

IMAGERY  
INTERNATIONAL



# ImagiNews

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*Healing*

## **“Healing Light” by Susan Kemnitz**



Sue Kemnitz resides with her wonderful hubby in Elko New Market, a suburb of Minneapolis/St. Paul, and has been painting for over 20 years, often at their cabin in northern Wisconsin.

Although she has a degree in Advertising and Design, her painting skills are mostly self-taught with brief learning stints under popular contemporary artists. After beginning with realistic pieces, her painting style currently has a more abstract feel.

About thirteen years ago, she combined her love for the Lord, the desire to paint, and graphic design skills to begin creating one-of-a-kind banners for churches across the U.S.

More recently, she was led and encouraged to paint during worship - in church and at conferences. This prompted her to switch her technique to acrylics on canvas using bright, vibrant colors and dynamic brush strokes. The results are paintings that are full of hope, love, and the Spirit. All reflect the presence of the Lord and are often prophetic. It is her hope that her paintings bless all who see them and impact the atmosphere where they are displayed.

The painting “Healing Light” was revealed to Sue over a four-month period. After a mentor prompted her to paint the Healing of cancer, the Lord revealed heavenly rays, similar to a laser, attacking and killing the cancer cells. Although cancer research is (thankfully) always advancing, Sue has also heard of many cases of Jesus spontaneously Healing cancer through prayer, during worship, and upon hearing the testimonies of Jesus. Some cancer has literally fallen off bodies during worship, though she is quick to add that this has not happened while she paints. Yet.

Sue has personally witnessed the Lord Healing blind eyes, ACL’s, migraines, ankles, and other ailments during prayer through Healing Rooms where she serves.

Additional paintings can be viewed on her website: <http://www.DesignStudios-Inc.com>. Original acrylics, as well as prints and giclees, are available there. You can also email her at [skemnitz@designstudios-inc.com](mailto:skemnitz@designstudios-inc.com).

It is her prayer that her art reflects the glory and goodness of the Lord – for He is more than we can Imagine.

Images are not to be used without the artist’s express permission.

## In This Issue

From the President/Editor.....	2
Buddhist Prayer .....	3
Benefits of Membership.....	3
Member Websites.....	4
Imagery at the End of Life.....	5
Welcome to Our New Members .....	6
Imagery Here and There .....	7
Research Corner.....	9
CD Review.....	10
How Shall I Heal Thee?.....	11
Integration of the Self.....	14
Images in Nature .....	16
Using Imagery With Frail Elders. . . .	19
Farewell: O. Carl Simonton .....	20
Calendar.....	22
Letters to the Editor .....	23
Membership Form .....	back cover

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**IMAGERY INTERNATIONAL is the worldwide organization of Professional Guided Imagery Practitioners**

### Imagery International Values

**Inclusiveness:** We welcome all trained Imagery professionals and students

**Accessibility:** We make Imagery available to all who are interested

**Nurturing Development:** We encourage personal growth and support community

**Groundedness:** We use Imagery for meaningful, healthy purposes

**Professionalism:** We maintain high standards of performance

# From the President's Mind & Editor's Imagination



**By Bev Hollander** The theme this month, Healing, really caused me to think deeply.

I found myself re-reading a book I have had for several years – *Healers on Healing* – a 1989 compilation of essays by renowned Healers edited by Richard Carlson, Ph.D. and Benjamin Shield. I was struck by the many ideas formulated. Because at least two of the contributors are in the Imagery field and known to many of us, I thought I'd quote from their essays.

First, some words from O. Carl Simonton, whose death we tribute in this issue. His essay is entitled "The Harmony of Health." "The more we are able to align ourselves with who we are, the healthier we are. As we work on this alignment, it prepares us for healing. I see healing as a positive feedback system and illness as a form of negative feedback." He continues: "The degree to which it [a healing modality] brings about harmony determines the quality of healing and the speed at which it takes place.... We need to move in the direction of health, in the direction of who we are...It is easy to say, and yet incredibly difficult to do....One of the most effective ways to build belief is by using our imagination....The more we imagine, the more we create a climate for a whole new view; the more we accept this new view, the more we allow understanding to begin as we

practice it. That is what permits us to overcome illness..."

Finally, he commented on the future of Healing. "What direction do I wish to see healing take in the future? I would hope that it will become clearer to everyone that the purpose of healing is to bring us in harmony with our earth, our environment, and with ourselves. As that becomes our focus, I think it will spread and have an impact on the way we view the whole idea of healing."

The second essay from the field of Imagery is written by Martin Rossman, M.D., an Honorary Imagery International member. His essay is entitled "Illness as an Opportunity for Healing." Dr. Rossman believes that "healing is a natural occurrence, an innate mechanism of the organism." He mentions alignment, though a shade differently from O. Carl Simonton. He states "... we can learn from our symptoms of illness in order to bring us back into alignment with our potential for wellness."

I really appreciated Dr. Rossman's reminder to the Healer – "One of the major occupational hazards of the healing arts is an overidentification with the ability to heal. Therapists need to keep in mind that their healing ability consists mainly of a gift for influencing, stimulating and inspiring clients to move along the course of their own healing

path; and sometimes nothing the therapist does will work."

I want to close with Dr. Rossman's words, a balm to the weary and frightened. "...even in terminal situations, healing can take place, even though it is not physical. Deep emotional and spiritual healing can accompany fatal illness as well as recovery, and we can learn to be a friend to that as well."

I highly recommend getting a copy of this book. Many topics within the realm of Healing are addressed and other well known authors include Norman Cousins, Rachel Naomi Remen, Bernie Siegel, Larry Dossman and Stephen Levine, just to name several. Chapters address themes such as "Love is the Healer," "Returning to Wholeness," "The Healer Within," "The Healing Relationship," and more. I found it to be a great read and a must for us as we travel on this Healing path.

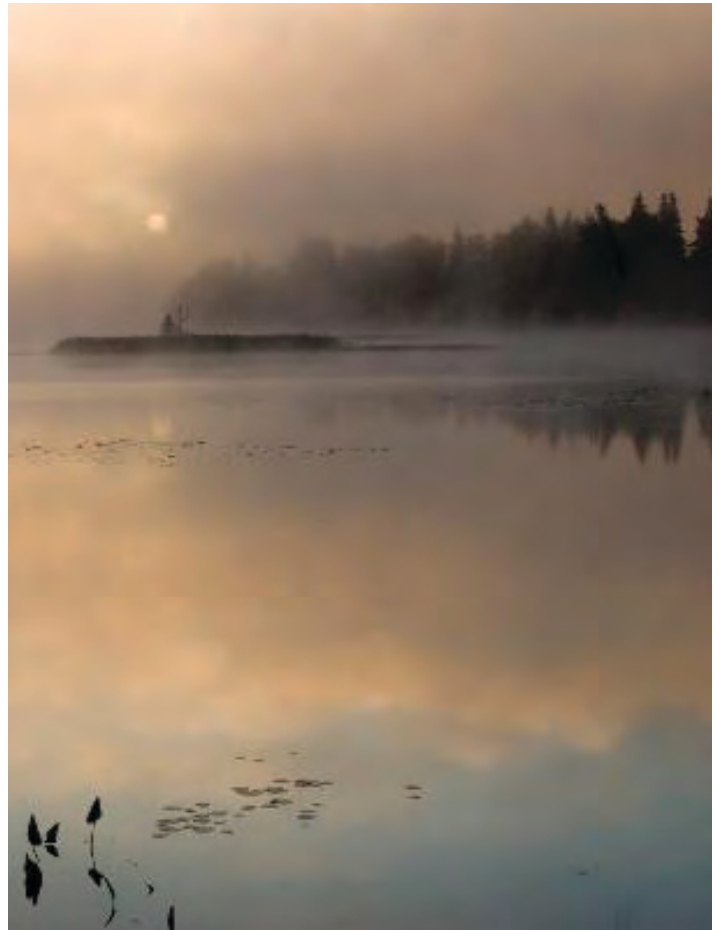
Next ImagiNews theme is "Joy" and submissions are due 2/5/10. Please send me your thoughts, prayers, humor and light. It is an honor to work for you.

Warmly,  
*Bev*

# Traditional Buddhist prayer for blessing and Healing

This beautiful traditional Buddhist prayer reminds us of the power of every moment to bring us ease and inner peace. May it bring you Healing.

