

# Imagery International Virtual Conference October 17-18, 2020

## WORKSHOP LEARNING OBJECTIVES

Upon completion of this workshop the participant will be able to:

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*Enhancing Positive Neuroplasticity with Interactive Guided Imagery™ with  
Janne Gibbs, MSN, FNP/RN-C, AHN-BC*

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1. Discuss what is meant by the neuroplasticity of the brain and how changes in rewiring occur.
2. Review the direct physiological effects of imagery, especially Interactive Guided Imagery<sup>sm</sup> when considering the use of blending this modality with other healing modalities.
3. Consider how Interactive Guided Imagery<sup>sm</sup> can enhance the learning, installment and employment of Positive Neuroplasticity for clients and self.
4. Experience some meaningful parts of HEAL, “taking in the good,” within Positive Neuroplasticity Training (PNT) that is being activated and enhanced by the imagery process.

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*Replace Bad Habits with Better Habits using Imagery and Vibroacoustic  
Therapy with Avigail Berg-Panitz, MA*

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1. Recognize the process of replacing bad habit with a better habit.
2. Experience a Vibroacoustic Therapy technique as part of the habit replacement process.
3. Discuss and realize the benefits of combining vibroacoustic therapy together with imagery / visualization to replacing bad habits with better habits.

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*Masking and Unmasking the Face in the Mirror  
with Darcie Richardson, Ph.D.*

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1. Expand knowledge of depth psychological processes (active imagination, art, writing, somatic awareness) which can be applied to a variety of professional practices
2. Promote personal growth through an exploration of the imagery that arises from working with the face in the mirror
3. Explore inner psychological figures that are useful in understanding self. Further, by acknowledging inner figures and associated imagery, one learns to understand the complexity of self and others, as well as the complexity of being in relationship with others.

Workshop Learning Objectives

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*Imagery and Connection to Mind, Body and Spirit  
with Aria Kabiri, CRNA, RN,CH, CAN*

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1. Experiment with imagery and movement to bring awareness into their body.
2. Experience imagery and dance to reflect on their emotions and thoughts.
3. Discover the 2 concepts in Sanskrit that use imagery to understand body, mind and spirit.

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*Trees as Friends and Teachers  
with Jenny Garrison, RN*

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1. Identify common characteristics in tree and human physiology.
2. Explore in their memory, childhood relationships with trees and revisit trees in an imagery experience.
3. Practice breathing exercises inspired by Trees.

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*EFT & Imagery for Grief Issues in Light of our Times  
with Jann Frederickson Ramus, MSW, MA, LICSW*

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1. Identify when grief is a major cause of anxiety and depression.
2. Define two effective techniques to use in assisting clients with grief issues.
3. Demonstrate EFT in combination with imagery techniques to help client resolve grief issues.