



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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Fairfax, California
(415) 308-7808
susan.ezra@gmail.com
www.susanezra.com

Membership Chair

Randy Kasper, LCSW, BCD
Pasadena, CA
(213) 434-0700
apply@imageryinternational.com

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Jann Fredrickson Ramus, MA,
MSW, LICSW
West St. Paul, MN
(651) 208-6458
signup@imageryinternational.com

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Doreen Leighton, RN, CHTP, HN-
BC, HTACP
Napa, CA
(707) 255-5651
iioffice@imageryinternational.com

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Denise Hughes, MACP
San Carlos, CA
(650) 592-8239
<http://denisehughes.org>

Imagery International's Monthly eNews: May 2014

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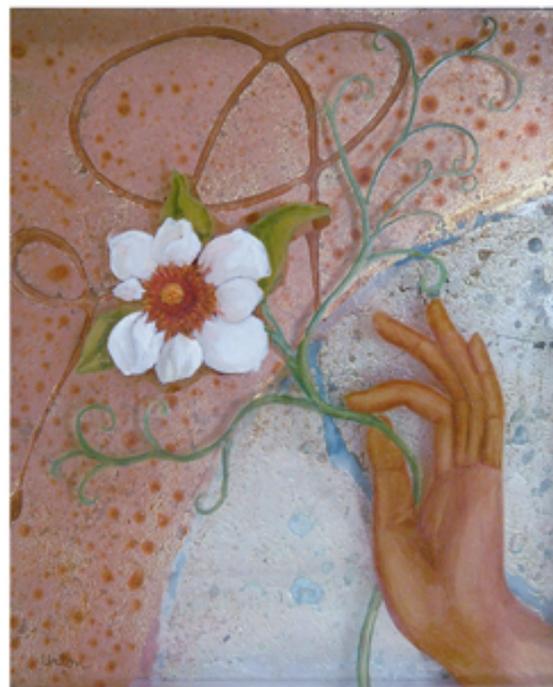
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Interviews with two of our conference speakers

Sneak peek from the soon-to-be-released
ImagiNews

Click [HERE](#) for more information.

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

denisehughes@comcast.net

**Member-at-Large/
Editor of eNews**

Susan Gold, MA, CH
San Mateo, California
(650) 532-0509
<http://www.susangold.net>
enews@imageryinternational.com

Support Staff

Past President

Juliet Rohde-Brown, PhD
Santa Barbara, CA
(805) 856-8005
<http://www.drjrb.com>

ImagiNews Editor

Bev Hollander, BSN, MS, HNB-BC,
FCN
Eugene, OR
(541) 345-3772
Submit articles for ImagiNews to
editor@imageryinternational.com

Office Manager

Amrita Cottrell
San Martin, CA
(831) 588-7498
office@imageryinternational.com

Website Editor

Sandra Warnken, CCHT, SEP
Dixon, California
707) 592-7667
Send pictures and website
submissions to
website@imageryinternational.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

Interviews with two of our conference speakers

**Denise Hughes, MACP
Money Shadow Dancing:
Healing Our Relationship with Money**



Denise Hughes works at the intersection of money, heart and soul. She knows how to access a client's emotional landscape in order to create change on their fiscal landscape. Her focus: The art of mixing possibility thinking, visioning, and mature money behaviors to

create a unique financial masterpiece. Her magic touch: She brings creative, right-brain thinking to the canvas of numbers, sprinkling the process with lightness, un-shaming, huge doses of inspiration and compassion.

She is the author of [*Earn Save Spend Give: 4 things to do with your money + how to make it all work.*](#)

You can learn more about Denise at her website: www.denisehughes.org

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

I went through the Beyond Ordinary Nursing (BON) training because I was interested in how imagery can heal and wanted to learn more about it.

Do you use guided imagery in your professional work?

Yes, I do. I believe that creating mental images is the first step in healing and transformation. If we can imagine it in the mental plane, it can exist on the physical plane.

