



# 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 eNews: July 2013

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**Link to the June 2013 issue of *ImagiNews***

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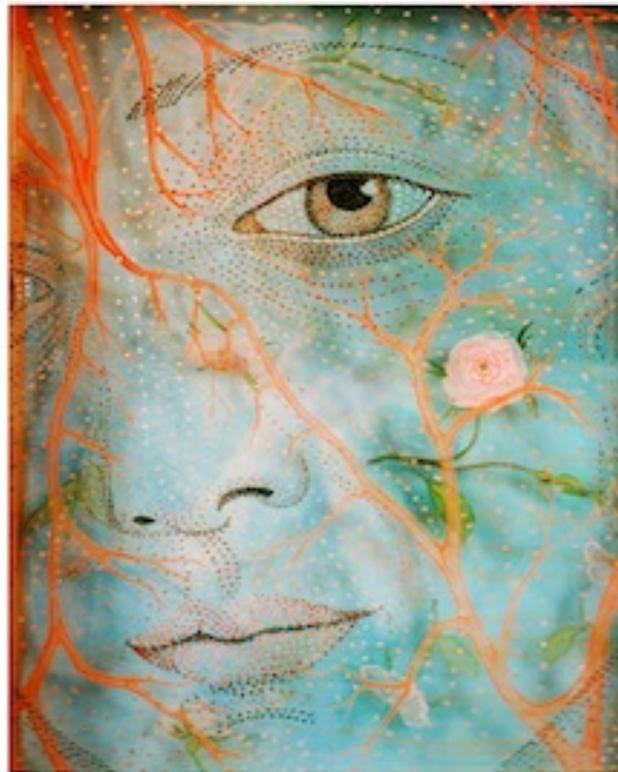
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**Imagery International's  
5th Annual Conference  
Oct. 4-6, 2013, Burlingame, CA**



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

**Early-bird registration is due  
August 1—don't miss out!**

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

**Interview with conference speaker, Nina  
Redman, MA, LMHC, who will be presenting:**

**Invitation To Awe**

**About Nina Redman, MA, LMHC:**



Welcome to the world of sacred sound. Invite and allow your ears to open to the long round tones of your own voice. Imagine your mind quieting as your tones seek their own harmony throughout your body. Perhaps you begin to feel gentle vibrations creating their own resonance, aligning themselves with mind and spirit.

Imagine the resonance extending to each other and to Divine energy. Truly this is the Awe of Sound.

I have long been fascinated by the interplay between mind and body and pursued extensive training and study in interactive imagery and Eye Movement Desensitization and Reprocessing (EMDR). I am particularly skilled in helping people through life-threatening health crises by teaching mental interventions which benefit both physical and emotional health.

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

I became interested in interactive imagery the old-fashioned way—a colorful brochure came across my desk at the University of Washington's Continuing Education Career and Life Planning Center. David Bresler Ph.D., a psychologist, and Marty Rossman, M.D. were offering a training program in "Guided Imagery." The year was 1987. I attended an introductory session and was captivated by the experience—a blend of information on the power of imagery for healing as well as many first-hand experiences of being guided. One of the first imagery experiences was finding a Safe/Special Place. This was so natural to me—after all, I'd spent many childhood hours roaming in the Alps with "Heidi," celebrating the natural world on a Vermont farm with "Understood Betsy," and running freely in the wind with "Misty of Chincoteague." Truly I had come home to myself. For the first time, my imagination was celebrated. Learning how to use it for my own growth and healing and sharing the processes with clients was truly a gift beyond measure.

The training tuition was high, but my motivation was higher. I paid the full tuition out of my savings, kept track of the sessions in which I used imagery and paid myself back! I completed the beginning and advanced programs, entered mentor training and eventually joined the faculty. This was and is an incredible community; the

teachings/learnings are with me still and in frequent use.

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

I continue to use imagery in traditional ways in my general counseling practice. Guiding people to find their own special place continues to be a powerful introduction to using imagery. The possibilities are endless. Many people are not visual but may relate to a body feeling, a fragrance or even a sound as representing a sacred/safe place. I'm always searching for the most compatible language to use with clients, and I love that challenge.