*Just as the soft rains fill the streams,  
pour into the rivers, and join together in the oceans,  
so may the power of every moment of your goodness  
flow forth to awaken and Heal all beings—  
those here now, those gone before, those yet to come.  
By the power of every moment of your goodness,  
may your heart's wishes be soon fulfilled  
as completely shining as the bright full moon,  
as magically as by a wish-fulfilling gem.  
By the power of every moment of your goodness,  
may all dangers be averted and all disease be gone.  
May no obstacle come across your way.  
May you enjoy fulfillment and long life.  
For all in whose heart dwells respect,  
who follow the wisdom and compassion, of the Way,  
may your life prosper in the four blessings  
of old age, beauty, happiness and strength.*



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## Benefits of Membership

- Free quarterly journal, ImagiNews, packed with helpful information
- Free access to multiple, member-only Telechats (telephone conference calls) each year to help you in your practice, co-hosted by Imagery professionals
- Free online access to the member-only section of our website, [www.imageryinternational.com](http://www.imageryinternational.com)
- Free member-only access to the web-based message board where we exchange advice, comments, creative inspiration, support, answers to questions, information, opinions, and announcements related to Imagery
- Free Find a Practitioner listing on our Imagery International website
- Free live link to your Imagery website from the Imagery International website, and free listing of your site in ImagiNews every quarter
- Free calendar listings both on our website and in ImagiNews for your Imagery-related events
- Free access to searchable archives of past issues of ImagiNews on our website
- Discounts on Imagery International's workshops, products and seminars (now in development)
- Generous help from Board Members and the professional Imagery community on challenging Imagery clients, marketing, Imagery techniques and applications, Imagery with children, Imagery in the medical setting, advertising, creating a successful practice, insurance reimbursement, approaching hospital staff, research findings, finding other II members, and much more



# Professional Members With Websites

Priscilla Abercrombie RN,NP,PhD  
<http://www.whhconsults.com>

Margo Adair  
<http://www.toolsforchange.org>

Sue Adams CCHT, CHC, EFT-ACV  
<http://www.AlignWithSuccess.com>

Martin Albert MD  
<http://www.healthyvim.org>

Richard Berrett Ph.D.  
[http://richberrett.com/Berrett\\_Web/Welcome.html](http://richberrett.com/Berrett_Web/Welcome.html)

Vincent Bonadies MS  
<http://www.veny.org>

David Bressler Ph.D.  
<http://www.academyforguidedimagery.com>

Jane Butterworth MS, LMFT, LMT  
<http://www.janebutterworth.net>

Glenda Cedarleaf LICSW  
<http://www.creativeflowandsoulpurpose.com>

Fania Chazen MSW  
<http://www.lev-shalem.com>

Doreen Conner RN, BSN, IBCLC  
<http://www.nursingandbeyond.com>

Leslie Davenport Licensed Psychotherapist  
<http://www.LeslieDavenport.com>

Jane Ehrman MEd, NBCDCH  
<http://www.imagesofwellness.com>

Rosemarie Eisenberg BA, CHT  
<http://www.rosemarieeisenberg.com>

Susan Ezra RN, HNC  
<http://www.integrativeimagery.com>

Miriam Franco MSW, PsyD, MSCS  
<http://www.imagerywork.com>  
<http://www.stress-lessbride.com>

Joyce Freeman BS,CCHT,EFT  
<http://www.inner-calm.net>

Jenny Garrison RN  
<http://www.imageryinyou.com>

Jeanne Gresko MS, BCIA/C, LPC  
<http://cptc-nc.com>

Lora Hanna LISW, CHT  
<http://www.lorahanna.com>

Carl Hendel MD  
<http://www.doctorcarl.org>

Barbara Henry Ph.D.  
<http://www.drbbhenry.com>

Betti Hoepfner CHT  
<http://www.BettiHoepfner.com>

Paula Hoyt LMHC  
<http://www.healingplacescounselingcenter.com>

Karin Huetter MA  
<http://www.visualizewholeness.com>

Maureen Imperial CHT  
<http://www.imperialthomsoninnovativewellness.com>

Rebecca Klinger LMT, HHC  
<http://www.rebeccaklinger.net>

Mark A Lawrence MD  
<http://www.centerforhealingandimagery.com>

Charles Leviton EdD  
<http://www.synergyseminars.com>

Patti Leviton MA  
<http://www.synergyseminars.com>

Josephine Mazzoli EdD, MFT  
<http://www.jomazzoli.com>

Sherry McHenry CCHT, RM  
<http://www.innerchange4u>

Cindy Middendorf RN, CIIG, MDiv  
<http://www.spirit-connection.net>

Emmet Miller MD  
<http://drmiller.com>

Sharon Murnane RN, HN-BC, CHTP  
<http://www.MandalaHeartWisdom.com>

Belleruth Naparstek LISW  
<http://www.healthjourneys.com>

Sharon O'Connor RN  
<Http://www.acmswellness.com>  
Lee Raven R.N.  
<http://www.imageryforhealth.com>

Terry Reed R.N.  
<http://www.integrativeimagery.com>

Charlotte Reznick PhD  
<http://www.imageryforkids.com>

Judy Rienzi RN, MS  
<http://www.healthpromotionsassociates.com>

Juliet Rohde-Brown PhD  
<http://www.drjrb.com>

Martin Rossman MD, Dipl. AC. (NCCAOM)  
<http://www.thehealingmind.org>

Seth-Deborah Roth CRNA, BA, CCHT, CI  
<http://www.HypnotherapyforHealth.com>

Maryanne Sea MSW  
<http://www.deeplyheal.com>

Mary Jo Sinclair EdD, CHTP/I  
<http://www.imageryandenergy.com>

Harise Stein MD  
<http://www.womensmindbodyhealth.info>

Betty Surette RN, BSN  
<http://www.harmonyholistichealthcenter.com>

Suzanne Telintelo MSN, CNS  
<http://www.InnerHealthCounseling.com>

Gina Vance CMHT, CCHT, RBT  
<http://www.ginavance.com>

Barbara Vitale RN, HNC  
<http://www.jollymudra.com>

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# Imagery at the End of Life



By  
**Esther Johnson,**  
BSN, PHN,  
CHPN, MH

## Addie's Healing Imagery

As a hospice nurse I work with people of all ages. However, on a personal level it seems much more challenging for me to work with the children who enter our hospice program. There is something so gut-wrenching for me about seeing a child come onto hospice. Addie is my newest patient and because she is a very sick 12-year-old, I am not sure how long I will be working with her.

Addie has a very rare type of soft tissue tumor, with an additional mass that is growing inside her head. She has lost her senses of smell and hearing on the left side, and when she does feel good enough to smile, her grin is skewed to the right. Addie is plagued by headaches, dizziness and nausea, so what she and her family need most right now is Healing. I was consulted on this case before she was even admitted to hospice, and my job right now is to help her maximize the hours and days she has left.

When Addie and her family were told those unbearable words, "Sorry, there is nothing more we can do, we suggest hospice," Addie and her family traveled cross country to spend time at a center for Complementary and Alternative Medicine for treatments that included acupressure, nutrition, supplements and energy work. As they looked into signing up for hospice, their desire was to find one that offered integrative therapies - which is how I got involved. My role as Integrative Therapy Program Director allows me to evaluate patients for a wide variety of Healing modalities, and to provide whatever is appropriate for the patient and family.

The day I met Addie she was suffering with a headache so severe the pain oozed out of every pore. She was immobilized by the

nausea and dizziness. The medications were not working, and both she and her parents were reluctant to use more medication that caused sedation. Their limited time together is valuable and they desperately desire quality interaction.

Upon my introduction to Addie I was informed that all her acupressure beads had fallen off and she forgot where the points for pain and nausea were located. Interestingly though, her first question was, "Is there a pressure point to wake me up?"

My first day with Addie was all about trying to get her back on track, putting her acupressure beads back in place, providing acupressure for her pain & nausea, as well as helping her feel more energized. I also knew that beginning to teach her a bit about Imagery would be helpful. Addie and her family had

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*There is something so gut-wrenching for me about seeing a child come onto hospice.*

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little experience with Imagery so we talked about the benefits and ease of implementation. I provided Addie and her 10-year-old brother a guided

Imagery tape donated to our program by Dr. Charlotte Reznick. I also provided the two of them with information about using Imagery with kids. To Addie's parents I gave a copy of the guided Imagery CD I created for our program so they would also benefit and relieve the unique pain and suffering they are experiencing with Addie's illness and decline.

