



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: May 2013

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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

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

We are now accepting registration!

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

[Scholarships available.](#)

**Interview with conference speaker, Carl
Hendel, M.D., who will be presenting:**

Magic, Mysticism, and Imagery



Carl Hendel, M.D.

Biography:

Dr. Hendel has practiced Integrative Medicine in Santa Rosa, California for over 20 years. A former anesthesiologist, his study of mind-body medicine was initiated through a personal healing path. Dr. Hendel has studied Chinese Medicine in China and has cultivated skills in manual medicine and behavioral

medicine with interests in hypnosis and interactive imagery. He has studied and taught Tai Chi for over two decades and integrates all of these in his work.

To find out more about Dr. Hendel visit his website: www.doctorcarl.org

How did you first discover, or become interested in,

guided imagery?

After serious illness, a psychiatrist trying to aid my adjustment to major life change, got frustrated with me and said I needed a vacation. "Here, take it off your taxes." He threw a brochure he had received in the mail on the table. I took it and went to Hawaii for the Academy for Guided Imagery's annual meeting. I knew nothing about such weird stuff, and probably misbehaved a bit, thinking I would never see those people again. Funny how things work out!

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

Yes. I still use many of the basic exercises we taught in the Imagery training programs. I also work with formal and informal hypnosis (Erickson-influenced) and have begun including Journey Work in special circumstances.

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

[Guided Imagery for Self-Healing](#) by Martin Rossman, M.D.

[Free yourself from Pain](#) by David Bresler, Ph.D.

[Journey to the Sacred Garden](#) by Hank Wesselman, Ph.D.

In moments of high stress, focus on what you value



Most Imagery International members have first-hand experience using self-affirmations as an effective tool for managing stress. [A new study](#) validates this by specifically showing how performance impairments caused by high

stress can be alleviated by the use of self-affirmation techniques. [Monte Morin's 5/3/13 article in the Los Angeles Times' Science Now blog](#) summarizes the experiment as follows:

"In an experiment involving 80 undergraduate students, authors asked participants to rate the importance of 11 values -- things like family, business, politics, humor and music -- and then had the students complete a series of tests in which they were pressured for answers. ("I need

you to try harder," was one of the phrases experimenters used to ratchet up the stress level.)

Before they were tested, though, the students were split into two groups -- a control group and an affirmation group. The affirmation group was asked to rate the list of values and then write an essay about why their top-rated value was so important to them, and the control group was asked to write an essay about one of their least-rated values and why it might be important to other people.

After completing that exercise, participants were shown three words on a computer screen and asked to supply a fourth word that was related. For example, some study participants were shown the words, "flake, mobile and cone." Those students who answered "snow" were correct. Experimenters also monitored the test subjects' heart rate and blood pressure to confirm whether they were in a high- or low-stress state.

When study authors tabulated the test scores, they found that self-affirming test participants scored 40% higher than the control, or non-self-affirming, group. However, when both groups were tested in a low-stress environment, their test scores were very similar." [Read the full Science Now post here.](#)

So what can guided imagery practitioners take away from this? If our clients are about to enter into a highly-stressful situation—for example, if they are about to take an exam, or give a speech, we might encourage them to use self-guided imagery to get in touch with what they value most. If it's their family, they can imagine their faces and a specific memory of a time when they particularly appreciated them. If it's their job, they might relive a memory of a time when they felt they were performing at their best, or making a difference.—*Susan Gold*

Latest Podcast: Brief Trauma Therapy Using EFTA



Imagery International members won't want to miss Program Director Lea Bayles' interview with Jann Fredrickson Ramus, MA, MSW, ILCSW on her approach to brief trauma therapy using EFTA!



Visit the members only section of the website to listen:

imageryinternational.org/members

March issue of *ImagiNews*



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

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