

# The Healing Art of Imagery

IMAGERY INTERNATIONAL  
OCTOBER 20-22, 2023

15TH ANNUAL  
VIRTUAL CONFERENCE

- ***Using Imagery to Erase Limiting Beliefs From the Subconscious and Manifest Your Ideal Future***

**Emma Ludlum**

In this presentation, Emma Ludlum will share the technique of Timeline Therapy and how to use imagery to change neural patterns, releasing limiting beliefs. She will provide a demonstration and share her own journey of release.

- ***Resolving Conflict Via the Imaginal Personification of Drama Triangle Roles***

**Vicky Jo Varner, PhD**

Many people are familiar with the Drama Triangle, a social model of human interaction that originated in Transactional Analysis. The Triangle maps a type of destructive interaction that can occur among people in conflict. In this session, Vicky Jo Varner will explore the Drama Triangle and its antidote, "The Empowerment Dynamic."

- ***Imagery Exercises for a Healthy Back and Pain-free Shoulders and Neck***

**Eric Franklin**

This presentation offers an integrated approach to creating a healthy, functional spine and pain-free shoulders and neck using dynamic imagery derived from the Franklin Method. Participants will leave the presentation with a personal experience of the benefits of imagery for spinal health as well as a treasure trove of client-centered applications.

- ***Zines: Myth, Memoir, and Image***

**Laurel Bergsten, MA**

The process of Zines has historically provided an outlet for the voices of marginalized people, as well as to share pain with a community, thus an important healing process. This workshop will explore the unique intersection of narrative and image. Laurel will lead a Zine workshop in Zine-making.

- ***Ease Into Peaceful Presence and Inspired Energy With Yoga Nidra Meditation for Better Health***

**Julie Lusk, M.Ed**

Julie Lusk will present several aspects of Yoga Nidra, including leading a YN experience. Yoga Nidra goes beyond deep relaxation to a place of deep healing of body, mind, and spirit. It utilizes intention, relaxation, breathing, imagery and mindfulness to create a deep meditative state.

- ***Experiencing Family Systems Constellations Within the Mind's Eye***

**Janne Gibbs, FNP/RN, MSN, AHN-BC, HWNC-BC**

This presentation is an opportunity to come together as a caring, healing system, while learning about and experiencing the family system constellation process within the mind's eye. Family & Systemic Constellation work is considered a reputable, effective method of deep healing worldwide.

- ***From Overwhelm to Self-Leadership: Reconnecting to Our True Nature***

**Monique Fay, MA**

In this presentation, Monique will present Five Foundational Steps to help participants see obstacles as opportunities for change. She will give instructions on how to use the Five Steps during the experiential session. Nature-inspired images act as a catalyst, guiding an inner journey to remember our true nature.

## Continuing Education:

*The content of this virtual conference meets the qualifications for 10.5 contact 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.*
- *Imagery International is also approved by the California Board of Registered Nursing (Provider #16504) for 10.5 contact hours.*
- *You MUST attend the entire conference live on zoom to earn CEs. Note: for all healthcare professionals outside of California, please check with your individual state licensing board as to whether California contact hours are accepted for your license renewal.*

**Contact:** [office@imageryinternational.org](mailto:office@imageryinternational.org)

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