



Friday Evening Keynote: E.S. Gallegos, PhD and Mary Diggin, PhD

Aliveness: Transforming our inner relationships through Deep Imagery

We are living beings, filled with a multitude of Alivenesses. But often, our perspective is that much of who we are is mechanical or functional, un-alive. We have learned to approach our inner world through understanding rather than relating to it as vibrant, living, intelligent and capable of response and communication.

In this experiential session, Drs. E.S. Gallegos and Mary Diggin will explore the approach taken in Deep Imagery which begins from the perspective that aliveness is foundational. By engaging the deep imagination, we have the opportunity to relate to, and communicate with, the many alivenesses within. Through the process of Deep Imagery, we can restore awareness of our own deep aliveness and nurture these vital inner relationships. Participants will have the opportunity to meet with aspects of their aliveness through experiential deep imagery work.

2 Contact Hours provider approved by the California Board of Registered Nursing (provider #16504) and continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. Approval #138749

About:

Eligio Stephen Gallegos, Ph.D is primarily engaged in training others in his approach to Deep Imagery. An author, former professor, and psychotherapist, Steve has broad experience in many fields. Introducing people to their inner guides as they rediscover the wisdom of the deep imagination is his main path in life.

Mary Diggin, Ph.D. is a Deep Imagery Trainer and mythologist. She is the developer of the Distance Learning Deep Imagery certification program. Mary's work reflects her interest in myth and her passionate understanding of the deep imagination as a holistic means of building relationships with Self and Other.

Saturday and Sunday, October 30-31, times to be announced:

From Ego to Essence: Imagery as a Doorway to Spiritual Transformation With Eve Delunas, PhD

One important aspect of spiritual growth is to disengage from our ego selves—the “little me” within each of us that is all about judgment, comparison, separation, and fear—and to align instead with the light, love, higher wisdom, and infinite potential of our greater selves, our Spiritual Essence.

Come discover some clues you can use to determine whether you are aligned with ego, or Essence at any given time, and what you can do to shift from ego to Essence in the moment.

Then, experience an Imagery process to become more deeply connected to your Spiritual Essence, open to receive its gifts, and explore how you can sustain this connection more of the time in your daily life.

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Dr. Eve Delunas is the author of *New Science, New Brain, New You*, a do-it-yourself guidebook for using Imagery to dissolve mental and emotional programs that keep you stuck. Her virtual school, “Transformation U,” (transformationu.net) offers courses for accelerating spiritual growth and opening to new potentials and possibilities.

Healing in Our Mother's Womb: The Temazcal in Curanderismo with Caroline Ortiz, RN, MS, MPH, NC-BC

Complementary and alternative medicine is growing in popularity and beginning to find more acceptance in allopathic medicine. In this workshop, Caroline Ortiz, RN will present a broad view of the traditional wisdom with origins in ancient Mesoamerica and health practices of curanderismo from Mexico. She will lead us in an intimate discovery of curanderismo and an imaginal experiential inside the structure of the temazcal, a construction within which traditional ceremonies and rituals for healing are done. This exploration aims to introduce some of curanderismo’s traditional wisdom as a way of building cross-cultural understanding, advancing health for all, and a reimagined space for holistic healing.

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With over 25 years of nursing experience, Caroline Ortiz combines holistic health approaches with conventional medical care in her practice. She is on faculty with the Pacific College of Health and Science Holistic Nursing Programs and is a PhD candidate investigating the traditional healing practices of Mexican American women.

Deeping the Imagery Experience with Institute of HeartMath® Techniques with Elizabeth Page, BA, RRT

Many people who seek help to cope with daily life, experience excessive levels of mental chatter, emotional uproar, anxiety, anger, or helplessness. They have lost confidence in their ability to self-calm, make good decisions, or trust their own judgement. They lack a sense of comfort in their own bodies, and often experience chronic illness. Under these circumstance, peoples' experience of life is overwhelming with no memory of a time when things were different. One of the first steps to address root causes is to help people find a sense of ease and self-control in their lives. Creating physiologic coherence clears the mind, calms emotions and improves access to inner guidance, creative problem solving, and intuition. The research-based techniques developed by the Institute of HeartMath® can create physiologic coherence in a matter of minutes, resulting in a sense of safety, resourcefulness, and well-being. Clearing the mental and emotional uproar is transformational and allows people to focus on what is important to them, clearing the path for healing.

During this presentation, you will experience easy-to-use, non-intrusive Institute of HeartMath® techniques integrated with several aspects of Imagery to enhance the Imagery journey and its transformative power. You will also experience other techniques to use with your own self-care practice.

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Elizabeth Page is a Life Coach who helps people make peace with life to live better with their circumstances. She uses a variety of techniques including Imagery, and teaches the techniques developed by the Institute of HeartMath® for emotional self-regulation and stress relief.

Transformational Leadership Meets Mental Imagery with Randy Kasper, PhD LCSW BCD

We are living in a time of divisiveness while longing for community and connection. It is time for Transformational Leadership which calls for vision, inspiration, and collaboration. In this breakthrough workshop, Dr. Kasper will awaken our imagination for leaders who can inspire and motivate, in contrast to the paradigm of leadership as wielding authority. We will explore leadership approaches that illuminate the unique gifts that mental imagery affords leaders and experience how using mental imagery can tap us into the leader within, enhancing our personal and professional lives and helping oneself while simultaneously helping others.

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Randy Kasper, PhD LCSW BCD is/has been faculty at California State University San Marcos, CSUSM Dominguez Hills, Alliant International University, and the American Institute for Mental Imagery. She is/has been on several professional and theatre boards, including EAPA, which highlighted leader training. She maintains a practice as a therapist, trainer, speaker, and supervisor.

Forest Bathing: A Virtual Journey through Integrative Imagery with Terry Reed, RN, MS

Research shows that both imagery and forest bathing are recognized as an effective disease prevention strategy that reduces stress and supports the immune system. In this workshop, led by Forest Nature Therapy Imagery guide, Terry Reed, we will renew and deepen our relationship to the more than human world of nature. "The forest is the therapist, and the guide opens the doors." The transformation comes as each participant responds with their own unique images, sensations and healing to imaginal invitations and responses to what they notice.

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Terry Reed, RN, MS is a pioneering certified holistic nurse educator, certified nature and forest therapy guide, and author. She continues to teach health care professionals to apply the power of imagery for health and healing. From 1996 to 2009 she co-founded/co-directed the Certificate Program in Integrative Imagery, through Beyond Ordinary Nursing, training and certifying hundreds of health professionals nationwide. Terry has also been successful in incorporating imagery services in a hospital-wide program bringing stress management, surgery preparation and imagery to patients, staff and the community. In 2008, she co-authored Guided Imagery and Beyond: Stories of Healing and Transformation, an anthology showcasing the diverse benefits and applications of imagery. Terry currently has a private practice in imagery and will be extending her practice as a Forest Nature Therapy Guide into health care.

This Conference is provider approved by the California Board of Registered Nursing (Provider #16504) for 9.5 contact hours.

Note: for nurses outside of California, please check with your individual state Board of Nursing whether California contact hours are accepted for your license renewal.

The content of this virtual conference meets the qualifications for 9.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #138749

Imagery International is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Imagery International maintains responsibility for this program/course and its content.