As I worked with Addie this first day, we took time to do some Reiki during which I guided her deep inside her body to the area of most discomfort. Here, inside her tummy, she described "yucky green goo that is making me sick." With a little sensory exploration she was able to identify a "feel good" color

*Continued on page 6*

# Imagery at the End of Life

*Continued from page 5*

that was bright light purple. She then began to transform the yucky green goo into bright light purple. This particular technique provided almost immediate liberation from her nausea. What a relief it was to see that cute skewed little smile appear as our visit came to an end that first day!

My second visit to Addie, just a few days after the first, found her doing much better, thanks to some medication adjustments by the hospice physician. Addie's pain was less problematic, her nausea was relieved and the dizziness was gone. She and I discussed the first visit, the helpfulness of the Imagery and planned for our next steps together.

Addie was especially interested in receiving some sound and vibration therapy using tuning forks. As I placed the appropriate tuning forks on the acupressure points for pain, sometimes referred to as the "4 gates", I again engaged Addie in some Imagery. I invited her to visualize herself standing in front of 4 gates. I had her Imagine their size, shape, color, texture and anything else of significance about them. I then invited her to see the gates opening up before her, and suggested she send out through



the gates anything she no longer needed or desired. I recommended she might choose to send out pain or dizziness or any other bothersome symptom. Next we engaged in a short period of relaxation breathing using her bright light purple feel good color. Once Addie felt filled with the feel good color, I invited her to be aware of anything she might like to have with her for Healing or feeling better and again suggested she bring those qualities right in through these same gates.

After a few moments, that cute skewed smile appeared under her closed eyes and I knew she was doing the work. As our session came to an end, she told me she brought in exactly what she needed for herself. She then wanted a big bowl of noodles because she was "very hungry". I have no idea what lies in store for Addie but I do know that as long as we are able to do Imagery together, she will get the Healing that she needs in order to do all the other work that comes with being a kid on hospice.



## **Welcome to our new members:**

Leslie Davenport from San Anselmo, California  
Sherry McHenry from Mainerville, Ohio  
Gerald Epstein, MD from New York, NY

# Imagery Here and There



**By Jann  
Fredrickson,  
MA, MSW**

## Sharon and Healing

Sit back and let me tell you a story about a real live person. Sharon would not get a second glance from anyone based on her appearance because she looks like an ordinary senior citizen: short in stature, neatly curled gray-flecked hair, a nice smile, and wise, friendly eyes. I met Sharon some years ago at our local West Saint Paul “Curves” which, for the uninitiated, is an exercise place for woman. I love Curves because most of us are trying to lose weight and therefore aren’t perfect, leotard-clad chicky-doodles. Not that I have anything against chicky-doodles. Maybe I’m just jealous, who knows? Anyway, I digress. Sharon is a trainer and that means she oversees our exercise, helps us do the machines correctly and just generally provides conversation so as to make the whole process go faster.

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*Sharon’s face shows a joie de vivre. Yes, sometimes her eyes are sad and she gets teary-eyed quite easily, but it is natural rather than forced or suppressed. This is a woman whose face shows LIFE.*

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When I first met Sharon, I felt irritated at her because she kept correcting me on my exit from a certain machine. She corrected me one too many times one night when I was particularly crabby and I just rolled my eyes at her. This for me is good! At least I didn’t give her one of my smart-ass comments. Then, for some reason, I decided my behavior was both juvenile and rude (which it was and often still is but, hey, I try). So out of guilt, I initiated a conversation with Sharon, thinking maybe she would then see that I am really sort of a nice person.....sort of. Sharon was talkative and started to tell me, without the slightest bit of self-pity, about her life. She had lost two of her three children from a congenital heart condition, one boy at age 13 and another at age 3. Her high school sweetheart, who also happened to be her husband, had died a few years ago from pancreatic cancer. She also regaled me with tales of her snow-mobiling,

her motorcycle, her numerous trips all over the place, and her church work. Sharon was not at ALL what she seemed to be.

I remember looking at her with awe. I cannot, or rather, will not Imagine losing a child. Who among us can? Yet, here was a woman who had not lost just ONE child, but TWO. And she had lost a man who I think was probably her soul-mate because, although she got teary talking about her children, it was her memories of her husband that seemed to evoke the most emotion. When one loses a child, the divorce rate goes up and when one loses two, well, Imagine! In Sharon’s case, I think she and her husband helped each other through their terrible pain. I am not quite certain of Sharon’s age but I would place her somewhere in her late sixties or early seventies. What is most remarkable is her face. You know how someone looks when they have grieved so hard that it just permeates their entire being? Sharon’s face shows a joie de vivre. Yes, sometimes her eyes are sad and she gets teary-eyed quite easily, but it is natural rather than forced or suppressed. This is a woman whose face shows LIFE. I sometimes think that if I had lost all that she had, I would live a day-to-day existence rather than living out of gratitude and joy. Somewhere along the line, she must have decided to LIVE rather than exist and in the LIVING she has discovered that no matter what someone has had to encounter in life, they can still find joy in the ordinary.

Or in Sharon’s case, the extraordinary.

One day, there was a giant Harley-Davidson parked outside of Curves. This Harley was more than just a “Hog”. It had a side car and looked exactly like the type of bike a good, hefty man would ride. Then, in walked Sharon with her helmet and gear. Oh, we didn’t know that it was Sharon at first. In walked this person who pulled their helmet off and, lo and behold, it was our Sharon! “You drive THAT Harley?!” someone asked in awe. “But,” said another less diplomatic member,

*Continued on page 8*



## Imagery Here and There

*Continued from page 7*

*“you look like the type of lady who would sit home and knit.”* We all stared at Sharon with bemusement and some mild shock. Really, she DOES look like someone who would stay home and knit and maybe even rock in a chair. She later told us all how she had gone to Sturgis for some years. For those who do not know, this is the national motorcycle rally held every year in Sturgis, South Dakota. I was doing the Curves machines as I listened to her and I just started laughing. I pictured Sharon, astride her Harley, gunning her machine and passing cars. I bet she got more than one look!

You see, when I think of Healing, I have always thought of Healing

of the body or of an attitude or in the context of getting well again. Many never get any kind of Healing because they think of it as an absence of disease or an absence of pain or grief. But as I thought about Healing when I contemplated writing my column, I just kept coming back to Sharon: a seemingly “ordinary” senior woman who has endured more heart-wounding in her life than any two people have. Sharon IS Healing. I don’t mean that she is perfect, because she isn’t. She can even be a bit short and crabby at times, just like me, and probably you, too! What I mean is that instead of curling up and dying on the inside along with her kids and husband, she decided to live and live to the fullest extent of what living means. She has more courage in her little finger than I have in my now reduced-sized body. I admire her precisely because she does all these quirky things, travels the world, and rides her

giant sized Harley. She must carry within her an enormous amount of grief. Sometimes I see it when she is quick to get teary about something or in the way she shows compassion for someone else who has a wounded heart.

But Sharon has never given in or given up.

And isn’t that what Healing is all about?

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*Jann has been in private practice for 25 years, with an M.A. and M.S.W. She teaches for Beyond Ordinary Nurses and is on the faculty for AGI. She lives in frozen Minnesota and loves to walk – even in the below zero weather. She has been married to the same man for nearly 29 years and actually likes him. She has two grown sons who now are back at home. She also loves animals and likes people, especially those who love a good laugh.*



# Research Corner

By  
*Harise Stein,*  
MD

## Postoperative Healing

Many Imagery colleagues help patients prepare for surgery. A 2003 study from Australia (1) demonstrates one aspect of the physiology of how preparation can benefit patients. In this study, 36 men and women underwent inguinal hernia repair. The repair was performed in the same manner in all patients, and a surgical drain was placed. Wound fluid from the drain was collected before the drain was removed.

