

The Academy for Guided Imagery
and its co-sponsoring organizations present:
**IMAGERY, SUGGESTION, AND
MIND/BODY MEDICINE: 2008**
AGI's 20th Annual Conference Webcast

AGI's 20th Conference Webcast Returns Until Oct. 1st!



By ongoing popular demand, the Academy's 20th Conference Webcast is now being re-broadcast until October 1, 2009. This webcast is a historic event, for it is the first major medical conference to be held entirely in Cyberspace.

Using the internet, our 29 faculty members have been teaching participants from over a dozen countries and none have needed to physically meet at the same time or place.

Our faculty includes Jeanne Achterberg, PhD; Daniel Benor, MD; David Bresler, PhD, LAc; Hyla Cass, MD; Effie Poy Yew Chow, RN, PhD, LAc; Lyn Freeman, PhD; James S. Gordon, MD; Dennis Jaffe, PhD; Dieter Kallinke, MD; Paula King, PhD; Stanley Krippner, PhD; Lewis Mehl-Madrona, MD, PhD; Emmett Miller, MD; Helmut Milz, MD; Jean-Luc Mommaerts, MD, MSc; Dean Ornish, MD; Kenneth R. Pelletier, PhD, MD(hc); Susan Reynolds, MD; Martin Rossman, MD; Francine Shapiro, PhD; C. Norman Shealy, MD; Nimrod Sheinman, ND; David S. Sobel, MD, MPH; Hilary Tindle, MD; Katherine White, PhD, LAc, DHM; and Andrew Weil, MD..

Guest faculty includes best-selling crime novelist James Ellroy on envisioning addiction and sobriety; legendary Hollywood film producer Peter Guber, on the "Power of the Narrative"; and pre-eminent security expert and best-selling author Gavin de Becker, on "The Gift of Fear."

Co-sponsoring organizations for this webcast include the American Holistic Medical Association; American Holistic Nurses Association; American Health Association; American QiGong Association; American University of Complementary Medicine; Association for Humanistic Psychology; Aurelis; Center for Mind-Body Medicine; CSPP/Alliant University; Council for Healing; East West Academy of Healing Arts; Holos University; Institute of Noetic Sciences; Interactive Practitioner; Israeli Center for Mind-Body Medicine; ISSSEEM; Israel Center for Mind-Body Medicine; Pacific Graduate School of Psychology; Saybrook Graduate School; Walden University; Wellness Inventory; and the Wild Devine, among others.

Anyone with internet access on any platform (PC, Mac) is invited to attend and earn up to 27 hours of CE credits for most mental health professions.

Given our current national health care crisis, it is critically important for health care clinicians, researchers, educators, administrators, and consumers to familiarize themselves with the latest evidence and information about innovative treatment approaches that are safer, more effective, and less costly for patients, providers, and society.

Preventive medicine and wellness have also come of age, and there is now increasing interest in techniques for gaining and maintaining optimal health and longevity, especially if they emphasize greater self-management and self-care.

While hardly new, one of the most creative and innovative approaches that is emerging to meet these needs is guided imagery. Imagery and suggestion have a long and varied history in the healing traditions of humankind. When we consider the vital roles played by placebos, religious rituals, and positive expectant faith, it is clear that imagery has long been a central and omnipresent component of most healing experiences.

Imagery and suggestion are unconscious elements in most health care communications that can affect the outcome of many medical interventions and therapies in either helpful or deleterious ways. Current scientific research findings clearly demonstrate that imagery can directly influence the body's immune, endocrine, and autonomic nervous systems, and that the power of imagination can stimulate a variety of physiologic processes that accelerate and support healing.

In short, there is probably no human problem that is not affected to some degree in positive or negative ways by suggestion, the mind, and its imagination. Thus, it's important for all in the health care arena to learn how the conscious uses of imagery can aid diagnosis and prognosis, stimulate positive therapeutic change, enhance healing, and empower patients to take better care of themselves.

Fortunately, with proper instruction, therapeutic guided imagery and related techniques are easy to learn, inexpensive to employ, and carry few, if any, negative side effects or risks when properly utilized. They are therefore an ideal adjunct to any other type of therapy.

During the Academy's 20th Annual Conference Webcast, many of the originators and long-time researchers, teachers, and practitioners of these modern-day approaches shared their unique and extensive expertise, wisdom, and experience.

Intended Program Audience

Physicians • Psychologists • Psychiatrists • Nurses • Clinical Social Workers • Psychotherapists
Marriage and Family Therapists • Licensed Counselors ¶ Drug and Alcohol Counselors
Personal Coaches • Pastoral Counselors • Clergy • Sex Education Counselors
Crisis Intervention Counselors • Art Therapists • Health Care Educators • Personal Trainers •
Dentists • Movement Therapists • Acupuncturists • Chiropractors • Massage Therapists
Body Workers • Podiatrists • Naturopathic Physicians • Graduate Students
Health Care Administrators • Other Interested Citizens

Co-Sponsoring Organizations

Academy for Guided Imagery

The Academy for Guided Imagery was founded in 1989 to educate and support practicing clinicians and health educators in the uses of imagery-related approaches to therapy and healing. Since its founding, the Academy has become the preeminent organization teaching health professionals and educators how to work directly with the imagery process. The Academy provides Certification training in Interactive Guided imagerysm, a clinical approach which evokes the patient's own inner resources to enhance health and healing. For more information, please visit www.acadgi.com.

American Health Association

The American Health Association is a non-profit 501(c)3 California corporation that conducts integrative medicine research, consultations, and program development, and provides financial and administrative support for innovative research programs, training curricula, and scientific publications related to improving health care delivery in America. Integrative medicine is the "evidence based" integration of conventional and complementary and alternative medicine (CAM) to attain optimal health for both patients and practitioners.

American Holistic Medical Association

AHMA's mission is to increase awareness, understanding and practice of the basic tenets of holistic medicine. We have worked 29+ years to transform healthcare to integrate all aspects of well-being (physical, environmental, mental, emotional, spiritual and social health). We are a voice for holistic medicine in matters of public information, professional representation and public policy. We are an advocate for integrative, holistic healthcare. For more info, visit www.holisticmedicine.org.

