Conflict of Interest Statement

Since 1991, alongside my psychotherapy practice, I have owned Health Journeys Inc, a Cleveland based company that produces and distributes mind-body audio content - guided imagery, meditation and hypnosis - to individual end-users, professional practices, hospitals, corporations, patient advocacy groups and communities in crisis.

We are a mission-driven, service-oriented company, committed to presenting information with rigorous professional integrity.

www.healthjourneys.com info@healthjourneys.com 800-800-8661
Guided Imagery

An Efficacious, Portable, User-Friendly, Self-Administered, Mind-Body Intervention

Belleruth Naparstek, ACSW, BCD

Integrative Healthcare Symposium

Friday, February 22, 2019  10:45-12:00
What Is Guided Imagery?

• An immersive, hypnotic, audio intervention - a multi-sensory story, often scored to music, that drives attention inward, to an imaginal experience of a desired outcome of healing, wellness or behavioral change.

• Considered “the lazy man’s or woman’s meditation”, it promotes relaxation, healing and wellness, while requiring very little training or effort from the listener.

• It works well as an adjuvant therapy alongside other standard or IM treatments, and is also helpful on its own.

Impactful Guided Imagery Is...

- Hypnotic and Immersive
- Multi-Sensory
- Body-Based
- Evocative of Emotion*
- Heart Opening
- Non-Directive and Choiceful

[From Naparstek, Belleruth (2010) Guided Imagery Manual for IM Fellows, University of Arizona Center for Integrative Medicine, School of Medicine, Tucson AZ; and Naparstek, Belleruth, (2006) Invisible Heroes: Survivors of Trauma and How They Heal, Bantam Doubleday, New York]
Impactful Guided Imagery...

- Goes Beyond Ordinary Clock Time
- Contains Symbol and Metaphor
- Uses Archetypal Figures and Universal Themes
- Embeds the 3 Jungian Elements Necessary to Healing & Transformation:
  - Sacred Space
  - Magician Energy
  - A Ritual of Undoing and Reconfiguring

Indications (Research Support to Follow)

- Patients facing anxiety-inducing medical procedures, such as surgery, dialysis, chemo, radiation, MRI’s, cardiac caths, biopsies, proctological or gynecological procedures, ventilator weaning, etc.

- Those with emotional challenges, i.e. anxiety, depression, PTS, panic attacks, phobias, acute or chronic stress, anger & impulse management, compulsive or addictive behaviors – supports other treatment methods, does not compete.

- People seeking tools to support a healthier lifestyle, wanting help with losing weight, sleeping better, smoking cessation, stress reduction, chemical dependency

- Patients in pain, to increase comfort and reduce the need for opioids. Applies to post-surg pain, headache, functional pain conditions, injuries, etc.
Indications (Research Support to Follow)

- Soothing and calming for most Alzheimer’s, dementia patients & family caregivers
- Cardiac, hypertensive, diabetes patients found to benefit thru the impact of stress-relief on biochemistry
- Helps with breathing for asthma, COPD and hospice patients
- Assists and enhances rehab and physical therapy results for stroke, TBI recovery, Parkinsons
- Reduces pain, aids in range of motion with osteoarthritis patients
- Increases feelings of efficacy, well-being, empowerment for those seeking to be proactive in their own medical care
Any Contraindications?

• Should not be imposed on anyone who is made more anxious or irritated by having to sit still, “relax” and listen to someone else’s “guidance”.

• Some people with posttraumatic stress can become triggered or flooded with anxiety when introduced to guided imagery. For them, simple breath work, progressive relaxation, yoga or biofeedback is preferable.

• Not recommended for those with paranoid schizophrenia, active bipolar illness or other serious mental disorders.

From Naparstek, Belleruth (2010) Guided Imagery Manual for IM Fellows, University of Arizona Center for Integrative Medicine, UAz School of Medicine, Tucson AZ.
Why Patients Like It

• It’s a built-in, universal solution for anxiety
• Benefits are felt immediately
• Anyone can use it – doesn’t require special training, discipline or skill
• Self-administered & private
• Available 24/7 - 2 pm or 2 am
• Portable and handy - uploads to a phone or listening device, travels with you
• In hospital, shuts out irritating, disruptive noise
• End user is in complete control with Play/Pause button.
Why Health Care Providers Like It

• A “force multiplier” – supports other health care methods; won’t compete with other treatments

