



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.

Board of Directors

President/Programs

Juliet Rohde-Brown, PhD
Santa Barbara, CA 93101
(805) 856-8005
<http://www.drjrb.com>

Membership Chair

Susan Ezra, RN, HNC
Fairfax, California 94930
(415) 308-7808
<http://integrativeimagery.com>

Member-at-Large/ Conference Committee Chair

Jann Fredrickson Ramus, MA,
MSW, LICSW
West St. Paul, MN 55118
(651) 208-6458
JFredr7753@aol.com

Secretary

Doreen Leighton, RN, CHTP, HN-
BC, HTACP
Napa, CA 94558
(707) 253-2716
dleight.2@netzero.com

Treasurer

Janet L. Barr, ChFC, CLU, CDFA
Santa Barbara, CA 93101
(805) 965-0101
Janet@JanetBarrCFS.com

Member-at-Large

Imagery International's Monthly E-News: July 2012

In this Issue:

Register Now for Our 4th Annual Conference!

We Are Taking Nominations for Imagery Person of the Year

Interviews with 2012 Conference Speakers: Amrita Cottrell and Lea Bayles

Our Latest Podcast Episode: Lisa Firestone—Imagery and the Inner Critic

Our Latest Issue of ImagiNews: June 2012

If you do not wish to be included on our monthly newsletter list, just click "Unsubscribe" at the bottom of this email.

One does not have to be a member of Imagery International to subscribe to this newsletter. If you would like to be added to our newsletter subscriber list, please email signup@imageryinternational.com. For the email's subject line, write "Subscribe to Imagery International E-News." Please also feel free to forward to friends and colleagues.

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

Register Now for Our 4th Annual Conference Co-Sponsored by Beyond Ordinary Nursing

The conference will take place **October 5-7, 2012** at the Mercy Center, on the Peninsula of the San Francisco Bay Area. The theme is "Imagery and the Soul."

Scholarships are available to this year's conference. Applications are due August 30. (Please note the extended deadline.) [Click here for scholarship details.](#)

Susan Gold, MA, CH
San Mateo, California 94401
(650) 532-0509
<http://www.susangold.net>

Support Staff

ImagiNews Editor

Bev Hollander, BSN, MS, HNB-BC,
FCN
Eugene, OR 97405
(541) 345-3772
Submit articles for ImagiNews to
bev@sheppardwest.com

Office Manager

Amrita Cottrell
San Martin, CA 95046
(831) 588-7498

Website Editor

Sandra Warnken, CCHT, SEP
Dixon, California 95620
707) 592-7667
Send pictures and website
submissions to
imageryguides@gmail.com



[Click here for conference details and registration.](#)

We Are Taking Nominations for Imagery Person of the Year (IPY)

Please send your nominations to the IPY Committee, care of Juliet Rohde-Brown

at drjrohdebrown@gmail.com. The deadline is July 31st. Include a brief paragraph about why you are nominating the person. We will be presenting the award on the first night of the conference at the membership meeting.

Interview with 2012 Conference Speakers



Amrita Cottrell, Founding Director of The Healing Music Organization

Amrita's presentation is titled: **Imagery and Music/Music and Imagery: A Psychoacoustic Music Exploration**

Amrita is Founding Director of [The Healing Music Organization](http://www.healingmusic.org) and is an inspiring teacher and public speaker. She has shared her amazing healing story at the United Nations, as well as the *NY Times*, *CBS News*, *Science & Spirituality* magazine, *SW Airlines* inflight magazine and at various national conferences on sound. Please visit Amrita's website: www.healingmusic.org

How did you first discover guided imagery?

I first became aware of guided imagery during a very difficult time in my life. After a very bad back injury when I was 19, I spent the next six years mostly in bed without feeling below my waist. I had more than 20 surgeries during those years that mostly addressed symptoms rather than the nerve damage that had been caused by the fall.

A dear friend, with whom I had been counseling for pain management, used guided imagery with me. It had amazing results and really gave me the strength to push forward, and eventually I made a full recovery.

What resources would you recommend to guided imagery professionals?

I would highly recommend the work of [Helen Bonny and Guided Imagery with Music \(GIM\)](#), which is actually a form of Music Therapy. In 1997, after a mastectomy, I had a GIM session with a music therapist. I had some very profound insights during that

session, which ended up changing the direction of my life. Two years later when I had a recurrence, I remembered the insights, which then gave me courage to make some very bold decisions about my treatment.



