



Guided Imagery Courses In Mind-Body Medicine

Leslie Davenport, MFT, is a pioneer in bringing guided imagery to psychotherapy and integrative medicine. She founded the Humanities Program at Marin General Hospital, which became the Institute for Health and Healing. She is clinical faculty at the California Pacific Medical Center and is the author of *Healing and Transformation through Self-Guided Imagery*. She is on the advisory board at Five Branches University's Mind-Body Department.



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



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