• Fits in skills training/education model - can yield higher adoption rates when not framed as “healing” or “therapy”

• Delivers a reliable, consistent intervention each time – quality doesn’t change

• Gets shared within families, friend to friend, at work - built in, automatic, viral health promotion
General Benefits

• Promotes restful sleep
• Reduces pain
• Supports substance use recovery
• Improves surgical outcomes
• Eases difficult medical procedures
• Decreases side effects of medication and treatments
• Lowers hemoglobin A1C
• Lowers cholesterol
• Improves blood pressure
Scoping Review of Guided Imagery Outcomes

Guided Imagery improves coping with pain, stroke recovery, anxiety, coping with stress, and sport skills


Scoping Review, West Virginia University
Reviewed 320 RCTs that included more than 17,979 adult participants.

Published studies appeared in 216 peer-reviewed journals from diverse disciplines largely representing psychology, the sport sciences, rehabilitation, nursing, and medicine.

Major outcomes observed were in improved coping with pain, stroke recovery, lowered anxiety, reduced stress, and enhanced sport skills.
Guided Imagery + Progressive Muscle Relaxation for Patients Undergoing Chemotherapy

The combination of PMR-GI is an effective way to address the impact of chemotherapy on symptoms of nausea and vomiting, and to improve patients' mental state.

Kapogiannis A¹, Tsoli S², Chrousos G¹. Investigating the Effects of the Progressive Muscle Relaxation + Guided Imagery Combination on Patients with Cancer Receiving Chemotherapy Treatment: A Systematic Review of Randomized Controlled Trials. *Explore (NY)*. 2018 Mar - Apr;14 (2):137-143.

Systematic Review of RCT’s from the University of Athens School of Medicine
8 RCT’s reporting results of seven independent trials using PMR + Guided Imagery met final inclusion criteria

Seven trials reported beneficial effects on mental state (mood, anxiety, and depression) and on toxicity (nausea and vomiting).

Three trials reported an effect on biomarkers (heart rate, blood pressure, cortisol, and immunity)

(7 of 8 studies were with breast cancer patients – studies with other types of tumors needed.)
Guided Imagery Enhances Control over Blood Glucose Levels, Increases Likelihood of Improved Self Care in People with Diabetes, even in the Face of Rigorous Daily Regimens.


Literature Review, University of Wisconsin School of Nursing
Guided Imagery and glucose levels, glycated HbA1c & QOL in Children with Type 1 Diabetes

Decreases in shortterm IGC with both Guided Imagery and Music Only groups, but outcomes in longterm drops in HbA1c only significant in Imagery group.


Blinded, RCT pilot, Assaf HaRofeh Medical Center, Tzrifim, Israel
Guided Imagery and Efficacy of Diabetes Apps

All 14 Qualified Studies Reported Drops in HbA1c for Type 2 Diabetes App Users as Compared to Controls


Systematic Review and Meta-Analysis of RCT’s that Evaluated Impact of Diabetes Apps, Cardiff University School of Medicine, U.K.
Guided Imagery and Diabetes Apps

- Mean reduction in HbA1c for participants using an app, as compared to controls, was 0.49%

- Younger patients more likely to benefit from use of an App

- Effect size enhanced when health care professional feedback involved

- Inadequate data to evaluate impact for type 1 diabetes
Guided Imagery + PMR for Anxiety, Stress & Depression in Symptomatic, Late Stage Pregnant Women

Found to be a low cost, simple-to-administer intervention for reducing stress, anxiety and depression in pregnant women


An RCT at Kashan University of Medical Sciences, Iran
Six sessions of PMR + Guided Imagery reduced stress, anxiety & depression in experimental group of 33 pregnant women at 28-36 weeks gestation, as compared to 33 controls (p< 0.05).

All subjects started out scoring highly symptomatic on tests measuring all 3 symptom areas.

Combo intervention recommended as a low cost, simple to administer intervention, with potential for improving several pregnancy outcomes.
Guided Imagery & Surgery Outcomes

Guided Imagery Improves Psychological Well Being and Reduces Analgesic Intake


Systematic review of RCT’s with a prospective before-after surgery design, University of Melbourne, Australia
• Total of **20 studies involving 1297 patients. Mind-body therapies categorized into 3 modalities:** (1) Relaxation; (2) Guided Imagery; and (3) hypnosis.