Lea Bayles, M.A. - Emeritus Speaker

Lea's presentation is titled: Sacred Body, Sacred Planet: 3 Keys to Activate Nature's Transformational Magic for Radiant Health, Vibrant Creativity and Joyful Evolution

Catalyst for Healing and Creative Expression, Lea connects participants with deep delight of body and expanse potential of spirit. Her inspiring, playful, loving approach draws from her Master's in Mind-Body Psychology and expertise in Interactive Imagery, somatic and expressive arts, Earth Medicine, and challenges and joys of living in a body. Please visit Lea's website: www.leabayles.com

When did you first discover guided imagery?

As a child I sometimes got in trouble for daydreaming. Now I get paid to teach people how to daydream for greater health, happiness and success! If you are an imagery guide, I bet you also spent many happy hours of your childhood with your head in the clouds.

The imaginal realm of fantasy, story, shape-shifting, earth magic and dreams was fascinating to me as far back as I can remember. Later, as a teenager in the early 1970's, I was very fortunate to have several teachers who were involved in the human potential movement and who brought many aspects of their explorations into the classroom. In high school psychology I learned the power of guided imagery and began using it to deal with my own host of psycho-somatic symptoms such as migraines, anxiety, eating disorders and irritable bowel syndrome and to access expanded levels of creativity, perception and guidance. Where would I be without Guided Imagery? I cannot imagine!

How do you use guided imagery in your professional work?

Guided Imagery is a primary tool in my professional work as well as in my own health and spiritual practices. In my twenties I used imagery in grade school classrooms to help students deal with stress, get along better with each other, achieve goals and to enhance creative thinking and writing.

When my three daughters were young, guided imagery helped them sleep, tune into their body signals and meet challenges with greater ease and success.

Today I utilize imagery in hospital wellness classes, presentations, talks, retreats, workshops and private sessions to help people relieve pain and anxiety while activating healing, creativity, personal empowerment and a sense of delight at being alive. I especially enjoy integrating imagery with movement, breath and expressive arts in potent and playful ways and in helping people access the healing power of nature within and around themselves.

What resources would you recommend to guided imagery professionals?

I love Jeanne Achterberg's books. Two that have been especially helpful to me are: [Rituals for Healing](#) and [Imagery in Healing](#).

Make Your Own Recordings—Cheaply and Easily: If you are an imagery guide for individuals or groups, you have probably been asked to make recordings. Your students and clients want to take you home with them!

Four resources I have found to be very helpful: [Zoom Recorder](#), [Garage Band](#), [Audio Acrobat](#) and a Walk-in Closet!

My first CD, [Relaxation Remedy](#), was recorded with a live musician, in a recording studio and then sent it to a company to have it professionally packaged. It was fun, but a bit expensive and a bit resource consumptive.

Since then, I have made more than 45 short recordings, [Replenish Your Soul Meditations](#).

The sound quality is just as good—even better, some people have told me.

I sit on a meditation cushion in my walk-in closet, (with the clothes behind me acting as a sound buffer) talk into my small Zoom recorder (about \$300), my husband edits it with Garage Band on his Mac to take out the bleeps and sometimes adds a music track or nature sounds, I load it to Audio Acrobat (\$30/month) and it's good to go out by email, Facebook, I-Tunes or onto my site for sale.

Latest Podcast Episode:

Lisa Firestone: Imagery and the Inner Critic



Lisa Firestone, PhD is a practicing clinical psychologist in Santa Barbara. She is the Director of Research and Education at The Glendon Association and Senior Editor at Psych Alive. In this conversation with Juliet Rohde-Brown she talks about the inner critical voice and it's relationship to suicide, violence, child abuse and troubled interpersonal relationships.

She is co-author of the books: [Conquer Your Critical Inner Voice](#), [Sex and Love in Intimate Relationships](#) and [Creating a Life of Meaning and Compassion](#). Find out more about her upcoming publications and free webinars on her website www.drisafirestone.com. Also see the website [PsychAlive](#) for resources for the general public. The [Glendon Association](#) provides resources for professionals including free CE webinars.

[Click here to listen to Imagery and the Inner Critic.](#)
[Click here for all podcasts.](#)

The Latest Issue of ImagiNews: June 2012



Ritual

[Click here to go to the issue.](#)

