



# 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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### Member-at-Large

## Imagery International's Monthly E-News: June 2012

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Click [here](#) to see the benefits of an annual membership to [Imagery International](#).

## Don't Miss Our 4th Annual Conference!



**October 5-7, 2012 at the Mercy Center, on the Peninsula of the San Francisco Bay Area**

[Click here](#) to visit our conference page and see this year's speakers.

**Interview with 2012 Conference Speaker—  
Bev Hollander, BSN, MS, HNB-BC, FCN**

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**Bev's presentation is titled: The Therapeutic Application of Integrative Imagery for Deep Soul Connection**

Bev is a Board Certified Holistic Nurse integrating Mind, Body and Spirit for healing. She has certification in Integrative Imagery from Beyond Ordinary Nursing and develops and offers workshops on topics

such as Imagery and Nonviolent Communication. She presented two such workshops at the 2011 conference of the Oregon Holistic Nurses Association. She is Imagery International's Imagery Person of the Year for 2010.

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

I totally forget!! I am always looking to expand my tool kit and imagine I saw an ad for [Beyond Ordinary Nursing's](#) program and finally got curious enough to pursue their training.

**Do you use guided imagery in your professional work?**

Unfortunately, I am not using Imagery as often as I would like. One special way I enjoy using Imagery is in determining which particular Healing Touch technique to utilize. In this way, I combine Healing Touch with an Imagery experience to offer the most effective healing and holistic care.

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

I love Margo Adair's two Books—[Meditations on Everything Under the Sun](#) and [Practical Meditation for Busy Souls](#). I also enjoy [Wisdom to Wellness](#) by Maureen Minnehan Jones. And, of course, I cannot do without [Imagine Forgiveness](#) by Juliet Rohde-Brown.

[Sue Ezra and Terry Reed](#) are two resources who never let me down as well. And, even though this all adds up to more than three resources, our [ImagiNews](#) stories, and Imagery International's [blog](#) and [website](#) are definitely winners!

**This month we would like to remind you that our website has many treasures in its archives.**

**From the Podcast Archives:**

**Martin Rossman, MD: The Worry Solution, January 2011**



Do you worry too much? Do you have trouble turning your mind off at the end of a stressful day, or can you even worry yourself sick? Do you sometimes have anxiety or panic attacks, feel like your life is out of control, or stay up at night going over all the things that are creating stress in your life? In this interview, Juliet Rohde-Brown talks with Dr. Rossman about the

science that indicates anyone can transform “bad worry” into positive focus and turn “good worry” into life-changing action. *The Worry Solution* will teach you how to get back in control of your runaway imagination, your mind, and your life. [Click here to listen.](#)

## Gerald Epstein, MD: Imagery and Dreams, August 2011



Popular columnist in Imagery International’s journal *ImagiNews* Jerry talks with Juliet Rohde-Brown about his work with imagery and dreams. He says that imagery is the shared social language of the world. It is the natural and true language of the mind. He discusses Waking Dream therapy. He believes that most of our difficulties are rooted in disturbed or disordered relationships of one sort or another. As the mind and body form a unity, the physical illnesses are

expressions of these relational difficulties.

His latest publication is an article in the Journal of Imagination, Personality and Cognition; “Effects of Imagery in Heart Rate Coherence and Heart Rate Variability”, which shows how imagery creates a stronger heart.

In collaboration with Elizabeth Ann Manhart Barrett, RN; PhD; FAAN they have launched new website introducing Power Imagery. See more details and a short video

here: <http://powerimagery.com>

[Click here to listen.](#)

[Click here for all podcasts.](#)

## From the Blog Archives:

### Befriending Anger with Meditation and Guided Imagery by Imagery International Member, Leslie Davenport, MFT, 7/8/2011



*Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody’s power and is not easy.*

*-Aristotle*

Anger has been getting a bad rap for centuries. Medieval Christianity decreed anger as one of the seven

deadly sins. Buddha teaches that anger side-tracks enlightenment and is rooted in illusion. In the Bhagavad Gita, Krishna regards anger as a sign of ignorance that leads to perpetual bondage. And the Kitzur Shulchan Aruch, a source of Judaic law, advises, “Anger is a very evil trait and it should be avoided at all costs. You should train yourself not to become angry even if you have a good reason to be angry.” Even current medical research conducted through the American Heart Association lists its negative health consequences, including anger as a trigger for heart attacks. [Click to read more.](#)