• 8 studies of relaxation showed partial support for improvement in psychological well-being; lack of evidence for analgesic intake or length of hospital stay

• 8 studies of guided imagery showed strong evidence for improvements in psychological well-being and moderate support for reducing analgesic intake.

• 4 studies of hypnosis showed partial support for improvements in psychological well-being
Guided Imagery in Post-Op Progressive Care

Guided Imagery Significantly Improves Post-Op Pain, Anxiety and Sleep for Post-Op Patients in Progressive Care


Pre- and Post-Test Study, Self-Reports by Convenience Sample of 288 Patients at Beaumont Health System.

Massage intervention showed a significant reduction in self-reported pain and anxiety (P < .001); guided imagery showed alleviated pain, anxiety, and insomnia (P < .001).
Guided Imagery for Post-Operative Pain

Guided Imagery recommended as adjunct for pain management in patients undergoing orthopedic surgery


Literature Review, Eastern Michigan University
Twenty-two studies identified; Nine met inclusion criteria.

Questions for further study:

What is the optimal frequency (dosage) for use of guided imagery?

How to ensure patients use the intervention as recommended?
Guided Imagery & Total Knee Replacement Surgery

Guided Imagery Improves Gait Velocity and Selected WOMAC Pain Scores; and Lowers Hair Cortisol Concentrations 6 Months Post-Intervention


Investigator-blinded, RCT Pilot Study, Kent State/Summa Health System
Guided Imagery & Total Knee Replacement Surgery

• Gait velocity significantly improved at 6 months in GI group but not controls

• Lower WOMAC pain scores at 3 weeks in GI group, not controls

• Hair cortisol concentration significantly lower at 6 months than at baseline in the GI group but not the control group

• Stress reduction maintained long after guided imagery intervention terminated
Guided Imagery & Ventilator Weaning

Guided Imagery Improves Oxygen Saturation, Speeds Weaning, Reduces Agitation, Sedation, Length of Stay


Convenience sample of 42 patients from 2 acute care hospitals, half receiving two 60 min sessions of guided imagery with ventilator weaning, the other TAU.
• GI had significantly improved RASS (agitation) vs TAU

• GI showed reduced sedative & analgesic volume consumption vs. TAU.

• By 2nd session, oxygen saturation levels significantly improved in GI vs TAU.

• Guided imagery required 4.88 less days of mechanical ventilation

• GI had 1.4 reduction in hospital length of stay vs. TAU.
Guided Imagery & Sleep

Guided Imagery (Autogenic Training) Improves Sleep for Hospitalized Patients with Chronic Health Conditions


Prospective pre- and post-treatment cohort study at Royal London Hospital, University College, NHS Foundation, London
Guided Imagery & Sleep

Eight weeks of training given to 153 hospitalized patients with various chronic health challenges. Filled out sleep and medical outcome questionnaires and self-rating on anxiety & depression.

Improvements found in:

• time to sleep onset (p = 0.049)
• after night waking (p < 0.001)
• waking up refreshed (p < 0.001)
• waking up energized (p = 0.019)
• well-being, anxiety, depression (p < 0.001)
Guided Imagery & Learning Physical Performance Tasks

A single session of motor imagery improves specific locomotion in older adults, and has a positive transfer effect on related physical performance outcomes.


A randomized, controlled trial from Australian Catholic University, Brisbane.
Guided Imagery & Physical Performance Tasks

After baseline testing, participants were randomly assigned to three groups:

- A motor imagery training group that completed 20 *imagined* repetitions of a locomotor task;
- A physical training group, that completed 20 *physical* repetitions of a locomotor task;
- A control group that spent 25 minutes playing mentally stimulating games on an iPad.

Motor learning occurred in both groups. Motor imagery training led to refinements in motor planning, resulting in *imagined* movements better matching the physically performed movement at the end of training.
Guided Imagery & Parkinson’s Disease

Guided Imagery Improves Symptom Control and Extends “On” Time of Meds


RC Pilot Study at Technion, Haifa, Israel
Guided Imagery & Parkinson’s Disease

- Significant increase in % of "on" time after listening to guided imagery v. baseline (p = 0.005)

- No significant change in % of "on" time from baseline w music condition (p = 0.161)

- Effect significantly greater w guided imagery v. music. (guided imagery p = 0.0002; music p = 0.001).
Guided Imagery & Rheumatoid Arthritis

Guided Imagery Reduces Pain, Depression & Anxiety; Improves Daily Functioning with R.A. & AORD


Systematic Review of RCT’s, West Virginia University
Guided Imagery & Rheumatoid Arthritis

Seven studies representing 306 subjects who received 1-16 sessions of electronically delivered guided imagery.