American Holistic Nurses Association

The American Holistic Nurses Association (AHNA) is a non-profit membership association for nurses and other holistic healthcare professionals, working to advance the philosophy and practices of holistic nursing. AHNA promotes the education of nurses, other professionals, and the public in all aspects of holistic caring and healing. The efforts of AHNA have resulted in the recognition of holistic nursing as an "official nursing specialty" by the American Nurses Association. For more information, please visit www.ahna.org.

American Qigong Association

As the United States chapter of the Worldwide Qigong Federation, the Association brings together scientists, professionals, institutions, and lay people to promote research and education related to Qigong. It establishes standards of practice and training for instructors and practitioners, acts as a clearinghouse for Qigong information and is a reference center for services for individual clients, Qigong masters, teachers, and practitioners. For more information, please visit www.eastwestqi.com/aqa/.

American University of Complementary Medicine

AUCM was founded to develop competently trained practitioners, theoreticians, educators, and researchers in the world's foremost natural forms of medicine and ancient healing arts. It boasts the country's first state-approved Doctor of Ayurvedic Medicine (Ay.D.), Doctor of Homeopathic Medicine (D.H.M.) and Ph.D. in Classical Chinese Medicine degree programs. AUCM also provides eight certificate programs and four other degree programs, including an M.S. in Nutritional Medicine. For more information, please visit www.aucm.org.

Association for Humanistic Psychology

AHP's mission is to enhance the quality of human experience and to advance the evolution of human consciousness. Principles upon which AHP is based include a deep commitment to integrity in personal and professional interactions, authenticity and trust in human relationships, compassion and skill in deep listening, and respect for the mystery, interdependence, value, and essential oneness of all beings. For more information, please visit www.ahpweb.org.

Aurelis Project (Belgium)

The AURELIS (AUtosuggestion RELaxation Inner Strength) Project uses autosuggestion as a means to communicate with the subconscious and to direct its tremendous power in order to gain better health and well being. Developed by Jean-Luc Mommaerts, MD, MSc, The AURELIS Project addresses the burgeoning amount of psychosomatic illnesses and addictions, the need for self-care, and the possibility of transgressing into a new way of medical thinking that is consistent with the scientific principles of the present one. For more info, visit www.aurelis.org.

California School of Professional Psychology (CSPP) at Alliant International University

The mission of CSPP is to provide the highest quality education, training, research and service in professional psychology and related human services fields. We strive to improve the quality of life by addressing major contemporary issues in a problem-solving way, by fostering respect for human diversity in a multicultural society and by combating discrimination in all of its forms, especially racism, sexism and heterosexism. For more information, visit www.alliant.edu/cspp.

Center for Mind-Body Medicine

The Center for Mind-Body Medicine is a non-profit, educational organization dedicated to reviving the spirit and transforming the practice of medicine. The Center's model combines the precision of modern science with the wisdom of the world's healing traditions, to help health professionals heal themselves, their patients and clients, and their communities. The Center offers professional training programs in: *Mind-Body Medicine*, *Food As Medicine* and *CancerGuides®*, along with *Healing the Wounds of War*, a global trauma outreach program using mind-body medicine for population-wide healing. For more information, please visit www.cmbm.org.

The Council for Healing

Founded by Daniel J. Benor, MD, ABHM, The Council for Healing is a network of representatives from diverse branches of healing including training organizations, researchers and individual healing practitioners. The mission of the nonprofit organization is to promote the understanding

of healing and advance access to healing. Members are involved in education training and practice, collaboration, research, and public speaking. The Council acts as a resource to consumers, mainstream medical providers and public policy makers. For more information, please visit www.councilforhealing.org.

East West Academy of Healing Arts

The East West Academy of Healing Arts teaches the Chow Integrated Healing System developed by the EWAHA's Founder and Director Effie Poy Yew Chow, CPA. The pragmatic system combines modern Western health practices, ancient Traditional Chinese Medicine, and Dr. Chow's original concepts of a total integrated approach to health of the body, mind, and spirit. Qigong is the basic underlying component of The Chow System based on the classic Chinese theory that a powerful energy system exists in the body, and flows through known energy pathways. For more information, please visit www.eastwestqi.com.

The Healing Mind

Founded by Martin Rossman, MD, The Healing Mind (THM) is an evidence-based source of guided imagery self-care tools and products, including books, CDs and CD programs by leading experts in the field. THM also initiates and collaborates in clinical research on guided imagery effects on health and self-care. Extensive research exists that demonstrates the effectiveness of relaxation, meditation, and guided imagery in a wide range of health-related conditions. For research reviews, articles, products and free audio samples, please visit www.thehealingmind.org.

Holos University Graduate Seminary

The Seminary serves as an institution that amplifies the research dealing with spiritually-based holistic healing. Extending its Judeo-Christian heritage, it emphasizes completely ecumenical and spiritual approaches that fulfill a growing need in contemporary communities. As a Seminary, Holos places special emphasis on the spiritual aspects of its studies and research. As a University, Holos strives to uphold the highest standards of excellence in teaching and scientific research and seeks to serve as a bridge between primarily academic institutions and primarily religious institutions. For more info, please visit <http://www.hugs-edu.org/index.php>.

Imagery Resources

Founded by David Bresler, PhD, LAc, Imagery Resources produces and distributes books, CDs, DVDs, and self-study courses for health care professionals, health educators, coaches, lay therapists, and the public. These include self-study programs for pain control, stress and anxiety management, improving sleep, relieving depression, preparing for surgery or medical procedures, overcoming trauma, smoking cessation, and other lifestyle challenges.

Institute of Noetic Sciences

IONS is a nonprofit membership organization that conducts and sponsors leading-edge research into the potentials and powers of consciousness - including perceptions, beliefs, attention, intention, and intuition. The Institute explores phenomena that do not necessarily fit conventional scientific models, while maintaining a commitment to scientific rigor. An integrated research and educational program focuses on the interfaces between consciousness, science and society in three principal areas: Extended Human Capacities; Integral Health and Healing; and Emerging World Views. For more information, please visit www.noetic.org.