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

[*Intuition: Awakening Your Inner Guide*](#) by Judee Gee

[*Divine Intuition Your Guide to Creating a Life You Love*](#)
by Lynn A. Robinson

[*The Energy of Money*](#) by Maria Nemeth

Dorit Netzer, PhD, ATR-BC, LCAT
Imaginal Resonance:
Healing Ourselves, Healing our World



Dorit Netzer, PhD, ATR-BC, LCAT is an art therapist and transpersonal psychology researcher. She is an associate core faculty at Sofia University (formerly the Institute of Transpersonal Psychology) and an Assistant adjunct professor at Hofstra University. Her private practice www.creative-encounters.us

and research www.imaginalresonance.org employ imaginal processes and creative expression as means for personal, relational, and spiritual growth. She has published articles on the role of the imagination in therapy, qualitative research, and transformative learning, and has presented her approach to the healing power of imagery and creative expression since 1998, in universities and international conferences, to social workers, psychologists, art therapists, artists, and educators, in the US and in Israel.

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

My first introduction to guided imagery was in my graduate art therapy training over 20 years ago, but I did not dedicate myself to the study and practice of imaging until I became gravely ill with ulcerative colitis in 1998. When I did not respond well to conventional treatments, a friend and colleague referred me to Jerry Epstein's book *Healing Visualization*. I was fortunate to live not too far from NYC, and began studying with Jerry. Working with my own psychosomatic healing was the beginning of a spiritual journey in which mental imagery has played a central role and is now integrated into all aspects of my life.

Question 2: Do you use guided imagery in your professional work?

Over time, mental imagery has become integral to my art therapy practice, and I respond to verbal, sensorial, and emotional expression as doorways to the imaginal realm. Working with children and adults, with couples and families, I experience mental imagery as liberating of habitual responses in that it provides a new language where anything is possible and can be transformed holistically in a most immediate way. Calling on the capacity of individuals to imagine introduces light and lightness into the therapeutic relationship and turns it into a creative encounter. It also shifts the power to

change from a treatment modality into self-healing. In my experience, children and adults respond best to the introduction of mental imagery when the images spring from their own words, body sensations, and affect. My work with mental imagery is psycho-educational as well as a universal spiritual teaching. When integrated with creative expression and embodied writing (in the process I call imaginal resonance), the process gains an embodied dimension that serves as testimony to the mental image and reminder for an independent return to the practice of imaging.

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

www.drjerryepstein.com

Anees A. Sheikh (Ed.), [*Imagery and Human Development Series*](#) (multiple books)

Vija Bergs Lusebrink, [*Imagery and Visual Expression in Therapy*](#)

Sneak peek from the soon-to-be-released *ImagiNews*

Excerpt from Jann Fredrickson Ramus' column, *Imagery Here and There*

The following is a scene from a typical day in the life of a Psychotherapist (me) and Patient X:

Me: "So, you've come in today because you are feeling anxious."

Patient X: "I always feel anxious and worried. I just don't seem to ever get Peace."

Me: "Hmmm. Peace? Say more about that."

Patient X: "Well, if there was just one thing that I could have, I mean, one thing that I could get, it would be Peace. I just don't have it anywhere in my life and I want it so bad. You do believe me, don't you? I mean, I really, really want to know what it is to feel calm and relaxed."

Stay tuned to find out about the magic!

Excerpt from "The Journey to Grace" by Jeannette Phelan, LMFT

The first time I was exposed to Interactive Guided ImagerySM, I knew that my life would be changed forever. Sitting in a San Francisco hotel room filled with more than 750 participants in the late 1980's, I knew that I had come "home" to a technique that far surpassed many of the traditional therapies I had been using. As I witnessed Marty Rossman and David Bresler work their magic with all of us, I realized that I'd been yearning for this knowledge

most of my adult life.

Excerpt from our industrious and illustrious president,
Susan Ezra

Our theme this issue is Peace, which has always been near and dear to my heart, being a child of the 60's. Personally, I have never let go of believing World Peace is possible and I never will.

Did you know Lyndon B. Johnson said this? "Peace is a journey of a thousand miles and it must be taken one step at a time."

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