

# Imagery International conference September 20-22, 2019

## WORKSHOP LEARNING OBJECTIVES

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

---

### *Imagery and Pain with Priscilla Abercrombie, RN, NP, PhD*

---

1. Evaluate the current research regarding the use of imagery as a healing modality for pain.
2. Describe mental imagery and the meaning patients ascribe to their pain.
3. Discuss the clinical risks, benefits, rewards and challenges of using imagery for the treatment of pain and accompanying symptoms.

---

### *Science of the Senses and Imagination with Sondra Barrett, PhD*

---

1. Explain the brain's processing of information whether it is real or imagined.
2. Explore how the five physical senses augment the imagery experience.
3. Examine the role of imagery/imagination in neuroplasticity.

---

### *Your #1 Anti-Aging Ingredient Doesn't Come in a Jar: Using Imagery to Youthen with Eve Delunas, PhD, LMFT*

---

1. Illustrate why and how imagery is so effective for dissolving subconscious limiting beliefs.
2. Develop ways to use imagery to positively impact how we age.
3. Experience an imagery exercise for actively restoring and regenerating biological processes in the physical body.

---

### *Exploring Imagery as a Way of Knowing with Mary Diggin, PhD*

---

1. Describe how imagery operates as a way of knowing.
2. Examine their own way of knowing in order to increase their capacity to work more effectively and holistically with clients.
3. Develop more imagery skills through working with Deep Imagery techniques.

# Imagery International conference September 20-22, 2019

## WORKSHOP LEARNING OBJECTIVES

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

---

*Embodied Wisdom-Mindfulness in Motion and Letting the Body Lead with  
Jayne Peterson, RN, BSN, NC-BC*

---

1. Experience mindfulness and imagery through the practice of 5 Rhythms® Mindfulness Movement.
2. Describe evidence-based benefits of Mindful Movement practices.
3. Identify at least one way to add Mindful Movement into daily life, personally and professionally.

---

*Science and Imagery: Tapping into Your Creative Power with Darlene Frank,  
BA*

---

1. Describe at least 3 ways to use neuroscience findings to enhance creativity.
2. Practice a creative writing process that stretches your imagination.
3. Create original imagery that can train the brain to enhance creativity.