Patients underwent psychological screening prior to surgery; wound fluid was analyzed; recovery was followed; and results controlled for age, sex, smoking, exercise, alcohol, sleep, and type of anesthesia. Results revealed that patients who had greater worry about surgery (state anxiety):

- had lower levels of metalproteinase-9 in their wound fluid ( $p=.03$ ) [This compound is responsible for cleaning up wound debris and remodeling the scar as it Heals]
- had a more painful ( $p=.002$ ), poorer ( $p=.04$ ), and slower ( $p=.01$ ) recovery.

This adds wound Healing to the many laboratory and clinical

studies that demonstrate a direct correlation between the amount of anxiety a patient has, and the amount of pain they experience.

For over four years now, I have run a preop surgical program for the Stanford Gynecology department in addition to the patients I see in my private practice, and have assembled some informal research. For this program, I see patients for an hour approximately one week before surgery. They are asked to fill out a questionnaire before they see me, which helps me get both the big picture and an idea of their particular concerns. While I also lend them a commercial preop guided Imagery CD, results from anonymous surveys they send in afterwards support the perceived benefit both of our conversation and the CD independently and in a complementary way.

During our talk, we discuss:

- her understanding of the intended surgery and any additional questions
- practical aspects of preparing herself, her home, her family, and her work for surgery
- the importance of allowing herself time to Heal afterwards
- her past surgical experiences and what she has heard about other people's surgery
- her fears/concerns
- her experience with coping modalities
- her strengths
- how she would like me to help her.

Depending on the circumstances, I utilize a variety of cognitive-behavioral and relaxation exercises, especially breathing, and explain about using the CD. I end up having her do a "dress rehearsal" filled with multiple stressors, such as arriving for surgery and being told they can't

find her on the schedule, or that one of the nurses is very irritable. Each time I ask, "So if this happens, what could you do?" She then chooses a particular tool from those she has just learned that she would like to utilize. Also, if she has expressed particular concerns, we work on customized Imagery that would benefit her to reframe those issues. We also add in her strengths and preferred prior coping skills. By the time we are finished and focusing on her "future Healed self", most women are feeling very confident about facing surgery. The CD they then listen to at home and in the OR adds additional tools, reinforces confidence, and is very appreciated by the patients.

Afterwards, I write a "Mind-Body Medicine" note in the chart. This helps elevate the medical legitimacy of this type of visit, and increases awareness about the program for other practitioners. Evaluation forms from the patients have been, with rare exceptions, very to highly positive, and residents and attendings have stopped me in the hall to say how well a certain patient did, or that the patient told everyone how wonderful the program was.

Initiating and maintaining this program has had its challenges. On the evaluation forms, I also have two questions that have been politically very helpful – at least 90% of patients fill out that they think much better of Stanford for offering this program, and that they would be much more likely to refer friends and family to their surgeon because of it. Once a year I write a report for the department, summarizing the survey results, including direct patient quotes. If you run a preop program where you practice, I highly recommend

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# CD Review



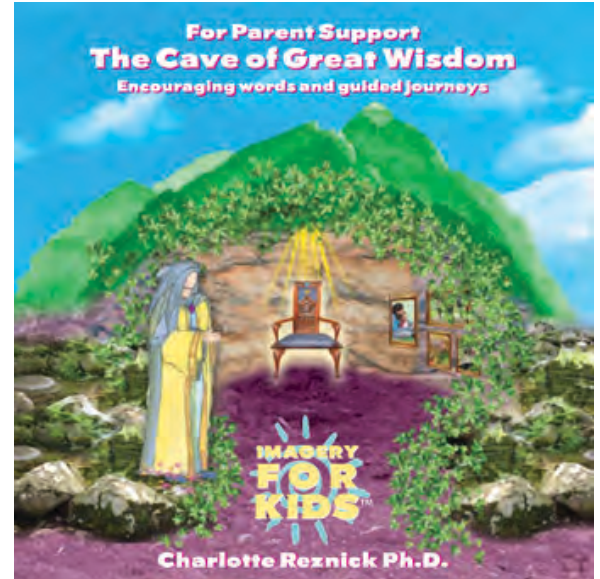
By  
**Fania Chazen,**  
LCSW

**“For Parent Support – The Cave of Great Wisdom – Encouraging words and guided journeys”  
A CD by Dr Charlotte Reznick, PhD.**

For those days when we feel frazzled or unsure, or just lack the energy to deal with the ins and outs of parenting, how wonderful to have at hand Dr Reznick’s new CD of guided Imagery for parents! You can listen to all four tracks of the CD consecutively for a long soothing session or, one by one, at different times of need as you choose.

Beginning with the first track, Dr. Reznick offers reassuring words that provide us parents a calm and accepting space for making mistakes and correcting ourselves, while encouraging us to actively listen to our inner wisdom. We are gently reminded that “It not only takes a village to raise a child, it takes a lifetime.” We are also reminded of the possibility that parenting is not only a task in our journey, but part and essence of our personal journey in the direction of self growth.

Dr. Reznick has the calming voice of a gentle and experienced therapist who you trust, so when she offers examples of how other parents use these Imagery tools and suggests that you, too, can use them to find your inner resources - you believe her. You allow yourself to follow her into the Great Cave of Wisdom (track 3) but not before she teaches you an easy and safe way, through breathing, to connect with your heart’s center and trust its messages (track 2). The last track is for those



of us who just want to linger a bit more in that peaceful inner realm and enjoy a few more minutes of music and calm.

Dr Reznick’s new CD is geared for parents and shows the versatility and adaptability of her “9 tools.” Also, she gives us grown-ups the chance to go back to magical times when we would visit wise beings in great caves lit with glowing candles, find our lost treasures and ...and this time, own them!

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*Fania Chazen, MSW, is a licensed clinical social worker (NYU), and a graduate of the Academy for Guided Imagery. She applies Interactive Guided Imagery<sup>sm</sup> as a clinical tool both in her private clinic with various populations and at the Davidoff Center for Cancer Patients in Beilinson Hospital, Israel. Fania translated and narrated Belleruth Naparstek’s “Wellness & Relaxation” guided Imagery CD into Hebrew, considered the best available CD. Fania is Mom to three children.*

For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.

– Reba McEntire



# How shall I Heal thee?

## Let me count the ways



By  
**Babs Vitale,**  
RN, HNC

I recently started a new nursing position working in a ten day critical intervention post detox recovery program for women. My clients are all shapes and sizes, creeds and colors, ages and persuasions, and above all, they are in different stages of Healing. This is a population with which I am not unfamiliar, having worked inpatient dual diagnosis programs (mental illness and substance abuse) and in numerous homeless shelters where substance abuse (SA) is a major challenge for my clients.

I used Guided Imagery with those clients. In a post detox shelter-based transitional program for men, I led a weekly group based on Guided Imagery. It was always well received. I remember the new arrival with residual tremors and that “deer in the headlights” look who, post-session, quietly thanked me for the opportunity to relax. There was the surprised young client with a history of ADHD and PTSD, who told me it was hard to relax because he always had to watch his back. He, too, told me the experience was great. Guided Imagery = relaxation with a twist.

In a shelter based re-entry from prison program, another group composed of clients with a SA history, I did my weekly Guided Imagery. There were other elements to this group, as there are to all my groups (which I dub the Babs’ dog and pony show), but the constant was always a Guided Imagery experience. Now I have begun this with my “Ladies” in the 10 day intensive program. It is one of my Healing tools that I value above the traditional allopathic medicine I offer.

Healing is a process and not a destination for my clients. The elements to their Healing are both common and unique, but always profound. To steal an opening line from Shakespeare: “How do I Heal thee, let me count the ways”.

1. They Heal physically from the chemical and, some say, structural changes in the brain that their use of addiction substances have wrought. They Heal the physical body from the neglect that occurred while chasing the chosen

*Continued on page 12*

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## Research Corner

*Continued from page 9*

obtaining written feedback from the patients, especially asking questions that would be of interest to administrators.

This program is free to the patients, and I donate my time as part of my required adjunct clinical faculty volunteer hours. While doing this for free would obviously not work for everyone, since I have to donate time anyway, I can't think of a better

way to spend it – in improving patient care as well as educating the residents and attendings on the value of psychological preparation for surgery, and the benefits of mind-body medicine.

These benefits are very tangible. Sometimes patients are so anxious that even when I introduce myself, they burst into tears. However, by the time they leave they are universally smiling with relief, especially those who have had prior poor surgical experiences. In view of the study cited at the beginning of this article, it is no wonder that on their survey forms they have

repeatedly and spontaneously written, often with surprise, on how quickly and painlessly they recovered and Healed.