Integrative Practitioner

Integrative Practitioner, a new online community for practitioners of integrative medicine, brings together practitioners from a variety of backgrounds and disciplines to share knowledge and experience about integrative medicine and patient care. The Community already has more than 2,200 qualified members, including physicians, chiropractors, acupuncturists, naturopaths, herbalists, nurses, traditional healers, dieticians and massage therapists. In all, they represent more than 30 disciplines and come from 15 countries and all 50 states. This groundswell of early support for the Community demonstrates how essential collaboration and knowledge sharing are for advancing integrative medicine and helping patients. For more information, please visit www.integrativepractitioner.com.

International Society for the Study of Subtle Energies and Energy Medicine

ISSSEEM is an interdisciplinary organization for the study of the basic sciences and medical and therapeutic applications of subtle energies. The Society was organized for the purpose of improving human health and welfare through the advancement of education, practice, training, and research in the emerging field of subtle energies and energy medicine by (a) increasing the knowledge of the membership about the fields of subtle energies and energy medicine via meetings, educational programs, publications, and special interest groups; (b) improving applications of subtle energies and energy medicine through high standards of professional practice, peer review, ethics, and education; (c) promoting Independent Exploration Groups; and (d) disseminating information to the public about subtle energies and energy medicine. For more information, please visit www.issseem.org.

Israel Center for Mind-Body Medicine

The Israel Center for Mind-Body Medicine was co-founded in 1998 by Naturopathic Physicians Dr. Paul Epstein and Dr. Nimrod Sheinman as an educational, training and clinical institute. The Center's work is dedicated to the significance and power of the mind-body connection, to the integration of western psychology with eastern traditions, and to the influence of spirituality on daily life. The Center's model applies the science of mind-body medicine with the wisdom of the world's healing traditions. For more information, please visit www.mindbody.co.il.

Pacific Graduate School of Psychology

The Pacific Graduate School of Psychology (PGSP) is a private, independent institution of higher education, located in Palo Alto, California, offering graduate and undergraduate degrees in psychology. Outstanding faculty and excellent research and clinical training opportunities prepare students from around the world for a successful future in psychology. For more info, visit www.pgsp.edu.

Saybrook Graduate School

Saybrook provides a premier learning environment rooted in humanistic values and dynamically relevant to our times. Our mentored distance education model integrates scholarship, practice and service to support our students in pursuing their life's work where they can make a difference in their own life and the lives of others. We are educating the next generation of scholar-practitioner-activists to create a more humane and sustainable world. For more info, visit www.saybrook.edu.

University of Philosophical Research

The University of Philosophical Research is a graduate-level distance learning university, nationally accredited by the DETC. Employing a leading-edge, internationally renowned faculty and a curriculum which incorporates the latest research in modern knowledge paradigms and all the wisdom traditions of the world, it offers Masters Degree programs in Consciousness Studies and Transformational Psychology, representing an emerging cross-discipline approach to the study of human consciousness and transformation. For more info, please visit www.uprs.edu.

Walden University

Walden University provides career professionals with the opportunity to transform themselves as scholar-practitioners so that they may transform society. Walden University envisions a distinctively different 21st-century learning community where knowledge is judged worthy to the degree that it can be applied by its graduates to the immediate solutions of critical societal challenges, thereby advancing the greater global good. For more info, please visit www.waldenu.edu.

Wellness Inventory

The Wellness Inventory is a holistic assessment and life-balance program designed to help you gain personal insight into your state of physical, emotional, and spiritual well-being. Based on the work of wellness pioneer John W. Travis, MD, MPH, the online program offers guidance and tools to transform this new awareness into sustainable lifestyle change, and a renewed sense of health and well-being. For more information, please visit www.WellPeople.com.

Wild Devine

Wild Divine creates effective and engaging biofeedback solutions to promote self-care and wellness. By integrating the use of proven biofeedback technology with creative, computer-based tools, our programs help to reduce stress and optimize physical and mental health. Our newest product, Healing Rhythms, is beautifully interactive 15-Step Training program featuring powerfully effective breathing, meditation and guided imagery training from Deepak Chopra, Dean Ornish and Andrew Weil. Visit www.wilddivine.com.

World Qigong Federation

The World Qigong Federation brings Qigong Masters and practitioners, scientists and researchers together to exchange information and to broaden the influence of Qigong in mainstream health care and all aspects of life. Goals of the organization include promoting global unity through promotion of Qigong as an effective mainstream method of healing, and as a way of enhancing the quality of life; defining Qigong as an essential component of Complementary Alternative Medicine(CAM); fostering cooperation among National Qigong Associations, while preserving their national character and uniqueness; and research. For more information, please visit www.eastwestqi.com/wqf/wqf.htm.

Continuing Education (CE) Credit

The Academy for Guided Imagery (AGI) and its co-sponsors (where indicated) have been approved to offer up to 27.0 hours of CE credit by the professional organizations listed below. This event may qualify for continued education hours as required by other national, state, and local licensing boards and professional organizations. Contact them for specific filing requirements.

To receive CE credit and a Certificate of Completion, you must pay the additional CE credit fee(s), attend in full each of the presentations you seek credit for, and complete a brief (5 question) post-presentation quiz and course survey. You may obtain copies of the quiz questions in advance by clicking [here](#).

Please be aware that you will receive credit commensurate with the extent of your participation in the conference. In other words, you will get CE credit only for the specific presentations you attend from start to finish as monitored and reported by the webcast provider which tracks your logins and logouts. No credit will be given if you do not attend the entire course or if you do not satisfactorily complete and submit the post-presentation quiz and survey.

Alcoholism and Drug Abuse Counselors [CADCEP]: AGI is approved by the California Alcoholism and Drug Abuse Counselors Education Program (CADCEP) to offer CE Credit for Alcoholism and Drug Counselors who satisfactorily complete this program. AGI maintains responsibility for the program (Provider #4C-91-260-0495).

MFTs and Licensed Clinical Social Workers [CBBS]: AGI is approved by the California Board of Behavioral Sciences (CBBS) to offer CE Credit for MFTs and clinical social workers who satisfactorily complete this program. AGI maintains responsibility for the program and for following the standards and regulations for the CBBS (Provider # PCE462).

International Coach Federation [ICF]: AGI is approved by the International Coach Federation (ICF) to offer 25 hours of Continuing Coaching Education (CCE) credit for coaches who satisfactorily complete this program.

