



Beyond Ordinary Nursing
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Certificate Program In Imagery

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Program Description

This unique 110 hour certificate program offers in-depth, hands-on training in the expanding field of therapeutic imagery, which goes beyond scripted guided imagery. Integrative Imagery is a powerful modality that fosters active participation, disease prevention and health promotion, returning the focus of wellness to the individual.

The imagery process is transformative for the practitioner and the client, simultaneously. Presented within the holistic nursing model, the program is designed for registered nurses and licensed health care professionals.

“So great a power is there of the soul upon the body, that whichever way the soul imagines and dreams, thither doth it lead the body.”

—Agrippa, 1510

Mission & Vision

Our mission is to provide a comprehensive, high quality training in relaxation and imagery skills. The purpose of this work is to offer registered nurses and other licensed health care professionals the opportunity to incorporate the power and magic of imagery into their personal and professional practice, with the potential to increase career options.

Our vision is part of a broader paradigm shift, in which we are reclaiming the true art of healing. We are committed to sharing our passion of imagery and creating a learning environment that gives practitioners the tools to potentiate healing in our patients, ourselves and health care as a whole.

Learn & Experience Techniques For:

- Relaxation and Stress Management
- Promotion of Healing
- Pain and Symptom Relief
- Surgery and Procedure Preparation
- Preparation for Labor and Delivery
- Brief Interventions for Hospital Settings
- Minimizing Side Effects of Treatments
- Dealing with Chronic Illness
- Accessing Inner Wisdom and Resources
- Coping Strategies
- Spiritual Transformation
- End of Life Issues



Imagine...

being with like-minded and like-hearted professionals in a supportive learning environment, exploring new information and practical skills.

Our expanded knowledge of the mind/body relationship challenges the traditional views of the medical model. Health care is changing in dramatic ways – and so is our role.

Do we follow or do we lead?

Follow or Lead?



Program Content

- Core concepts in mind/body medicine, psychoneuroimmunology and holism.
- Principles and theory of the imagery process.
- Self care as an integral aspect of practice.
- A multitude of guided imagery exercises.
- The fundamental skills and language of the imagery guide.
- Eight distinct integrative imagery techniques.
- Opportunity for practice and case presentations.
- Lecture, group discussion, experiential exercises and practice in pairs under mentor guidance.

Continuing Education

110 contact hours approved by AHNA, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Committee on Accreditation, provider #250, 21.5 hours for each Phase; 24 hours for the documented imagery sessions. Provider approved by the California BRN, provider #13833. This course meets qualifications for education credit for MFTSD/CSWs, as required by the California Board of Behavioral Sciences, #PCE 3201.

Certification

The certification fee of \$150 is due with submission of 10 documented sessions.

Course Outline

Each phase is an evening and three days.

Phase I:

Core concepts and fundamental principles of the imagery process. Basic and advanced information on the relaxation response, brief and expanded imagery interventions. Essential guiding skills. Scope of practice, limitations and precautions.

Phase II:

Practicum: During phase II and III, the heart of the program, you will learn six distinct, innovative imagery techniques and have a unique opportunity to develop your skills as an imagery practitioner, plus experience this remarkable process from the inside out, as a client, and as an observer.

Each day a specific technique is taught, demonstrated and practiced in pairs under mentor supervision.

Day I: Working with an Image

Day II: Inner Wisdom

Day III: Accessing Inner Strengths

Prerequisite for Phase III is successful completion of Phase II. Three months between Phase II and III recommended.

Phase III:

Practicum: Same format as Phase II.

Day I: Inner Healer

Day II: Pains Work

Day III: Pain Control

Prerequisite for Phase IV is successful completion of Phase III. Six months between Phase III & IV recommended.

Phase IV:

Integration of skills and techniques into clinical practice. Presentation of imagery sessions. Two additional imagery techniques. Moving imagery into action and Exploring Life Purpose.

Tuition for the program is \$2000, divided into 4 phases @ \$500 each. Active AHNA members receive a \$25 discount per phase. Accommodations at retreat centers are separate.

Co-Directors



SUSAN EZRA, RN, HNC has over 30 years experience in critical care, oncology and hospice nursing. She has a private practice in stress management and Integrative Imagery in San Rafael, CA, (415) 308-7808.



TERRY REED, RN, MS, HNC has over 30 years of experience in critical care and 8 years in clinical performance improvement. She has a private practice in stress management and Integrative Imagery in Foster City, CA, (650) 570-6157.

Both co-directors teach this program and are certified practitioners. Susan and Terry have extensive experience in teaching health professionals. They have a special passion for bringing imagery into the art and science of integrative health care.

Faculty

All instructors are certified practitioners. Adjunct faculty serve as mentors for the practitioners (Phase II & III)

Endorsement

AHNA The American Holistic Nurses' Association was founded in 1980 and is dedicated to the principles and practice of holistic nursing, individually and globally. Contact: P.O. Box 2130, Flagstaff, AZ 86003-2130 • (800) 278-AHNA.

Participant Acknowledgements

"Superb! Exciting! Awesome!"

"Great program! We gained a great deal of knowledge, wisdom and practical skill."

"Incredible journey of learning and healing!"

For more information or registration:
(650) 570-6157 (voice and fax)
e-mail: imagine@integrativeimagery.com
website: www.integrativeimagery.com

"The curriculum has taken the art and science of imagery and woven it into the imagery of nursing with inspiring and exciting results."

Kathie Hala Stearns, PhD, RN
Author of *Creative Imagery in Nursing*