*(1) Broadbent E et al, Psychological stress impairs early wound repair following surgery, 2003, Psychosomatic Medicine 65:865-869*

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*Harise Stein, MD is a board certified ob/gyn who is also certified in interactive Imagery. She specializes in mind-body medicine for women's health in a private practice in Mountain View, CA. In addition, she is on the adjunct clinical faculty at Stanford, where she conducts a pre-operative mind-body support program for the gynecology department.*

# How Shall I Heal Thee?

*Continued from page 11*

addictive substance, first ignoring, and then not even hearing, the body's pleas for food, water, care and respect.

At a recent conference (The Evolution of Addiction, Treatment, and Recovery for Women, Sept. 18, 2009, Marlboro, MA) I attended a session that melded yoga and the twelve steps. The presenter was Janet Green Garrison, M.Ed., CADAC, RYT. She is a woman who has been teaching her self-created 12 Step Yoga program for 17 years.

Yoga is a moving meditation. It is also an opportunity to be in control, accept

the limitations, and experience the relationship between the body and mind. As Bessel Von der Kolk, psychiatrist and founder of The Trauma Institute in Brookline, MA states "... how do you help people confront their internal sensations? Yoga is one way you can do that." (from an article in *Yoga Journal* titled "Healing Life's Traumas" which can be found on The

Trauma Institute's web site). 12 Step Yoga incorporates Images of recovery into the yoga activity. I see the process as a Guided Imagery. A yoga pose becomes a physical interpretation of an Image of commitment and acceptance. It also connects the familiar 12 Steps with the, to some, unfamiliar body experience of yoga.

2. They Heal from stigma – both a self imposed loathing and a society that pictures them as weak, flawed, amoral, lying, troublesome and not trustworthy. Often those they love most – their children, their mothers, their partners – judge them in this way as well.

At that same conference mentioned above, I attended a workshop by Barbara Gordon, author of the bestselling autobiography *I'm Dancing as Fast as I Can*. She wrote about her struggle with withdrawal from prescription benzodiazepines (benzos) (tranquilizers) in this book. In her presentation, she addressed the profound stigma of her own and other women's substance addictions. I see the scars of this stigma in the women I work with. A recent client had a history of 11 years of benzodiazepine use, scripted and street acquired, and was trying to recover. Another was, like Barbara Gordon, a professional woman who self-detoxed from scripted benzos. "It was hell", she said.

I play Belleruth Naparstek's Healing Trauma (PTSD) Guided Imagery CD. It has a profound effect. I close my eyes and am in a seated relaxation pose when I play this. It is my attempt to show my clients a model of relaxing. When I open my eyes, my clients are "strung out" in a new way. Their bodies are sprawled, curled, draped and rag-dolled everywhere in the room. Most of them are so profoundly relaxed that they remain stationary even after the session has ended. One looks up from a lying position on a couch and states with amazement: "I can never get to sleep. I just went to sleep!" That's OK with me. Maybe sleeping, maybe not. Clients who appeared to be sleeping in other recovery groups tell me every word of what was going on in a Guided Imagery session.

3. They Heal from spiritual distress. They are unsure of their place in the universe. Many have a god to whom they pray, but their spiritual distress lies in the uncertainty of who they are and the desperation to be cared for by a "higher power". They often don't know where or what that higher power is or where or how to access it.

"I can't say that because I don't 'love and accept' myself". She agrees that she has performed kind acts for others. She can agree that makes her a thoughtful and valuable person. She agrees to say "I am a thoughtful and valuable person". Perhaps by reframing her thoughts about herself she will begin a

*Continued on page 13*

# How Shall I Heal Thee?

*Continued from page 12*

new Healing journey.

4. They Heal from emotional desperation. They are on a see-saw of joy and despair, elation and despondency, equilibrium and dizziness, never knowing what they will be feeling from one moment to the next, yet somehow knowing that their emotions will dictate their actions. And those actions may plunge them into another moment of Hell or another moment of Heaven.

Client meltdowns are frequent at the new program where I work. A woman who is one day a pillar of control and reason can the next day be adrift and distressed.

I asked once, during an EFT demonstration, about memories or experiences that brought a high level of anxiety, fear or sadness. "When I think of turning tricks for the money to get my drugs, that's an eleven", she said. (This compared to the ten she felt with her first boyfriend and the forced sex.) "I would just lay there for the ten minutes". I followed this EFT demonstration with a Guided Imagery CD. When it finished, she asked where she could get a copy.

During a Plenary session "Alcoholism Isn't What It Used to Be: New Directions in Diagnosis, Treatment and Recovery" (2009) at the Cape Cod Symposium on Addictive Disorders by Dr. Mark Willenbring (NIH/NIAAA), a reference was made to a German study that used Guided Imagery for recovery by having clients rehearse a response to a drug use triggering

situation that would keep them from relapsing. The example Dr. Willenbring gave from the study, was a person in recovery from alcohol use going to a restaurant, hearing the waiter state "What would you like to drink?" and hearing herself respond "I'll have a cola". Sensory recruiting was used, just as in any Imagery experience. This Imagery exercise, coupled with other modalities, showed efficacy in maintaining recovery.

At the same conference, I also attended a session entitled "A Mind Fitness Approach to Addiction", presented by George Rozelle, Ph.D., Director, MindSpa Mental Fitness Center and Chairman Mind Fitness Int'l. He actually used an experimental protocol that employs Guided Imagery. The first step involves bio feedback relaxation using eight pre-training sessions on finger temperature self regulation "to shift to an internal locus of control" and "facilitate theta brain waves". These are followed by additional alpha-theta feedback sessions. (I view all this preparation as another way to

enter the relaxation response. In "traditional" Imagery sessions we achieve this through methods such as prompted head to toe relaxation.) This training is followed by the same visualization technique referred to by Dr. Willenbring, where the client Imagines a rejection of the abused substance and replaces the moment of temptation with an alternative, self-created behavior that sustains recovery.

I plan to incorporate this Imagery technique for my client who recently stated "I've been an addict for 33 years; I don't think I can ever stop." Where the mind goes the body follows.

Yes, for her and all my "Ladies", I will continue to offer Guided Imagery in its myriad forms and permutations - evidence-based and experimental protocol both. I will also use those methods of Guided Imagery that I intuitively feel to be valuable, always guided by my clients' responses.

"Nothing to lose" as they say. There is nothing more to be lost in their journey of Healing from addiction. There is only self to be regained.



# Integration of the Self:

## Post-Traumatic Stress Disorder and Hypnotherapy



By  
**Glenda  
Cedarleaf**  
MSW, LICSW

*“How can I begin to change these patterns that continue – so familiar so constant – I’m tired of going down this same path again and again...”*

Does this sound familiar? It is often the first concern that clients bring into my office. How can I help the part of me that sabotages me listen to the part of me that knows better, that wants to Heal?

This challenge requires a process of integration that I believe is the key to transformation. Clients follow a process of integrating the hurting/disempowered self, the mature, wise adult self, with the clarity and power of their spiritual resources.

This process requires compassion, commitment and collaboration on the part of the client and the therapist, as well as other significant people in the client’s life in order for a mind/body/spirit connection to begin to deepen and transform. The Healing process also deepens with the synergy of complementary treatment modalities – for example, combining psychotherapy/hypnotherapy with body or energy work. With this integrative strategy, the process of becoming unblocked emotionally and physically can occur more effectively and usually, at a quicker pace.

Integrating what is learned in therapy into one’s life is also an important part of the Healing process. When one creates a daily practice that is life giving, a foundation is built that helps us choose to be “in this life in this moment”. This daily practice is unique to each of us and examples of such practices include: journal writing, exercising, reading inspirational material, musical expression, meditation and prayer – to name just a few.

It is helpful to combine practices that feed mind, body and spirit.

In my work as a therapist, a primary focus is to enable a “corrective experience”. This experiential process is described by Hartman and Zimberoff in “Corrective Emotional Experience” (Journal of Heart-Centered Therapies; Volume 7, 2004). This experience includes:

- “Expressing blocked emotions
- Mourning the losses
- Incorporating the lessons
- Reforming and repatterning experiences
- Releasing helplessness
- Reclaiming worthiness and personal power
- Practicing being in the ‘here and now’
- Reframing early erroneous conclusions/decisions and
- Reclaiming lost parts of the self.”