All studies reported statistically significant improvements in pain, anxiety, depression & daily functioning with observed outcomes.
Guided Imagery, Mindfulness & Depression

Guided Imagery & mindfulness each significantly decreased symptoms of acute depression; increased emotional regulation and attentional control.


Randomized, controlled pre-post study with acutely depressed subjects, King's College, London & Freie Universität, Berlin
Guided Imagery, Mindfulness & Depression

• Symptoms of depression significantly decreased in both conditions

• Self-regulatory functioning significantly increased in both conditions

• Changes in both maintained at follow-up

• Both practices instigate reductions in symptoms and enhance emotional self-regulation
Guided Imagery & Stress

Guided Imagery, Breathwork Techniques Reduce Stress in Undergraduate Students


Randomized, Controlled, Pre-Post Experimental Design from University of Buenos Aires
Guided Imagery & Stress

Guided Imagery subjects showed significantly lower post-treatment levels of:

- anxiety (p<.011)
- anger (p<.012)
- hopelessness (p<.01)
- respiratory rate (p<.002)
- salivary cortisol (p<.002)

CBT subjects also showed benefit, but less so and on fewer variables.

- anxiety (p<.018)
- anger (p<.037)
Guided Imagery & Stress

Subjects in the combined imagery + CBT group showed greatest improvement in post-treatment levels of

- anxiety (p<.001)
- hopelessness (p<.01)
- respiratory rate (p<.001)
- salivary cortisol (p<.002)

Subjects in the control group showed only one change

- increase in cortisol levels (p < .004)
Guided Imagery & Stress, Depression

Guided Imagery Reduces Perceived Stress, Worry, Depression in College Students


Pre- and Post-Test Study/Program Evaluation from the University of Missouri
Guided Imagery & Stress

Yoga nidra - iRest is guided imagery lying down, with emphasis on body awareness & breathwork. An 8-week intervention offered over 8 semesters, to 66 students ages 18-56. Measures taken pre- and post-program, with qualitative data collected at wks 4 and 8.

Statistically significant pre- to posttest improvements in perceived stress, worry, and depression were found. Pre- to post-test improvements in mindful awareness were also detected.

iRest yoga-nidra practice may reduce symptoms of perceived stress, worry, and depression and increase mindfulness-based skills.
Guided Imagery, Active Duty & Posttraumatic Stress

Active duty Marines between deployments at Camp Pendleton with symptoms of PTSD (n = 123) randomized to either 6 one-hour sessions (within 3 weeks) of Healing Touch plus PTSD-specific guided imagery (taking home the CD to use at least once a day and more if desired); or treatment as usual (psychotherapy, meds, CBT, biofeedback and/or relaxation training).

Outcomes measured were PTSD symptoms, depression, quality of life, hostility, cynicism, using the PTSD Checklist-Military, Beck Depression Inventory, SF-36 and Cook-Medley Hostility Inventory.
Guided Imagery, Active Duty & Posttraumatic Stress

- Statistically and clinically significant reduction in PTSD symptoms in the HT+GI experimental group as compared to the treatment as usual (TAU) group (p < 0.0005, Cohen’s $d = 0.85$)
- Statistically and clinically significant reduction in depression in the HT+GI group as compared to the TAU group (p < 0.0005, Cohen’s $d = 0.85$)
- Significant improvements in mental quality of life in the HT+GI group as compared to the TAU group (p < 0.002, Cohen’s $d = 0.58$)
- Significant improvement in cynicism in the HT+GI group as compared to the TAU group (p < 0.001, Cohen’s $d = 0.49$)
Guided Imagery, Active Duty & Posttraumatic Stress

- Active duty, combat-exposed Marines receiving HT+GI for 3 weeks experienced a swift and clinically significant reduction in PTSD, depression and related symptoms.

- Effect sizes were comparable and sometimes superior to first-line pharmacological and psychological tx’s.

- Attrition rates were extremely low (12.2%) as compared with other empirically supported tx’s for PTSD (20.5%-54%).