Nurses [CBRN]: AGI is approved by the California Board of Registered Nursing (CBRN) to offer Continuing Education Credit for California nurses who satisfactorily complete this program. AGI maintains responsibility for the program (Provider #08627).

Psychologists [APA]: AGI is approved by the American Psychological Association to sponsor continuing education for psychologists. AGI maintains responsibility for this program. You must attend a presentation from start to finish to receive CE credit for that presentation, as variable credit for partial attendance may not be awarded according to current APA guidelines

Other Health Professions: This event may qualify for continued education hours as required by many national, state, and local licensing boards and professional organizations. Contact your own regulatory board or organization for specific filing requirements, and send them your course outline and certificate of completion to determine whether the accreditations listed above are accepted.

Benefits of Attending

- Learn from a distinguished faculty of outstanding experts in their respective fields.
- Hear about the latest evidence-based studies and scientific research on guided imagery, suggestion, visualization, and mind/body medicine.
- Update yourself on the latest approaches to treating stress, anxiety, acute and chronic pain, cancer, heart disease, PTSD, addictions, and other pressing health care problems.
- Attend the conference online from the comfort of your own home or office without the hassles of airports, security lines, airplanes, taxis, hotels, and other travel necessities.
- Save significant money by avoiding out of town travel and hotel costs.
- You may attend on any computer platform (PC, Mac) at any speed (dial-up to T1).
- Earn Continuing Education Credits for most health care professions.
- Enjoy the lowest AGI Annual Conference fees in years.
- Support this year's Conference Webcast and its co-sponsors so we can plan to meet together again next year in person and webcast that event "live to the world."

Overall Conference Objectives

After attending this conference, participants should be able to:

- Utilize the results from the latest research studies to determine how best to employ imagery, suggestion, and related techniques to help diagnose and treat their patients and clients.
- Employ basic Interactive Guided Imagerysm techniques to initiate Imagery Dialogue to explore the deeper meaning of symptoms.
- Discuss how EMDR, EFT, and related techniques can be used to help heal trauma and PTSD.
- Use imagery and other suggestive techniques to help clients overcome addictions and chronic pain.
- Appreciate the power of imagery, suggestion, and the narrative story to express unique cultural components of an illness or psychological issue.
- Apply guided imagery techniques to reduce anxiety and the side effects of current medical treatments and procedures.
- Improve patient satisfaction with medical and psychological care.
- Understand how other cultural approaches to health care incorporate basic mind/body medicine principles that stimulate health and healing.

Webcast Program-At-A-Glance

Pre-Conference Professional Training Workshop (3.0 hrs CE Credit)

(PRE) An Overview of Interactive Guided Imagerysm
with **David Bresler, PhD,LAc & Martin Rossman, MD**

Part I: Advances in Alternative Medicine (3.5 hrs CE Credit)

(01) Healing The Heart with **Dean Ornish, MD, PhD**

(02) Nutrients for the Brain: A Critical Update with **Hyla Cass, MD**

(03) Integrative Medicine: An Evidence Based Fusion of Conventional & Alternative Medicine
with **Kenneth R. Pelletier, PhD, MD(hc)**

(04) Transpersonal Imagery and the Effect on Brain Function Using an fMRI Analysis with
Jeanne Achterberg, PhD

Part II: Addictions, Pain, and Fear (3.5 hrs CE Credit)

(05) Imagery, Addictions, & Pain Medicine with **David Bresler, PhD, LAc**

(06) The Gift of Fear with **Gavin de Becker**

(07) A Vision of Sobriety with **James Ellroy**

Part III: Expectations, Cancer and Mind/Body Medicine (3.5 hrs CE Credit)

(08) Great Expectations: Enhancing Confidence, Improving Health
with **David Sobel, MD**

(09) Fighting Cancer from Within with **Martin L. Rossman, MD**

(10) Treating the Long-Term Effects of Cancer with Imagery with **Lyn Freeman, PhD**

(11) Reflections on Mind-Body Medicine with **Andrew Weil, MD**

Part IV: Power of the Story/Imagery w Smokers & Children (3.5 hrs CE Credit)

(12) The Power of the Narrative with **Peter Guber**

(13) Dialogue With An Illness: Approaches To Letting An Illness Tell Its Story
with **Lewis Mehl-Madrona, MD, PhD**

**(14) Imagery and Mindfulness Skills with Children-Summary of 10 Yrs. Experience
in Israeli Schools** with **Nimrod Sheinman, ND**

(15) Mind Body Therapies for Smoking Cessation with **Hilary Tindle, MD.**

Part V: Imagery for Trauma. Somatics and ER Care (3.5 hrs CE Credit)

- (16) **Trauma & Transformation: Using Mind-Body Medicine to Heal the Wounds of War and Other Disasters** with **James Gordon, MD,**
- (17) **EMDR: 21st-Century Therapy and Possibilities for Healing** with **Francine Shapiro, PhD**
- (18) **An MD's Path to Alternative Medicine and Guided Imagery** with **Dieter Kallinke, MD, Dipl.Psych.**
- (19) **Somatic Aspects of Imagery Work** with **Helmut Milz, MD**
- (20) **Imagery, Suggestion, and Improving Patient Satisfaction in the Emergency Department** with **Susan Reynolds, MD, PhD**

Part VI: Sleep, Creativity, Wealth, and Chinese Medicine (3.5 hrs CE Credit)

- (21) **Discoveries During Sleep: Creative Imagery in Dreams** w **Stanley Krippner, PhD**
- (22) **Vision, Creativity & Intuition** with **C. Norman Shealy, MD, PhD**
- (23) **The Psychology of Wealth: Helping Families talk about Money** w **Dennis T. Jaffe, PhD**
- (24) **Chow Qigong for Individual and Planetary Health** w **Effie Poy Yew Chow, PhD, RN,**
- (25) **The Energetics of Depression: Integrating Chinese Medicine in Guided Imagery** with **Kathryn White, PhD, DHM, LAC**

Part VII: Transformation, Coaching, and Leadership (3.5 hrs CE Credit)

- (26) **Rapid and Deep Transformation Using WHEE: Wholistic Hybrid derived from EMDR & EFT** with **Daniel J. Benor, MD, ABHM**
- (27) **Interactive Guided Imagerysm and Inner Coaching for Performance Enhancement** with **Paula King, PhD**
- (28) **Autosuggestion/Guided Imagery at the Center of Future Medicine** with **Jean-Luc Mommaerts, MD, MSc**
- (29) **Awakening the Leader Within** with **Emmett Miller, MD**

Detailed Webcast Program

Pre-Conference Professional Training Workshop (3.0 hrs CE Credit)

(PRE) An Overview of Interactive Guided ImagerySM

Presenters: David Bresler, PhD, LAC, and Martin Rossman, MD

Objectives: Participants completing this presentation will be able to:

- Explain why IGISM is more powerful, effective, efficient than other suggestive techniques.
- Utilize the most effective techniques for initiating Imagery Dialogue.
- Utilize Imagery Dialogue to explore the meaning of a symptom and to empower and enhance the body's intrinsic healing systems.