How does this work? I’ve chosen to tell you about one person’s Healing from Post Traumatic Stress Disorder (PTSD) to give you an example of how hypnotherapy, energy work and the process of integration brought about transformation for her.

### **CASE EXAMPLE: SERENA (fictitious name) presented with permission from the client.**

Serena experienced ongoing severe childhood abuse: sexual, physical and verbal. She developed digestive problems as a child as well as significant anxiety. By 16 she attempted suicide. Amidst these difficulties, throughout her childhood and into her adult years, she felt very spiritually connected and

*Continued on page 15*

# Integration of the Self

*Continued from page 14*

had several “visions”. In addition, she had pursued various forms of energy Healing and understood the concept of somatic intelligence - our unconscious speaks to us in its own language through body awareness.

She met once with a mental Health professional who actually told her that her childhood abuse was her fault. Of course this had a strong impact on her perception of mental health providers as well as created more confusion for her about her perception of the emotional pain she experienced.

Her symptoms did not improve. Years later, with a recommendation from her body/energy therapist, she chose to try therapy again. I was her chosen therapist.

On her first visit she described having life long adult PTSD symptoms: upsetting dreams, panic attacks, fear of being alone, fear of closing her eyes, thinking “something’s going to get me”, multiple flashbacks, difficulty with sexual intimacy, hyper reactivity, chronic tension, shoulder and back pain. She described her sleep as “light” and frequently awaking with “upsetting dreams”. Serena also had vague memories of her abuse.

During the first session, she could not lie down on the couch or close her eyes. She expressed a fear that she might be punished if she made a mistake. As she began to trust me as her therapist, she opened to some gentle guided Imagery exercises and then progressed to co-creating a custom self hypnosis CD which she began listening to on a daily basis.



We discussed PTSD, its symptoms, and causes. She began to feel less judgmental of herself and more understanding of her symptoms.

On the sixth session we began hypnotherapy. After using the Imagery we created on her CD to help her relax, I guided her to recall one of the most recent times she felt her anxiety arise. As she connected with specific body memories, she began to feel herself disassociate.

As Serena experienced the process of disassociation, we reinforced a sense of safety and support. Once she was able to sense that safety and support, she could feel herself “leave her body” only momentarily and return without panic. I helped her understand cognitively and physically how to “ground” herself.

She was gradually able to relax for

*Continued on page 17*

# Images in Nature, Gentle Ritual and the Forgiveness Process



**By  
Juliet  
Rohde-Brown,  
PhD**

Ecopsychological theorists such as Sewell and Roszak have proposed the concept of an “ecological ethic,” where we can nurture the sense of connection in all of our relationships, human or not, and an “ecological unconscious” which is at the primary level of all of our minds. This kind of approach stresses personal responsibility and assists with regaining a vitality that comes with remembering and reconnecting to the natural environment. We could say that it is as if we are listening deeply when nature speaks to us. It is our personal responsibility to seek our forgotten sense of unconditional love. This begins beneath our feet.

The late historian Mircea Eliade spoke of a “need for periodic regeneration” in relation to the “meaning of ritual purifications.” Indeed, many ancient cultures had a yearly ritual that they believed assisted with the renewal of the world itself. In ritual, music, bells, the chanting of songs, and/or drumming are often included. Animal totems that represent characteristics to be emulated or venerated have been included. Often, incense or herbs are burnt in small containers or smudge bundles. Fire, in one form or another, articles from the earth, the element of water, and the element of air are all important pieces of ritual. Ritual has historically been done in groups and it can be also done individually. Often, certain postures or dances are part of ritual. The four directions of the globe and the four major elements of nature are important parts of ritual as well.

Barbara Tedlock, a shaman in the K’iche Maya tradition of highland Guatemala, who is also the granddaughter of an Ojibwe midwife and herbalist, states that “Shamans use metaphors—ways of thinking about one thing in terms of another—to describe a mythic world” and to help people in ways that change their perceptions of their suffering. Rituals can

bring about powerful transformations that we barely comprehend.

In the process of forgiveness, we can benefit much from communicating with the natural environment. We can engage an active Imagination process, in which objects from nature are used as divination pieces to facilitate associations that may deepen our understanding of our own forgiveness story or path. Each of our unique relationships to the symbolic world is shaped and illuminated by our shared psyche as a species. I never cease to be amazed at how palpable that message from Carl Jung was for me when I read his words which suggested that when you turn your face toward the collective unconscious, its vast resources turn and reflect gifts and metaphorical messages back to you.

While working with my own forgiveness process, I have engaged in metta (loving-kindness) meditation and I have set intentions before going out into nature so that I can be open to what I feel in my body and to what I observe and relate to in the natural environment. I encourage my clients to do the same. I may put my hand to my heart and cherish the flame that is present at its core, the energy and soft drumming of the pulse of life that has withstood much and that chooses to love because I can. Ironically, when I am in this state outdoors, I have been struck by how often I come across dragonflies.

If I take an ecopsychological and metaphorical approach to my own Healing, I might associate the evolution of the transformation of the dragonfly as it grows and molts, crawling out of the water, with my own movement from the depths of despair (beneath the water), coming into the sunlight of forgiveness. I might Imagine the dragonfly cracking its old

*Continued on page 17*



## Images in Nature

*Continued from page 16*

shell at the thorax and associate this with my heart, cracking wide open. Because of the associations between the dragonfly and my own condition, I might recognize the disequilibrium this molting effect can have at first.

I might Imagine the next evolutionary phase of the dragonfly, as its legs become stronger and it pulls itself up and wings begin to form so that it can fly. I could ask

*Continued on page 18*

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## Integration of the Self

*Continued from page 15*

longer periods of time and stay in her body to process the emotional and physical sensations. More specific memories became clear. She would experience an increase in bodily discomfort which dissipated as the emotional integration unfolded. She tapped into her feelings of rage and helplessness. She visualized herself as a child and gradually rewrote the script - now with the support of an Imagined wise woman guide who knew how to help her assertively face her abusers and release blocked anger. She grew to see how the core abuse she suffered created multiple layers of protectiveness and fear.

As she continued to feel safe, Serena was able to release fear and focus on her strengths. Through her own process of integrating the abused child, the wise woman

and her spiritual resources, she was ultimately able to visualize and experience herself as an empowered woman.

Serena's childhood memories are now integrated. Her adult self and her child self work together to create a compassionate collaborative and empowered way of processing information. The traumatic memories that were lodged in her body/mind have lost their intense charge.

After 5 months and 14 sessions, Serena has a new found sense of peace. She can close her eyes without fear and meditates daily. She states "I protect myself with assertiveness, but I no longer feel I have to control others." She feels sexually confident and no longer feels guilty or "bad" for enjoying this aspect of her life. "I've been given the 'go' signal to be me. I just go to sleep all night and no longer have weird dark thoughts." She has lightness in her spirit and a childlike sense of humor. Her clients notice a difference in her personality. She

clearly channels positive energy in her work. She has experienced the process of integration.

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*Glenda Cedarleaf is a clinical social worker in private practice with Partners in Healing of Minneapolis. Her training in Guided Imagery, Somatic Healing and Hypnotherapy has included: The Institute for Health Psychology, National Institute for the Clinical Application of Behavioral Medicine, Wellness Institute's Heart Centered Hypnotherapy, and the Academy of Interactive Guided Imagery. She has trained as a life coach with Kathleen Brehony, PhD through the National Institute for the Clinical Application of Behavioral Medicine.*

*Her current focus, in addition to her private practice, is offering coaching for creativity, facilitating women's retreats and creating guided Imagery CD's and DVD's. She has just created an instructional/guided Imagery experience on DVD: "Journey through the Chakras" that includes affirmations for creativity.*

*Her websites: [www.creativeflowandsoulpurpose.com](http://www.creativeflowandsoulpurpose.com)  
[www.partnersinHealingofmpls.com](http://www.partnersinHealingofmpls.com)*

# Images in Nature

*Continued from page 17*

myself how I may be in the very same process of the dragonfly, of becoming that which I always was, remembering that I just need to emerge into the loving, compassionate being who can drop down to great depths of feeling, as well as fly freely from my attachment to the old way of being.

