

# **Syllabus for Imagery International Conference: The Healing Art of Imagery**

October 20-22, 2023 Virtual Conference

## **Conference Description**

Imagery holds the power to transform each of us emotionally, psychologically, physically, spiritually and transpersonally.

Each presenter's contribution will offer a different view of using Imagery in the Healing Arts through the lens of the body, the subconscious mind, restorative meditation, through nature, mythology, visual and expressive arts, personality and family patterns.

Each workshop will offer tools and techniques we can use for ourselves and for our clients in our clinical practice.

## **Educational Goals**

Our overall goals of this year's conference are to:

- Deepen our Imagery skills by offering therapeutic, integrative tools for empowerment and healing of ourselves and others.
- Expand our ways of knowing from the conscious, unconscious, intuitive, somatic and spiritual dimensions.
- Explore diverse evidence-based modalities such as Family Systems Constellation, Drama Triangle, the Zines method, the somatic Franklin Method, Time Line Therapy, the ancient practice of Yoga Nidra, and healing properties of Nature.
- Gather at our virtual conference to create community, camaraderie and commitment to share the Power of Imagination with the world.

## **Learning Objectives [total of 10.5 contact hours]**

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

## **Using Imagery to Erase Limiting Beliefs from the Subconscious Mind and Manifest your Ideal Future with Emma Ludlum**

1. Describe how limiting beliefs are stored in the brain, which can have a negative impact on the body and one's life.
2. Observe a demonstration of Timeline Therapy to eliminate a limiting belief.
3. Participate in a demo on how to manifest your ideal future using Timeline Therapy.

## **Resolving Conflict via the Imaginal Personification of Drama Triangle Roles with Vicky Jo Varner**

1. Identify when a Drama Triangle is present in a conflict situation.
2. Determine how to invoke personified representations of Drama Triangle roles.
3. Resolve conflicts by applying Empowerment Dynamic role personifications.

## **Imagery Exercises for a Healthy Back and Pain-free Shoulders and Neck with Eric Franklin**

1. Identify 3-5 common causes of back, shoulder and neck pain.
2. List the types of imagery that are suited for improving movement efficiency and posture.
3. Examine 5 effective imagery techniques for improving the health of your back and eliminating shoulder and neck tension.

## **Zines: Myth, Memoir, and Image with Laurel Bergsten**

1. Explore a methodology for healing via graphic personal narrative.
2. Experience making and sharing one's own Zines.
3. Navigate intersections of mythology, memoir, image and aesthetics.

## **Experiencing Family Systems Constellations within the Mind's Eye with Janne Gibbs**

1. Describe Bert Hellinger's 3 Orders of Love, the systemic laws and fundamental needs of family systems.
2. Experience a family systems constellation process in the mind's eye via guided imagery.
3. Apply a healing sentence within an imagery Family Systems Constellation process.

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

1. Discover the Five Foundational Steps to shift from overwhelm to self-leadership.
2. Identify 3 ways to apply these steps in day-to-day life with or without images.
3. Practice one specific action to increase your intuition.

**Ease into Peaceful Presence & Inspired Energy with Yoga Nidra Meditation for Better Health with Julie Lusk**

1. Define Yoga Nidra and its applications.
2. Identify the brain wave states associated with Yoga Nidra.
3. Cite 3-5 documented health benefits.