Guided Imagery Courses
In Mind-Body Medicine

Saturday & Sunday May 18–19 ■ 9:00am–5:30pm
7.5 CEUs each day for acupuncturists, MFT, LCSW, LEP, LPCC, MT, RN

■ Guided Imagery for Enhancing Health and Wellness
Saturday May 18, 9am–5:30pm, 7.5 CEUs
Guided imagery plays an important role in medical and health-related conditions. Evidence-based research demonstrates that images in our minds have a direct impact on our body. Examples include the ability to use imagery to lower cholesterol and glucose levels in the blood, lower blood pressure, reduce complications related to surgery, and heighten short-term immune cell activity. An interactive-style of imagery facilitation will be taught and practiced, along with applications for a variety of clinical applications. The course will be half lecture and half experiential.

Note: Course is required in Mind-Body Certificate program and can be used as elective in Expressive Arts in Healthcare and Focusing-Oriented Expressive Arts Certificates.

■ Guided Imagery for Pain and Insomnia
Sunday May 19, 9am–5:30pm, 7.5 CEUs
Pain and insomnia are two of the most common complaints heard by healthcare professionals. Research has shown that guided imagery, especially when blended with deep relaxation, is a very effective solution for providing relief for these conditions. The class will cover understanding the ways stress and emotional upset amplify pain signals and impair sleep. A variety of imagery approaches will be taught including exploring and dialoguing with symptoms, creating an internal sleep dome, glove anesthesia, and the “internal pharmacy.” Distinctions will be made between working with chronic vs. acute pain. The format will include lecture, demonstration, and observed practice. The course will be half lecture, and half experiential.

Prerequisite: Guided Imagery for Enhancing Health and Wellness

Location: Five Branches University San Jose Campus, 3031 Tisch Way, San Jose, California
Fee: $150 each workshop. Discount: $135. before April 18, 2013
Cancellation Policy: 100% refund up to one month prior to first class (April 18, 2013.) After April 18, 50% refund.
To register/information: Jolie Fei, mindbodyadmin@fivebranches.edu, (408) 260-0208 x210
www.fivebranches.edu/extension/mind-body-medicine