While I contemplate this association to dragonfly, I am reminded of similar cultural Images, such as the Aztec Quetzacoatl, the phoenix rising from the ashes, or Mercurius, the great messenger. These connections could indicate that I am both including and

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*I just need to emerge into the loving, compassionate being who can drop down to great depths of feeling, as well as fly freely from my attachment to the old way of being.*

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transcending the past. I know that this is a process that moves in a spiral, not a linear progression, so it is okay if I have little dips along the way. The association gives me insight, makes me grant myself more space and patience, knowing that each time I come up again into the clear air of forgiveness, I grow and Heal a little bit more.

After beginning to work with a ritual process in nature, one can begin to feel a shift within days or months. It depends on one's own unique process. There is no right or wrong judgment. It is what it is. We can encourage ourselves and our clients to be patient. Forgiveness is typically not an immediate process. It generally takes some time. One of my favorite poems by Juan Ramon Jiminez, called Oceans, speaks to how subtle Healing can be:

*"I have a feeling that my boat  
has struck, down there in the depths,  
against a great thing.  
And nothing,  
happens! Nothing...silence...waves...  
Nothing happens? Or has everything  
happened,  
and are we standing now, quietly, in the new  
life?"*

The ritual ceremony will facilitate a depth process. We can do this process with one or more people we trust and feel safe with, supporting each other through both unique and collective journeys. It is about having a direct personal experience of the object with symbolic value to us. This contemplation gets us in touch with our own autonomy and spiritual authority. We see and know through our heart and the feeling of forgiveness abides within.

The depth that we drop down to is the feminine, the vast container of feeling, not meaning the female gender per se, but the feminine in all of us, the part that feels "down there in the depths." When we engage in our forgiveness ritual in nature, we may choose or write a forgiveness mantra—a song, poem, statement or sound. We can bring a particular movement to this mantra if we desire. As we go about each day, we can close our eyes briefly in a moment of stress or conflict, take a deep breath, and shift our focus to our forgiveness mantra, as it will surely begin to permeate our cells through regular practice. We will only need but a brief reminder to put us back exactly in that calm and knowing place. This is what Healing is all about.

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*Juliet is an integrative licensed clinical psychologist in Santa Barbara, California and a core faculty member of a doctoral program in psychology (Antioch University Santa Barbara's PsyD program). Inspired over 20 years ago by findings from studies in psychoneuroimmunology that explored how relaxation training can benefit the immune system and one's sense of overall wellness, she became certified in hypnotherapy. Equally inspired by the power of Imagination to guide us into awareness of the various parts of our psyche, she became certified in interactive guided Imagery under Dr's Martin Rossman and David Bresler, in addition to being mentored both pre and post-doctorally by Jungian analysts at the C.G. Jung Institute of Los Angeles. Juliet's participation in meditative practices informs her work in the world both personally and professionally.*

# Using Imagery With Frail Elders



**By  
Sherry  
McHenry,  
C.C.Ht., RM**

Oh, what a year it has been! 2009 began with an opportunity to develop and implement weekly group guided Imagery programs for elders residing within long-term & transitional care facilities. Activity departments were re-named Integrative Personal Services departments to offer integrative services for residents.

I was so motivated and excited to serve the community with such a valuable and sorely needed program! The biggest challenge, though, was how to encourage elders to participate and engage in the process? How many elders would even know what Imagery was?

I am fortunate to have support from caring staff members. They have helped by learning

about the use of Imagery and identifying residents who would be good candidates to experience the process. They encourage participation and bring residents into beautiful living room areas where the sessions are held. Some residents will come once and decide that it's not for them. Others take an interest and come weekly - with some participating for 11 months now.

I've noticed that residents who attend regularly have increased their sensory abilities and are sharing their experiences with their loved ones. So many are concerned about their family and want to help them cope. Some are using Imagery techniques to sleep at night, others to manage discomfort within their bodies.

I use visual tools, such as posters, with natural

settings. Weekly topics include the Healing properties of nature such as light, color, water and sound. The use of tools and nature topics really helps participants shift their focus and remember joyful, meaningful experiences in their lives. Some become very absorbed in this Healing, sensory process and share personal experiences that they then use during the Imagery process. Some residents are visually impaired; however, their inner abilities to activate their Imagination can be very strong. CDs are available to residents for personal use, although regular use is a challenge.

Sometimes it's difficult to know how engaged a person is with the Imagery process. I have been surprised by comments that I didn't expect. A woman who had attended every week, seemingly disconnected, showed up one day explaining to me that she would be undergoing surgery the following week and had told her doctor about attending the sessions. She asked me if I had any advice that would help her Heal from her surgery. I gave her one of my pre/post surgery CDs. The staff helped set it up for her, the surgery was successful, her wound began to Heal and she was back with the group within 2 weeks.

Another participant had difficulty breathing and was on oxygen. I showed her a technique, called hand breathing, which she indicated helped her. I didn't see her again for about 2 months.

One day she was there despite being very ill. A caring staff member had encouraged her to come, hoping that it would help her. She said that she had been too ill to do her hand breathing. I asked her, instead, to stay focused on the picture that I brought that day a lighthouse on a beautiful coast. She listened as I talked and guided the group through the Imagery process, staring intently at the picture. At the session's end, I noticed that she

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*I was so motivated and excited to serve the community with such a valuable and sorely needed program! The biggest challenge, though, was how to encourage elders to participate and engage in the process? How many elders would even know what Imagery was?*

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*Continued on page 22*

# Farewell to One of Our Imagery Pioneers

**By  
Susan Ezra  
RN, HN-BC**

We at Imagery International would like to acknowledge O. (Oscar) Carl Simonton, MD who died on June 18 of this year. He died at the all-too-young age of 66 and the cause of death was choking on some food. At the actual time of death, his family and friends were present. The notice of his death has just recently come to our attention.

With much respect, we would like to highlight some of his contributions to the field of mind/body medicine and, specifically, to mental Imagery. Dr. Simonton was one of our earliest pioneers, helping people engage the power of their Imagination as an essential component of Healing. The idea of Imaging the immune system and chemotherapy fighting the cancer was spawned from this pioneering work. A popular Image at the time, the “pac man” could be visualized eating up and destroying the cancer cells. What a radical, fanciful notion! Yet people felt empowered and did better than other patients. Remember, this was before the term Psycho-neuro-immunology was commonplace and well before Healing concepts were part of medical practice.

He began his exploration in the 1970’s when, as a radiation oncologist in California and then in Fort Worth, Texas, he was one of the first doctors to connect the mind with the body. He already knew that beliefs, feelings, attitudes and life style were important factors affecting the Healing potential within an individual. His work with “terminal” cancer patients was groundbreaking at the time. He found that patients who had a positive attitude tended to live longer and were better able to cope with cancer and treatment. As stated on his

website, “Simonton conducted a pilot study from 1974 to 1981, demonstrating an increase in survival time and improvement in quality of life.” His work was quite controversial at the time. This was before the very well known study done in 1989 by Dr. David Spiegel where women with advanced breast cancer who participated in a psychosocial support group, survived nearly twice as long as women in the control group.

Two widely acclaimed books followed - *Getting Well Again* (1978) co-authored with Stephanie Mathews-Simonton and *The Healing Journey* (1994). The first book became a primer for those of us in the field. The second book showed an evolution incorporating some of the science supporting mind/body medicine. In November of 1997, Dr. Simonton was honored by the American Medical Association for his film, *Affirmations for Getting Well*.



*O. Carl Simonton, MD*

Created in 1984, The Simonton Cancer Center in Pacific Palisades, CA continues to offer retreats for cancer patients and their loved ones six to eight times a year. A good part of Simonton’s time was spent training practitioners internationally, extending his work worldwide. The following is an excerpt from Dr. Mariusz Wirga, current medical director of the Simonton Center and of the Psychosocial Oncology Todd Cancer Institute.