Description: Interactive Guided ImagerySM (IGISM) is an interactive, permissive, client-centered approach to clinical guided imagery aimed at evoking inner healing resources and enabling the client/patient to develop greater self-awareness, increased autonomy and an enhanced sense of personal empowerment.

IGISM is eclectic, holistic, humanistic and non-dogmatic, incorporating skills and approaches from hypnosis, Jungian psychology, psychosynthesis, Gestalt therapy, self-actualization and ego-state psychology. IGISM is much more than simply having a patient listen to a predetermined script. It is a powerful modality for connecting with the deeper wellsprings of what is true for them at cognitive, affective, and somatic levels.

The guide's role in this process is not to provide "better" images for the client, but to facilitate an enhanced awareness of the unconscious imagery the client/patient already has, and to help the client learn to meaningfully and effectively interact with this process.

For example, a patient can be asked to close his eyes and allow an image to form that represents the experience of his problem. The patient may then have an imaginary dialogue with the image to explore its meaning and relevance to the problem or issue.

These images can provide information not only about the problem or illness, but also about the patient's beliefs, attitudes, hopes, expectations, and fears, their ability to cope with the problem or heal from the illness, and the potential effectiveness of the recommended treatment plan.

This pre-conference workshop contains original lectures by Drs. David Bresler and Marty Rossman, the developers of IGISM, excerpted from the Academy's Professional Certification Training Program. It includes an overview of IGISM, how it works, how it differs from other suggestive techniques, the most effective strategies for establishing effective imagery dialogue, how to meet an Inner Advisor, and how to transform insights into actions.

Part I: Advances in Alternative Medicine (3.5 hrs CE Credit)

(01) The Power of Personal Lifestyle Changes

Presenter: Dean Ornish, MD, PhD

Objectives: Participants completing this presentation will be able to:

- Describe how personal lifestyle changes can move you in positive directions on the spectrum to health.
- Understand how exercise and other lifestyle changes can affect gene expression.
- Employ incremental changes in lifestyle that can progressively enhance health.

Description: Dr. Ornish reviews a number of research studies illustrating his premise that making incremental lifestyle changes is one of the best ways to enhance mental, physical, emotional, and spiritual health.

(02) Nutrients for the Brain: A Critical Update for Mental Health Providers

Presenter: **Hyla Cass, MD**

Objectives: Participants completing this presentation will be able to:

Describe how disorders in mood and cognition reflect an imbalance in internal biochemistry, especially in neurotransmitter function, and how psychoactive supplements can be utilized to help restore balance.

Utilize appropriate laboratory testing to diagnose neurotransmitter imbalances.

Utilize appropriate dietary changes and nutritional supplements to help enhance mood, performance, and tolerance to stress.

Description: Dr. Cass reviews the neurobiochemistry of depression, stress, and anxiety, how to determine deficiencies by history-taking and lab testing, and how to restore balance with certain nutrients. These include vitamins and minerals, amino acids (5-JT, tyrosine, DLPA, SAME), herbs (St. John's wort), and essential fats, especially the omega 3 fatty acids, EPA and DHA.

She then discusses "adaptogens," including herbs such as ginseng, ashwaganda, and rhodiola, that help regulate the autonomic nervous system, enhance resistance to stress and trauma, and boost mood, energy, immunity, and performance.

Dr. Cass also shares the imagery-related suggestions she utilizes when employing relaxation and sleep-inducing nutrients such as taurine, GABA, glycine, theanine, kava, valerian, hops, and passion flower. Much of this information can be used personally by health practitioners for their own health and well-being, too.

(03) Integrative Medicine: An Evidence Based Fusion of Conventional and Alternative Medicine

Presenter: **Kenneth R. Pelletier, PhD, MD(hc)**

Objectives: Participants completing this presentation will be able to:

Define integrative medicine.

Identify two evidence based applications of MindBody Medicine.

Cite one example of the cost effectiveness of integrative medicine.

Description: Integrative medicine is the "evidence based" integration of conventional and alternative medicine. Such an approach, which includes MindBody medicine, can result in improved clinical and cost (ROI) outcomes for both individual and corporate health programs.

This presentation provides a definition of integrative medicine, results of ongoing research projects with the Corporate Health Improvement Program (CHIP), and a state of the art overview of the return on investment (ROI) evidence for the effectiveness of such interventions.

(04) Transpersonal Imagery and the Effect on Brain Function Using an fMRI Analysis

Presenter: **Jeanne Achterberg, PhD**

Objectives: Participants completing this presentation will be able to:

Name 3 forms of distant intentionality.

Formulate a hypothetical mechanism for transpersonal imagery.

Describe empirical findings suggestive of transpersonal imagery.

Description: It's an ancient belief that has survived through time: We affect one another with our intentions. And now it's a demonstrated medical fact. Distant Intentionality (DI), the ability to affect others in the absence of sensory contact mechanisms, is a widely debated subject. The use of therapeutic modalities such as prayer, Healing Touch, shamanism, qigong, and transpersonal imagery evolved from the premise that our spiritual connections and our oneness can be used to heal, and some form of DI can be found in almost all cultures throughout the world. But creating a measurable physiological change in another person without any physical contact defies the biomedical paradigm. How can there be an effect, scientists ask, if there is no known mechanism of action? With high tech tools at their disposal, Jeanne Achterberg and a team at North Hawaii Community Hospital set out to prove or disprove that measurable biological changes occur when a healer engages with a patient, even though there is no physical contact. To test the hypothesis, they recruited eleven healers who were recognized as being skilled by

the communities they served. Their practices included, among others, Healing Touch, Hawaiian pule, Peruvian shamanism, Reiki, sound healing, and qigong. Each healer then chose a recipient for the DI experiment with whom he or she felt some connection. During the course of the study, each DI recipient spent 34 minutes in a functional magnetic resonance machine (fMRI) while the assigned healer, in an electromagnetically shield room, practiced his or her art in random 2-minute "send" or "no-send" intervals, as assigned by the researchers. During this presentation, Dr. Achterberg discusses the results of these studies.