I confess looking for imagery opportunities in almost every session because it so efficiently marries feeling with body awareness and thoughts. Many examples come to mind. An 80-year-old woman facing downsizing beloved collections and moving to a retirement apartment uses her guides for comfort in making thoughtful decisions. A recent widow finds a new path in her imagination to navigate moving on. A man with metastatic cancer begins walking in the mountains, climbing higher and higher into the heavens to join the stars, and dies peacefully a few days later. A woman in her 50's in search of life's meaning finds a wise old woman accompanying her in what had been a lonely journey. A woman burdened by being the last living member of a family discovers ways to honor and preserve their history.

I am often asked to offer guided meditation for a gathering. What is most meaningful to me is to begin with the natural setting of literally where we are on the planet. I begin with the now, recalling the natural features of the environment—lake? Forest? Plains?—and move back in time before buildings, before city or neighborhood, perhaps to early settlers, and to native peoples. This experience of grounding with the earth is deeply moving to me and sets a spiritually-connected tone.

### What resources would you recommend to guided imagery professionals?

Jeanne Achterberg, [\*Imagery in Healing, Shamanism and Modern Medicine\*](#)

Bill Moyers, [\*Healing and the Mind\*](#)

Candace Pert, [\*Molecules of Emotion\*](#)

Rachel Naomi Remen, [\*Kitchen Table Wisdom\*](#) and [\*My Grandfather's Blessing\*](#)

For refreshing my own imagery I tap into [\*Mary Oliver's poetry\*](#) and also the poetry of John O'Donohue, [\*To Bless the Space Between Us\*](#).

## Podcast Interview with conference speaker, Carl Hendel, MD on Magic, Mysticism, and Imagery



[Carl Hendel, MD](#), one of the founders of Imagery International and featured presenter at [Imagery International's 2013 Conference](#) discusses his personal and professional use of imagery with [Lea Bayles, Imagery International Program Director](#). Dr Hendel explains the difference between fakery and true magic, explores the meaning of soul, transcendence and the supernatural and

explains how imagery can allow us to reach non-ordinary states of reality in which healing and transformation can happen. Carl Hendel is a medical doctor who 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. Carl has studied Chinese Medicine in China, and cultivated skills in manual medicine and behavioral medicine, with interests in hypnosis and interactive imagery and Tai Chi. Contact Dr. Hendel: [Carl@doctorcarl.org](mailto:Carl@doctorcarl.org)

[Click here to listen to the podcast.](#)

**Many thanks to our outgoing Treasurer, Janet Barr**



We can't thank Janet Barr enough for the tremendous time and energy she has given to Imagery International. With her expertise as a financial advisor, she has brought wisdom and professionalism to our financial practices and has gotten our accounts in tip-top shape. She has also simply been a delight to work with. We extend our heartfelt gratitude and look forward to her continued involvement

as a member.

### Meet our new Treasurer, Denise Hughes, MACP



We are so fortunate to have Denise Hughes accept the position of Treasurer. She brings many talents to the organization.

Denise Hughes is an inspirational speaker, author, avid hiker, and sought out financial consultant. The Wall Street Journal, Money Magazine, Financial Advisor, and other prestigious journals seek her advice on matters of love, money, and relationships.

Once on the brink of divorce over money matters in her own marriage, she now consults with couples, individuals, and entrepreneurs on how to make money work in life and business. Her transformation inspired her to support others in transforming their money issues.

Denise has a Master of Arts in Counseling Psychology, a Certificate in Financial Counseling and a Certificate in Interactive Guided Imagery. Her approach is integrated and holistic.

She currently lives happily in Northern California, with her husband, Greg, and two dogs, Sadie and Kiska. When she's not working, you can find her hiking mountains with her husband.

You can visit her website at [www.denisehughes.org](http://www.denisehughes.org) to contact her for availability for speaking at your organization or to work with her should you need support in creating the financial life you desire.

We asked Denise what inspired her to accept the Treasurer position. Here's her response:

"First of all because I was asked and it is a way for me to give back to an organization near and dear to my heart. Second, I believe the divine gifts I've been blessed with in regard to supporting people to shift from a space of scarcity to abundance, is something I can contribute to on an organizational level. I want to make a difference with a team I love and adore, while helping it to shift from surviving to thriving!"

Welcome, Denise!

### June 2013 issue of *ImagiNews*



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

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