also certified in hypnotherapy. When someone comes specifically for guided imagery or hypnosis on issues around life altering medical conditions, performance anxiety etc., I combine Interactive Guided Imagery(sm) with Ericksonian hypnosis and sometimes throw in a bit of direct suggestion. It's very effective and fun for me to mix and match.

**How have you used guided imagery for personal growth or healing?**

It may be blasphemous but guided imagery doesn't work for me. I don't transfer it into my behavior! For example, I've used Interactive Guided Imagery (sm) on eating healthier and exercising more for over 25 years. Jack LaLanne and Mae West frequently appear. Mae agrees to work co-operatively with Jack but prefers high heels and bon-bons over track shoes and vegetables. Mae and I are most compatible . . .

**What are three resources you would recommend to guided imagery professionals?**

[Academy for Guided Imagery](#) (research, what is imagery, training) Any of Marty Rossman's books (how-to, why-to)

[www.hypnosistothemax.com](http://www.hypnosistothemax.com) (my own web-site, that needs an update but I can't figure out how to do it without paying someone)

[JudithWesterfield.com](http://JudithWesterfield.com) CuriositytotheMax (my blog which I can figure out how to update. I post several times a week about things that interest me, amuse me or educate me about the world - particularly if it is creative).



**M. Daru Maer, M.A., LPC** is a Licensed Professional Counselor and Certified Interactive Imagery Therapist in private practice in Oregon for 25 years.

Daru has been a faculty member with The Academy for Guided Imagery since 1990, leading Preceptorships and teaching the basics of Interactive Guided Imagery(sm). She is a Mentor for Beyond Ordinary Nursing and a Red Cross Disaster Mental Health Specialist. One of Daru's specialties is counseling people who are planning or have undergone Bariatric Surgery. She personally uses painting as a form of creative expression for her own self care and incorporates music and art into her practice as a powerful means of helping people find what is right with them rather than focusing on what is wrong.

**How did you first discover, or become interested in, guided imagery?**

I use imagery everyday in my practice. I first discovered it in Seattle in the early 90's when Marty Rossman and David Bresler were giving a workshop. I signed up then and there. Not only has the technique helped me professionally but personally. As an aside, the people I have met over the years have enriched my life and created wonderful friends.

**Do you use guided imagery in your professional work? If so, how?**

I use imagery for regular psychotherapy issues, i.e. depression, anxiety, different abuses, but also health concerns... cancer, surgery prep. More recently I've been interested in organ transplant since my husband has been on the kidney transplant list for over one year. I now have several people on the list in my practice. I am working with their issues of waiting for their transplants. The waiting, the dialysis, the unknown, the total change in their lives—all these have issues for which I use imagery. This is a work in progress.

Another area that has opened up for me is using imagery to prepare people for depositions and going to court!

The stress and anxiety that happens is huge. Imagery seems to help. Attorneys are becoming more open to it, too. Combining imagery with EMDR is very helpful. This is another great area for people to explore.

What are three resources you would recommend to guided imagery professionals?

As for blogs, my favorite is [Judy Westerfield's, To the Maxx](#). I love her to pieces. My current reading and other interests are on neurobiology and the work of [Bessel van de Kolk, MD](#). He works in trauma and finds imagery, EMDR and tapping together helpful in healing the brain.

### March Issue of *ImagiNews*



[Click here to read the March 2013 issue of \*ImagiNews\*.](#)

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