Part II: Addictions, Pain , and Fear (3.5 hrs CE Credit)

(05) Imagery, Addictions, and Pain Medicine

Presenter: **David E. Bresler, PhD, LAc**

Objectives: Participants completing this presentation will be able to:

- Use imagery dialogue to help resolve the intrapersonal conflict that resists overcoming addictions.
- Utilize guided imagery techniques to relieve acute and chronic pain.
- Carefully choose words that enhance the power of the mind/body connection.

Description: Dr. Bresler first reviews the characteristics of addiction, the various factors leading to addiction, and how the brain's pain and pleasure systems are affected by certain pain medicines, temperature changes, foods, exercise, relaxation, suggestion, and imagery. Addiction commonly represents an intrapersonal conflict between the part of the psyche that wants to overcome the addictive dependence, and a separate part that resists this change because it will be painful and/or stressful.

Dr. Bresler presents an imagery based treatment model based upon first reconciling this conflict, using nicotine and opiate addiction as examples. He then discusses several imagery and imagery-related suggestive techniques used to diagnose and treat acute and chronic pain. By using imagery dialogue with a patient's pain, one can often identify etiologic factors and therapeutic possibilities undiscoverable by other means.

Imagery techniques also lend themselves well to self-management, enabling patients to listen to imagery CDs as an alternative or adjunct to pain relieving medications. The power of words to evoke images affects nearly every aspect of contemporary pain management, from interpretation of tests, giving informed consent for interventional procedures, to patients' compliance with treatment recommendations. These images can powerfully affect the brain's pain and pleasure systems, and Dr. Bresler offers a variety of imagery-based suggestions designed to optimize to power of the mind/body connection.

(06) The Gift of Fear

Presenter: **Gavin de Becker**

Objectives: Participants completing this presentation will be able to:

- Recognize the survival signals that warn us about risk from strangers.
- Better rely upon their intuition to separate real from imagined danger.
- Move beyond denial in order to let their intuition work for them.

Description: Gavin de Becker has spent decades studying violence and human behavior in order to better protect his clients from a variety of real or potentially dangerous situations. In this interview with Dr. David Bresler, he explodes the myth that most violent acts are random and unpredictable, and shows that they usually have discernible motives and are preceded by clear warning signs.

These Pre-Incident Indicators (PINs) can help determine whether or not someone poses a real danger to our health and well-being. He also explains why our powers of intuition are the best protection we have against violence, and the best way for us to triumph over fear.

(07) A Vision of Sobriety

Presenter: James Ellroy

Objectives: Participants completing this presentation will be able to:

- Understand why total sobriety is required of addicts.
- Help clients form a positive vision of a future sober life.
- Explain why positive expectant faith can help to maintain long-term sobriety.

Description: James Ellroy, the award-winning novelist (author of *LA Confidential* and *The Black Dahlia*), discusses his life-long experiences in achieving and maintaining sobriety in this interview with Dr. David Bresler. Born in Los Angeles in 1948, Mr. Ellroy's mother was a nurse and father an accountant when he worked. His parents divorced in 1954, and he moved to El Monte with his mother, who was murdered there in 1958. His attempt to solve this still unsolved murder was the subject of his 1996 nonfiction work *My Dark Places*. In his teens, he became severely addicted to alcohol and drugs which ruined his health and drove him to near schizophrenia. Fearing for his life and sanity, he joined AA and got sober. With the exception of a single stress-induced relapse, he has maintained total sobriety for over twenty years by employing the power of faith and a positive vision of sobriety, which he shares during this interview.

Part III: Expectations, Cancer and Mind/Body Medicine (3.5 hrs CE Credit)

(08) Great Expectations: Enhancing Confidence, Improving Health

Presenter: David S. Sobel, MD, PhD

Objectives: Participants completing this presentation will be able to:

- Describe the role of psychosocial distress in driving the need and demand for medical care.
- Identify opportunities to use guided imagery to enhance confidence and positive expectancies in delivering care and improving health outcomes.
- Apply strategies for successfully implementing and sustaining mind/body interventions in complex health care organizations.

Description: All medical and surgical treatments can improve health by direct physical intervention and by influencing patient expectations, confidence and behavior. Words can be scalpels: they can heal or harm. Increasing evidence suggests a robust link between self-efficacy and health outcomes. Guided imagery and related interventions can help shape positive expectancies and enhance a sense of confidence and control. Such techniques can also address the psychosocial distress that drives the need and demand for medical care. This presentation explores some real world strategies for successfully implementing and sustaining mind/body interventions in complex health care systems.

(09) Fighting Cancer from Within: How to Mobilize Healing Resources [1.75 hrs CE Credit]

Presenter: Martin L. Rossman, MD

Objectives: Participants completing this presentation will be able to:

- Identify three specific techniques that can help reduce anxiety in cancer patients.
- Recommend guided imagery self-care approaches specific to reducing adverse effects of common cancer treatments.
- Distinguish the difference between engendering false hope and encouraging patients to set and aim to reach their healing goals.

Description: Whether someone has been diagnosed with cancer or not, the way we use our minds can make a huge difference in what happens to us. The research on guided imagery relevant to cancer points to many positive effects that range from improving a patient's emotional well-being to reducing adverse effects of treatments, to helping them survive, and even thrive, through the experience. When a patient is diagnosed with cancer, they can find themselves overwhelmed with emotions at a time when they most need to keep their wits about them. Imagery can help people reconnect with their inner strengths and resources during such difficult times. .

