



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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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

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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.](#)

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

Interview with 2012 Conference Speaker, Emmett Miller, MD



Dr. Miller's presentation is titled, "Awakening the Soul of Your Inner Leader"

Often acknowledged as one of the fathers of mind/body medicine, Dr. Miller is a physician, poet, musician, and master storyteller, whose multicultural heritage has given him a unique social, medical, and spiritual perspective. His commitment to helping us to reclaim our inborn personal wisdom, integrated with scientific knowledge and techniques of modern medicine, has allowed him to unite seemingly disparate fields of knowledge and experience. For over 30 years, it has been his inspiration and his challenge to help people—individuals, families, and organizations discover this truth for themselves. Millions have been touched by his message of hope, his vision of a brighter future, and his spirit of well-being. As a physician, health educator, and a pioneer in a field that is now on the cutting edge of modern medicine, Dr. Miller brings us a deeper understanding of how the mind and body can work in harmony to produce healing, balance and wellness. Please visit Dr. Miller's website: www.drmler.com.

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

While attempting to create a holistic approach to medicine in my practice, I noticed that peoples' attitudes and stress level had a major effect on the course of their physical and emotional illnesses. I studied

hypnotherapy, meditation, and autogenic training. Since these were very esoteric approaches back in 1970, I decided to integrate them into a single approach that I called Mental Image Rehearsal or Guided Imagery.

When audio cassettes were invented, I saw they were an excellent way to provide my patients and clients (I was a life coach as well) a way to practice entering the deeply relaxed state and expose them to the cognitive behavioral strategies I had developed.

Cassettes were also a form of "guerrilla marketing" of this new approach to health care that I called "Software for the Mind." I continued, and still continue to use these powerful tools and to teach professional and lay groups.

Do you use guided imagery in your professional work?

I use guided imagery regularly. All communication is guided imagery at its base. The more relaxed, open, and receptive a person is, the greater the effectiveness of the imagery to bring about changes. The difference between ordinary communication and clinical guided imagery is the skill and the intent of the person speaking. TV commercials, for instance, can be very effective at guiding imagery and can produce distinct changes.

Whenever I am communicating to a client or patient, I am clearly aware of what I am saying and how it is likely to change their emotions and their neural wiring.

I probably use formal guided imagery processes, and create an audio recording, in at least half of my sessions.

What resources would you recommend to guided imagery professionals?

First, of course, I would recommend DrMiller.com and ShopDrMiller.com. You will find a complete introduction to guided imagery, mind/body medicine, hypnotherapy, and self-healing. Along with this, there is a wealth of free audio and video resources, interviews with extraordinary healers and leaders, and free imagery recordings, as well as a product catalog of dozens of CDs and downloads dealing with many illnesses and dysfunctions. I would also suggest my book, [*Deep Healing - The Essence of Mind-Body Medicine*](#).

The website for The Academy for Guided Imagery, AcadGI.com, is also an excellent resource. Shakti Gawain's [*Creative Visualization*](#) is also worth reading.

Podcast Episode from the Archives:



Susan Ezra, RN, HNC, "Imagery and Its Applications," April 2011

"Imagery and Its Applications" is an interview with Susan Ezra, RN, HNC, by Juliet Rohde-Brown, PhD, on Juliet's radio program, [Emotional Pathways - webtalkradio.net](http://EmotionalPathways-webtalkradio.net).

Ezra is co-director, with Terry Reed, RN, MS, HNC, of [Beyond Ordinary Nursing](http://BeyondOrdinaryNursing.com). They founded the training program in 1996 with a deep desire to share the gift of imagery with the world. They also wrote the book, [Guided Imagery and Beyond: Stories of Healing and Transformation](http://GuidedImageryandBeyond.com).

In this podcast, Ezra talks about her extensive experience working with integrative imagery—a client-centered approach to working with symptoms. She says that through this process, patients find out what healing resides inside.

Mentioned in the discussion are resources offered by [Belleruth Naparstek](http://BelleruthNaparstek.com) and [Glenda Cedarleaf](http://GlendaCedarleaf.com).

Click here to listen to [Imagery and Its Applications](http://ImageryandItsApplications.com).

[Click here for all podcasts.](#)

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