*“Furthermore, the Simonton Program is now taught in Japan, Poland, Germany, Italy and Holland. It is a very comprehensive approach and goes far beyond use of imagery.*”

*Continued on page 21*

# Farewell to One of Our Imagery Pioneers

Continued from page 20

*The Simonton Program systematically addresses multiple issues that cancer patients and their families deal with like fatigue and low energy, relationships and communication problems, recognizing patterns of stress and secondary gains, resolving spiritual and personally philosophical challenges, as well as integrating life with death and maintaining Healthy hope in all stages of treatment.*

*The Program employs multiple therapeutic modalities including individual, group and family therapies, behavioral (relaxation, balancing a Healthy lifestyle with exercise, nutrition and play), Cognitive Behavior Therapy, mindfulness, resolving guilt and resentment, improving compliance with cancer treatments by developing Healthier beliefs about them and seeing them as friends and allies. This is the only psychosocial oncology program in continuous operation since 1971.*

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*“Carl Simonton opened the door in mainstream culture to the power of Imagery in Healing. Those of us who honor Imagery in our work are forever indebted to him.”*

*– Juliet Rohde-Brown*

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*Dr Simonton kept advancing and refining his approach to the last day of his life.”*

So his contribution to whole-person medicine is immeasurable and his work lives on.

He will be remembered for his controversial ideas, sense of humor and zest for life.

“Carl Simonton opened the door in mainstream culture

to the power of Imagery in Healing. Those of us who honor Imagery in our work are forever indebted to him”, well spoken words by one of our board members, Juliet Rohde-Brown.

To honor Dr. Simonton, please make a donation in his name to:

The Simonton Cancer Center

P O Box 6607

Malibu, CA 90264

<http://www.simontoncenter.com>

## **Belief Systems and Disease**

In the psycho-social-emotional realm, Dr. Simonton paid particular attention to belief systems in relation to one's disease. These questions are quite helpful for any of us to reflect upon:

1. Is my belief based on fact?
2. Does this belief protect my life/Health?
3. Does this belief help me achieve my goals?
5. Does this belief make me feel the way I want to feel?

If the answer is yes to 3 or more of these questions, your belief may serve you well.

If no to 3 or more of these questions, a shift in attitude and belief may be called for. With practice and intention, a belief can be shifted in 21-28 days.

# Using Imagery With Frail Elders

*Continued from page 19*

was still focused on the picture. As participants were leaving, she told me how much better she felt after the Imagery. She asked how that could happen in such a short time. She needed further medical treatment later, yet on that day, she received some relief and Healing. Since that time, she has attended the group regularly.

I recall many stories such as this as I reflect upon the effectiveness of the program and how it brings comfort and Healing to elders experiencing discomfort, anxiety and sadness. Several participants have passed on and I can only hope that they received some sense of peace and Healing, even if it was just for one day.

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*Sherry McHenry is skilled and certified in the use of clinical hypnotherapy, non-directive Imagery, hypno-anesthesia and is also a Reiki Master. She is trained as a mediator for conflict resolution.*

*She is a consultant for Carespring Healthcare Management*



*where she previously implemented and currently oversees Guided Imagery programming. She also has a private practice there, offering mind-body interventions for short-term rehab patients and for the general public.*

*Sherry coaches individuals and groups in developing life skills that will help them reduce stress to create healthier and more balanced lives. She lives in the Greater Cincinnati Area and has been in practice since 1996.*

*She writes and produces wellness CDs, available through her website at [www.InnerChange4u.com](http://www.InnerChange4u.com)*

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## Calendar of Events

**Dec 8, 2009 - 8:30 to 4 PM**

*"Burnout to Balance: Imagery Tools at Work"* by Terry Reed of BON  
Peninsula Medical Hospital in Burlingame, CA  
[terry@integrativeimagery.com](mailto:terry@integrativeimagery.com)

**January 7-9, 2010**

*Evidence-based Complementary & Alternative Cancer Therapies Conference*  
West Palm Beach, FL  
[www.annieappleseedproject.org](http://www.annieappleseedproject.org)

**Feb 20, 2010 - Noon - 3PM**

*BON luncheon* from  
East SF Bay location - TBA.  
[imagine@intergrativeimagery.com](mailto:imagine@intergrativeimagery.com) for rsvp.

**February 25-27, 2010**

*Integrative Healthcare Symposium*  
Hilton New York, NYC  
Register at [www.ihsymposium.com](http://www.ihsymposium.com).

**April 28 - May 1, 2010**

*Society for the Arts in Healthcare's 21st annual conference*  
Minneapolis, MN [www.theSAH.org](http://www.theSAH.org)

**May 7-14, 2010**

*IPMT Anthroposophic Holistic Nursing*  
San Francisco, CA  
[www.paam.net](http://www.paam.net), [paamdrscourse@anthroposophy.org](mailto:paamdrscourse@anthroposophy.org),  
(734) 930-9462

**June 3-6, 2010**

*AHNA 30th Annual Conference*  
Colorado Springs, CO  
[www.ahna.org/t](http://www.ahna.org/t)

**June 25-29, 2010**

*International Society for the Study of Subtle Energy & Energy Medicine (ISSSEEM) - Annual Conference*  
*"Evidence-Based Spirituality for the 21st Century"*  
Westminster, CO  
[www.issseem.org](http://www.issseem.org)

# Letters to the Editor

## Regarding the Sept. issue:

Hi Bev

The news letter looks great!! Congrat's on doing a terrific job one more time

*Margo Adair*

Bev,

Thanks for a beautiful newsletter. I did not read it yet but the photos look great. You are the best!

*Sue Ezra*

Hi Bev,

Wowzers! What an outstanding issue. The cover art is gorgeous. I got excited all over again looking at the pictures of fellow participants and reading the captions. I had such a good a time at the conference it all came back just looking at the pictures. I enjoyed learning about the international members and seeing the names and places our new members hail from. The whole issue gives me a better sense of community. Thanks to all for that.

*Sandy Waruken*

Wonderful newsletter - as usual. I think I need to start ordering the paper version so I can keep it in my waiting room! Thanks so much Susan Ezra for your super review on Climbing a Mountain of Success. So happy you enjoyed it.

*Charlotte Reznick*

Hey-- absolutely loved the last issue – particularly your humor. Keep up the good work!

*Sandy Brody*

Hi Bev,

The cover looks absolutely amazing! I'm looking forward to receiving several copies in the mail.

*Clarisse Frenkel*  
(Cover artist of Sept issue)

Aloha Bev,

Much thanx for the update on the "whereabouts" of the latest issue. I've been checking my mailbox and was beginning to wonder. I do so appreciate ALL the efforts and energies you invest in creating such a valued

publication for all of us. A zillion thanks!!

Stay well,

*Sue Cooper*

Really enjoying ImagiNews--great job. So glad you are doing that.

*Dottie Pendleton*

Hi Bev,

Thanks for the beautiful edition of the ImagiNews. I just read it this morning and really appreciated the articles. Thanks again for your kind words in the newsletter.

*Glenda Cedarleaf*

## RE: Sandy's Anger Management Case study in the Sept issue:

Sandy:

What a great story and intervention on your part. What a life-time gift for him!

Warm regards,

*Terry Reed*

## Regarding our Website:

I checked out your web site and am impressed by the quality of your journal and web presence

*Sue Kemnitz*

(Artist of this issue's cover)

## Imagery International Telechat

### *Using Imagery at the End of Life*

January 10th 4:00 PST with Esther L. Johnson, RN and Andrew Wagner, MD

To register for this telechat just email us a note stating you would like to attend and we'll send you the call-in instructions. Members of Imagery International email:  
signup@imageryinternational.com

Non-members are welcome to attend one telechat so you can invite a friend or colleague.

# Join or Renew Your Imagery International Membership

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We will contact you for more information, so please be sure to leave a phone number and/or e-mail address.

**Please make your check payable to Imagery International and remit to:**

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1574 Coburg Road #555  
Eugene OR, 97401-4802

# Imagery International

Imagery International is the organization of Professional Guided Imagery Practitioners from around the globe. Our members, largely from the healing professions, are trained to help you use Imagery to foster your own holistic integrative healing. Whether in hospitals, healing centers, consulting businesses, or private practice, practitioners have joined forces through this association to promote the innate, powerful capacity of all humans to heal physically, mentally, emotionally, and spiritually through the focused and skilled application of their Imagination.

Our practitioners educate other health professionals, the general public, and children, all over the world about the dynamic internal changes made possible by this elegant and profound process. Our members are active in fostering mutual professional development and growth, in extending post-graduate education opportunities, and in creating unique uses and applications of Imagery for the greater well-being of individuals, groups, communities, regions, nations, and the world.

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Eugene, OR 97401-4802

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