In cancer care there are two complementary goals of treatment. One, the usual medical goal, is to kill or remove cancer cells. The other, best called the healing goal, is to support the well-being and resistance of the patient. The goal of healing support, with nutrition, complementary medicine, or mind/body approaches, is the same -- supporting and stimulating the vitality and function of the innate healing systems of the body, mind, and spirit. Guided imagery has become quickly and widely accepted as a useful adjunct in the treatment of people with cancer due largely to its ease of use, low cost, and rapid psychological benefits. Imagery is a psychological and medical intervention proven to improve quality of life in cancer patients, and likely as well to increase a cancer patient's odds of recovery.

(10) Treating the Late-Term and Long-Term Effects of Cancer with Imagery

Presenter: **Lyn Freeman, PhD**

Objectives: Participants completing this presentation will be able to:

- Discuss the two challenges most often experienced by cancer survivors after completing their conventional medical care.\
- Describe four or more patient themes that emerged from an evidence-based imagery program
- Identify two components of an Imagery program for breast cancer survivors.

Description: In 2006, the Institute of Medicine (IOM) released its eye-opening quality of life cancer survivor report. Several trends emerged from their review that will be of interest to the ten million survivors in the United States. Post-treatment, cancer can become a chronic condition that must be managed for a lifetime. Although life is preserved, many survivors suffer from late-term and long-term effects of their cancer treatments. These late-term and long-term effects impact the quality of their life. Patients are demanding interventions to address the hidden disabilities created by their treatments. In this presentation, Dr. Freeman reviews the most prevalent and troublesome long-term and late-term side effects of cancer treatments. She lists the interventions that have some evidence of potential improvement of those conditions. She describes her qualitative research of cancer survivors and the themes they identified as requirements for an efficacious imagery program. Finally, she discusses the "Envision the Rhythms of Life" imagery program she developed and the outcomes from her National Cancer Institute-funded clinical trial of the program. The importance of creating evidence-based and quality-controlled mind-body programs, delivered by certified trainers, is also explored.

(11) Reflections on Mind-Body Medicine

Presenter: **Andrew Weil, MD**

Description: Although Dr. Weil has been in retreat writing his new book, he was kind enough to send this brief video clip sharing his ideas about mindbody and integrative medicine.

Part IV: Power of the Story/Imagery w Smokers & Children (3.5 hrs CE Credit)

(12) The Power of the Narrative

Presenter: **Peter Guber**

Objectives: Participants completing this presentation will be able to:

- Recognize the stories that are playing within and around you.
- Understand the power of the oral narrative and use it to more fully understand the experience it conveys.
- Understand why and how the story you continue to tell yourself can significantly affect your physical, mental, and emotional health and well being.

Description: In this entertaining and informative conversation with Dr. David Bresler, Peter Guber reveals the power that exists within any narrative story.

The story contains critical information not only about events that occurred, but also about beliefs, attitudes, emotions, drives, personalities, and a host of psychological dynamics that engage and move people.

When health providers look at lab studies and scans without listening to the story that their patients bring, they can miss critical information about the etiology of the problem and how to treat it.

Likewise, when they prescribe treatment, they should use the power of the narrative as a tool in order to motivate their patients to have greater compliance with treatment recommendations. Most significantly, when we play stories in our imagination, the organs of our body are listening.

When we are anxious and worry, it's important to remember that its our organs who are in the audience and as they listen, they prepare themselves for disaster, whether they need to or not. No wonder they can get burned out over time.

Peter Guber also discusses ways to re-write the negative stories that can play in our mind.

(13) Dialogue With An Illness: Approaches To Letting An Illness Tell Its

Presenter: **Lewis Mehl-Madrona, MD, PhD** [1.00 hr CE Credit]

Objectives: Participants completing this presentation will be able to:

- Integrate the conventional European understanding of an illness with an aboriginal approach to illness.
- Plan an approach to allowing an illness to tell its story.
- Practice an approach to dialogue with an illness appropriate to their own culture.

Description: In the theoretical portion of this presentation, Dr. Mehl-Madrona considers European views of illness and disease as invaders derived from a microbial model originated by Louis Pasteur. This approach to healing involves destroying the invader, whether by chemotherapy, antibiotics, or guided imagery that imagines white blood cells zapping foreign invaders as in Star Wars or Pac-Man. Aboriginal approaches give illnesses higher ontological status with spirits, consciousness, meanings and purposes, and even values.

Illnesses are viewed as having their own agendas, which can be helpful or harmful. Within this frame of reference other techniques arise such as interviewing the illness within an imaginal setting to allow it to present itself as it wishes to appear and to tell its own story.

Within this story lies its reasons for having come to the particular person who hosts it and the conditions under which it would choose to leave.

From within the story of the illness from its point of view, new and innovative approaches to healing (including guided imagery) evolve. The presentation includes demonstrations of how the presenter works and summarizes this information as well as instruction for participants to be able adopt this work to their own contexts.

(14) Imagery and Mindfulness Skills with Children - Summary of Experience in Israeli Schools

Presenter: **Nimrod Sheinman, ND**

Objectives: Participants completing this presentation will be able to:

- Understand how much mindfulness, mind-body and imagery skills can influence children's learning, behavior, self image and self talk.
- Appreciate the benefits of the mind-body and imagery intervention in Israeli schools.
- Evaluate our 10 years accumulated experience of teaching mindfulness and imagery to thousands of kids, their learning responses to the project, and their teachers observation of them.

Description: Ten years ago, an Israeli school principal asked us to design a mind-body intervention for her violent school of 500 kids in South Tel-Aviv. More schools have joined since, to what has become the largest intervention in Israel - integrating mind-body, mindfulness and imagery with whole classes and whole schools.

"Sfat Hakeshev" (The Mindful Language) is a holistic, experiential and mindful learning program based on a unique integration of guided imagery, mindfulness meditation and mindful yoga, with emphasis on building and developing mind-body awareness and skills.

The program was developed by the Israel Center for Mind-Body Medicine, with support of the Israel Ministry of Education and the Israel Psycho-Educational Services.

Our accumulated findings show a significant influence of the intervention on the kids' descriptions of what they have learned and gained, in the areas of self image, self talk, self awareness, improved learning abilities, sense of control, relaxation, concentration, reactivity reduction and dealing with stress.

This presentation outlines the basic principles and ingredients of the work, with emphasis on what the kids say about their experiences, learning, transformation and self development.

