



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: August 2013

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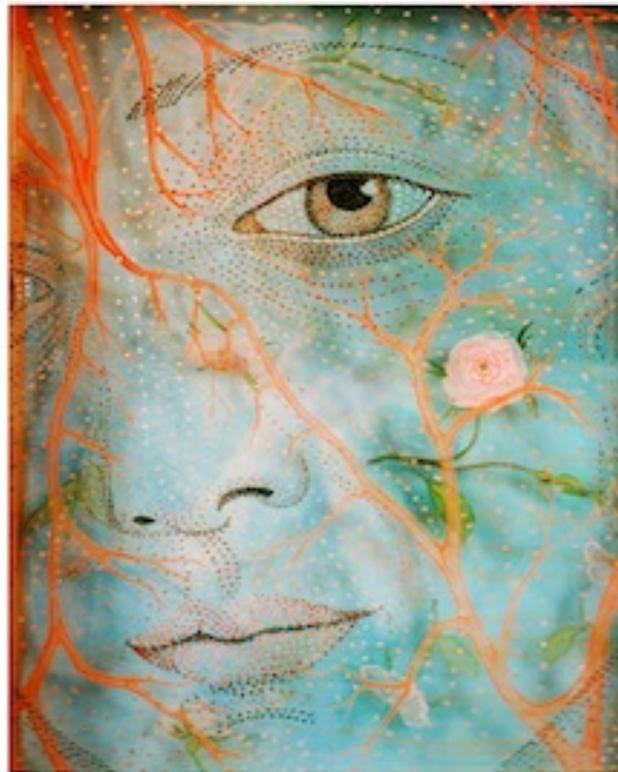
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**Imagery International's
5th Annual Conference
Oct. 4-6, 2013, Burlingame, CA**



CE Credits available for
RNs, MFTs, and LCSWs

Theme: The Magic of Imagery

imageryinternational.org

"Magical Countenance," by Robin Urton - DreambirdArt.com

**Register for the conference by
August 26 to secure a room at
Mercy Center!**

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

[Scholarships available here.](#)

**Interview with conference speaker, Linda
Blachman, MA, MPH, CPC, who will be
presenting:**

**Anything Can Happen: Transition as
Transformative Journey towards Renewal of
Self, Life and Story**

About Linda Blachman:

Linda Blachman, MA., MPH, CPC, certified life transitions coach, certified AGI Imagery Guide and licensed Life Change Artist coach, practices in the San Francisco Bay Area and nationally. She has developed a unique process and set of tools synthesized from over 30 years professional experience for transforming the turmoil of life



transitions into a creative journey towards growth, healing and renewal. Personally, she's navigated the transitions of parenthood, divorce, single motherhood, career change, disability, empty nest, grandparenthood, retirement, "rewirement," relocation, and bereavement without

losing her sense of humor or capacity for joy. Linda is author of [*Another Morning: Voices of Truth and Hope from Mothers with Cancer*](#).

To learn more about Linda Blachman visit her website: www.lindablachman.com

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

The longer story is found in an article for [*ImagiNews Journal, September 2011*](#) . . . In brief, I had a serious back injury in 1994, which left me almost completely disabled and in chronic pain for three years. A psychotherapist friend trained in hypnotherapy did a one-time home visit in which she helped me learn to relax and then enter a safe, beautiful internal place where I could be released from my current reality. For the next year or so I made daily visitations of 30-45 minutes to my rich imaginal world. Over time, pain relief became the smaller benefit. My inner journey opened into spontaneous visitations of animals and symbols bearing important messages, which ended up leading me to the next important chapter of my life. Guided imagery remains a favored tool in my personal and professional life.

Do you use guided imagery in your professional work?

To my work as a life transitions coach I bring an integrated set of ideas, practices and tools designed to help clients navigate a creative journey towards their highest potential and a better life. Guided imagery is a primary tool I use to facilitate and support the process of change by accessing inner vision as compass and guide at each step along the way. I see imagination and imagery as intricately interwoven throughout the transitional process - from discovering clues to inner truth and aliveness, to visioning a new life chapter, making life-affirming inner-directed choices, skillfully transforming

inner obstacles, and enacting and practicing new qualities of being and behaviors. During turbulent and uncertain times, guided imagery is especially valuable for locating an anchor and answers within and discovering creative resources and solutions.

What resources would you recommend to guided imagery professionals?

[Susanne West, MA, CPC, CHT](#), was my first imagery instructor, and I enjoy [her monthly newsletter](#) where I often find helpful imagery-related ideas and exercises, especially around writing and the creative process.

[Michael Kearney, MD, *Mortally Wounded: Stories of Soul Pain, Death and Healing*](#). This extraordinary book by an extraordinary hospice physician presents in-depth stories revealing the possibility of transformation and relief of emotional suffering at the end of life through the use of guided imagery and other “depth skills.” Kearney’s work is informed by Greek myth and Jungian psychology’s active imagination. The stories present the real stuff; they acknowledge the challenges and failures of depth work for relieving soul pain, as well as open new possibilities for palliative care.

[Martin Rossman, MD, *The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness*](#). As an inveterate worrier, I have enjoyed using and recommending “positive worry imagery” described in this book.

Podcast Interview with conference speakers



Our program director, [Lea Bayles](#) has been conducting wonderful podcast interviews with each of the [October 2013 conference speakers](#). Below are links to the podcasts currently posted. More are on the way.

[Using Therapeutic Creative Expression for Health, Wellness and FUN with Daru Maer, MA, LPC, and Judith Westerfield, MA, MFT, CCH & GIT](#)

[Weaving Dreams and Imagery with Tallulah Lyons, M.Ed](#)

[Magic, Mysticism and Imagery with Carl Hendel, MD](#)

Silent Auction



Please join us once again in the fun of the Silent Auction. By donating a quality item worth \$20 or more, you can participate in raising monies for tuition scholarships

for next year's conference.

Last year we had over 60 wonderful items donated; CD's, books, jewelry, scarves, art work, and more, which raised enough money to offer four scholarships for this year. It's great fun, and we hope you will join in!

We are a non-profit 501c6 – however not a charitable nonprofit – donations cannot be taken as a tax deduction to a charitable organization. However, your contribution may be a business donation. Check with your tax adviser for advice.

Please bring your item(s) with you to the conference. If you cannot attend and want to donate or have any questions, email our secretary, Doreen

Leighton: iioffice@imageryinternational.com

Accepting Nominations for Imagery Person of the Year

Please write a brief paragraph of who you feel this prestigious award should go to, and email your nomination to Susan Ezra at: susan.ezra@gmail.com.

[Click here to see a list of former recipients.](#)

June 2013 issue of *ImagiNews*



Magic

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

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