- Intervention both reduced targeted symptomatology and achieved receptivity & engagement from service members and health providers.
Comparison of Mind-Body Tools: Pros & Cons*  
Conscious Breathing, Mantra Meditation

**Pros:**

- Simple, accessible, easy
- Immediately helpful
- Appeals to many who don’t relate to guided imagery or mindfulness
- Good for those who can’t concentrate, developmentally disabled
- Extremely helpful during a stressful situation & immediately after
- Excellent for high stress work: EMTs, ER personnel, performance anxiety, sports, troops downrange.

**Cons:**

- Boring, may not hold attention
- Alleviates symptoms but does not achieve deep healing
- Less helpful for emotionally complex situations (but sometimes relaxation is plenty good enough)

*[Based on end-user feedback, focus group interviews. Program evaluations from 1990 to present.]*
Comparison of Mind-Body Tools: Pros & Cons

Body Scanning, Progressive Relaxation

**Pros:**

- Similar to conscious breathing, but more grounding,
- Drives awareness down into the body (therefore more aware of internal sensation and counters dissociation)
- Captures slightly more attentional focus
- Provides a more deeply relaxing experience.

**Cons:**

- Can be uncomfortable if body is experiencing pain, injury or violation;
- Takes longer than breathing or mantra meditation
- Still can be boring to many;
- Does not achieve healing so much as relaxation.
Comparison of Mind-Body Tools: Pros & Cons

Mindfulness Meditation

**Pros:**
- Powerful tool to ease suffering, cope with difficulty
- Good for emotional balance, perspective
- Teaches concentration, focus
- Improves cognition and performance.
- Adds depth to spiritual awareness.
- Increases patience, compassion for self and others.

**Cons:**
- Requires discipline and practice,
- Can take time to achieve effective skill levels
- Provides no inherent distraction from distress (rather provides discipline to stay with it and transcend it).
Comparison of Mind-Body Tools: Pros & Cons

Yoga, Tai Chi, Walking Meditation, Moving Meditation

Pros:

• Works well for fidgeters & non-meditators
• Good for people who don’t imagine
• Good for the body and for people who relate best to movement & physicality
• Creates deep relaxation and stress relief by forcing attention on stretches, movements, breath and balance.

Cons:

• Not so appealing to awkward people who struggle with coordination, balance
• No emotional content to promote healing
• Requires physical space
• Takes more time, generally
• Must be able to move, overcome resistance to moving
Comparison of Mind-Body Tools: Pros & Cons

Energy Transfer or Biofield Therapies
(Reiki, Healing Touch, Therapeutic Touch, Qigong, Acupuncture or Acupressure)

**Pros:**

- Very effective for quickly resetting body to deep relaxation.
- Works fairly mechanically, with or without end user on board.
- Feels great, inherently rewarding.
- Works well with guided imagery and other meditative techniques.
- Most are willing to try it and respond well to it.

**Cons:**

- There are some self-administered varieties of these techniques, but most require a trained, trustworthy practitioner.
- In some areas, practitioners are hard to find (or hard to find a good one).
- More expensive than self-administered therapies.
- Can look weird to some who don’t understand how’s and why’s.
Comparison of Mind-Body Tools: Pros & Cons

Biofeedback & Neurofeedback

Pros:

• Provides skeptics compelling proof of mind-body connection through computer & app screens, graphs, charts, beeps and color changes

• Great for motivating the hard-nosed, the macho, the techno-geeks

• Changes in breathing, heart rate, mood, galvanic skin response follow naturally, just from the feedback – a true “no brainer”

Cons:

• Can be expensive or cumbersome (some devices come as low as $80 these days, though)

• Machines and computer screens don’t appeal to everyone, and intimidate some, get in the way
Comparison of Mind-Body Tools: Pros & Cons

Guided Imagery

**Pros:**
- Powerful and effective
- Raises endorphins
- Requires no skill from end-user,
- Seduces awareness away from distress, pain etc with a shift in attentional focus
- Provides framework/platform to focus on healing
- Replaces distressing images with positive ones
- Shown to enhance motivation, self-care, positive behavior change
- Improves cognition, performance, capacity for compassion; opens spiritual gateways.

**Cons:**
- May be experienced as too emotionally evocative or sensory for some who need a more emotionally neutral experience.
- People who practice Mindfulness can find it too “busy,” noisy or too directed.
- About 10-12% of the population has trouble accessing their imagination
Practitioner Tips

• Put imagery on TVs in hospital rooms, for patients needing help with anxiety, sleep, pain etc.

• Offer it on tablets attached to hospital beds.

• Upload clips of Imagery, breathing exercises, affirmations, walking meditation etc to a patient’s smart phone or MP3 and show them how to use it.

• If they’re technologically challenged, offer them preloaded Playaways for simplified, mistake-proof use.
Practitioner Tips

• Remember, this technique supports other tools & treatments you are offering – it does not compete with them. It feeds patient motivation, by promoting hope, self-efficacy and feelings of well-being.

• If there is resistance to trying guided imagery, start with one that helps with sleep. Patients are more likely to relax and let go when trying to sleep.

• Don’t get discouraged if a patient doesn’t “get it” at first: skill, efficiency, speed and degree of benefit increase with practice.
Practitioner Tips

• Install guided imagery on a clinic’s or practice’s phone line, so when patients or family members are placed on hold, they can sample it and get a feel for what it can do; and perhaps even relax a little.

• Build a portal page on your website that offers a selection of streaming guided imagery and meditation you can prescribe to meet the needs of your patients.
Online Guided Imagery for Kaiser Permanente Members Nationwide

Healthy Living To Go
audio library

To listen now
Click the "Listen" link.

To get your audio program "to go"
Want to listen later? To listen on your iPod or MP3 player, click the "Download" button. Links will open in a new window.

Guided imagery programs
Our guided imagery programs were produced by Health Journeys*. Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. Guided imagery programs are gentle, but powerful.

All you have to do is settle in, relax, and listen.

We have many programs to choose from:

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Practitioner Tips

• Don’t “sell” it too hard. But you may want to play a segment, so people can hear it with you first. Otherwise, they may not try it on their own at all.

• It helps to advise people not to worry about being perfect at this – half-baked attention works fine.

• People who are not used to being both relaxed and awake at the same time will routinely fall asleep while listening. Reassure them this is okay – it will reach them anyway.

• If dozers want to know what’s on the recording, they can listen sitting up, standing or walking. But do assure there’s an impact even when they fall asleep.
Practitioner Tips

• Tell people they can change the narrative in their own minds to suit themselves. If they’re religious, they can invoke Jesus or a faith symbol at the start; or encourage them to fill in the blanks with favorite people and places. They can also feel free to ignore parts they don’t like.

• Remind your patients that they don’t have to be “visual” for this to work – the imagery engages all the senses – sights, sounds, tastes, feel, smells, emotion. It will reach them one way or other.

• Take advantage of a group setting. The altered state is contagious, and people will have a more impactful experience in a group. So introduce imagery in a support group or even a very large audience, if possible.
Practitioner Tips

• Music increases the impact of imagery, unless the listener is a music major or musician who gets analytical or hyper-critical about music, in which case it may be better without music altogether.

• If a listener has hearing problems, the music may mask the words. In that case, it’s better to use an audio without music or to read from a script found in a book, playing background music at a lower level.

• Remember that the patient does not have to be a “believer” in order to benefit. Even a skeptical willingness to give it a try can be more than enough.
Practitioner Tips

• You can reassure patients that when they tear up, get runny noses, cough, yawn, feel heaviness in their limbs, get tingling on the scalp or extremities, or have minor, involuntary muscle-jerks, that these are normal signs of a strong response to imagery.

• You may observe unusual stillness in the body or a richer, deeper coloring in the face. Lines and wrinkles may iron out. The voice pitch may be lower, speech and breathing slower. These are also indicators of a strong response.

• Usually an imaging exercise will clear a headache, reduce back or joint pain or relieve a stomach ache, because of the increase of endorphins and a reduction in muscle tension.
Practitioner Tips

• Occasionally people can acquire a headache. Physical movement, pressing on acupoints, changing posture or using additional imagery to complete the release of trapped energy will usually remedy this.

• Encouraging the use of the same posture or hand-positioning with each imaging session creates an “anchor” or conditioning cue that allows the end-user to respond during the day with an immediate, relaxation/healing response to the posture.

• People are often reassured to know that losing track of the guided narrative does not mean they are listening incorrectly. A wandering mind comes with the territory. The content is still being absorbed.
Thank you

For Questions:

Come Ask @ Booth #1612 or

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