(15) Mind Body Therapies for Smoking Cessation

Presenter: Hilary Tindle, MD

Objectives: Participants completing this presentation will be able to:

- Integrate the evidence for mind body treatments that have been studied for nicotine dependence.
- Identify promising mind body therapies now being studied.
- Prescribe recommendations for patients.

Description: About 1 in 5 adults, or 44.5 million people in the US smoke, making nicotine dependence by far our most prevalent substance use disorder. Smoking is the leading cause of preventable morbidity and mortality, accounting for more deaths than those attributable to alcohol, other drugs, homicide, suicide, motor vehicle accidents, and sexual behavior combined.

While the health benefits of quitting smoking are substantial, smoking quit rates remain low, and less than 14% of quitting smokers are able to maintain abstinence for even a single month. Quitting smoking is a major life stressor resulting mood disturbance, cognitive and psychomotor deficits, and sleep disturbance that can persist for months.

The identification of novel mind body treatments that can reduce the distress (psychological ills) and discomfort (physical ills) of quitting smoking could encourage quit attempts and increase cessation rates.

Our aim is to introduce, describe, and provide theoretical rationale for a guided imagery intervention and a mindfulness-based addiction therapy intervention for nicotine dependence.

Part V: Imagery for Trauma. Somatics and ER Care (3.5 hrs CE Credit)

(16) Trauma and Transformation: Using Mind-Body Medicine to Heal the Wounds of War and Other Disasters

Presenter: James S. Gordon, MD

Objectives: Participants completing this presentation will be able to:

- Understand the meaning of trauma and symptoms of PTSD.
- Experience the use of mind-body approaches to decrease stress.
- Appreciate the relevance of mind-body skills groups to the treatment of trauma.

Description: Dr. Gordon discusses the causes and symptoms of post-traumatic stress disorder (PTSD) and describe the way that mind-body approaches can be used to repair disturbed psychological and physiological functioning.

The emphasis is on integrating a variety of approaches - meditation, guided imagery, biofeedback, and self-expression (through words, drawings and movement) in the small and large group programs developed at The Center for Mind-Body Medicine.

(17) EMDR: 21st-Century Therapy and the Possibilities for Healing

Presenter: **Francine Shapiro, PhD**

Objectives: Participants completing this presentation will:

- Learn about the Adaptive Information Processing Model that informs the use of EMDR.
- Learn how inappropriately stored memories are the basis of dysfunctional thoughts, feelings, and behaviors.
- Learn about EMDR as a comprehensive psychotherapy approach that can treat a wide range of clinical issues and complaints.

Description: EMDR (Eye Movement Desensitization and Reprocessing) has been so well researched that it is now recommended as a front line treatment for trauma in the Practice Guidelines of American Psychiatric Association, and those of the Department of Defense and of Veterans Affairs. It is an integrative psychotherapy that offers a new and distinct approach to personality development and the treatment of pathology.

The clinical applications of EMDR with an information processing focus can be used as a general model of psychotherapy addressing a full range of issues of everyday clinical practice, including family therapy impasses.

Increasingly, research evidence is showing that there's a kind of psychological change that can happen at the level of adaptive information processing, opening up the possibility of powerful therapeutic effects that can exceed expectations both in the speed and depth of their impact. In this presentation, you'll get an experience of the implicit and associational memory networks that govern our feelings, thoughts, and reactions outside the realm of rational thought.

You'll learn how EMDR and the Adaptive Information Processing model apply not only to trauma, but also to personality disorders, depression, chronic pain, sexual compulsivity, and other dysfunctional behaviors and thoughts.

EMDR group protocols are illustrated that have been used worldwide after both natural and man-made disasters. It is believed that the treatment of trauma through networks of clinicians can aid in breaking the cycle of violence worldwide.

(18) An MD's Path to Alternative Medicine and Guided Imagery

Presenter: **Dieter Kallinke, MD, Dipl.Psych.**

Objectives: Participants completing this presentation will be able to:

- Evaluate when and how to use Smucker's Imagery Rescripting techniques.
- Encourage "salutogenesis" to stimulate the body's maximum self-healing potential.
- Explain how survivors of successful medical interventions can find ways to really survive.

Description: While conventionally trained in both medicine and clinical psychology, Dr. Kallinke's long involvement in rehabilitation and pain medicine (as well as concerns about his own illnesses) led him to "look over the fences" of mainstream therapies and to deeply study a variety of alternative approaches. These include acupuncture and Traditional Chinese Medicine, homeopathy, several body therapies (including Feldenkrais, Selper work, martial arts, kinesiology, and posturology), Buddhist meditation approaches, and psychological trauma therapies, including EMDR and EFT.

His experiences with Smucker's Imagery Rescripting introduced him to the importance of imagery when working through past traumatizing painful experiences. While still respecting medical knowledge about pathogenesis, Dr. Kallinke has also developed an increasing trust in "salutogenesis," the body's self-healing potential using inner helping agents (e.g., inner advisors) that can provide images or ideomotor answers to our health concerns and questions.

During this presentation, he shares many of his personal experiences in exploring the world of alternative medicine, and the conclusions he has reached as a result.

(19) Somatic Aspects of Imagery Work

Presenter: **Helmut Milz, MD**

Objectives: Participants completing this presentation will be able to:

- Apply imagery in health care, therapy and education.
- Learn about recent research on imagery related topics.
- Better focus on somatic, felt domains of imagery.

Description: Imagery work runs the whole gamut of human sensations. Nevertheless the somatic, bodily aspects often receive less attention than the mental ones. A "Mind over Muscles" attitude reduces the effective collaboration of both.

Somatically oriented imagery incorporates and embodies a wealth of anatomical and functional knowledge that allows one to be mindful of information from the present body. One can also use imagery work to find appropriate metaphors for active visualization and ideokinetic action.

Inner proprioception and outer sensory clues provide us continuously with information about the state of our being. Yet most of this information remains unconscious and contributes to our tacit, autonomous self-regulation.

But by being quiet, attentive and aware we can refine our possibilities to perceive them. Improved somatic feedback allows us more conscious participation in our health and recovery. We all have natural abilities to mirror, imagine and anticipate movement.

(20) Imagery, Suggestion, and Improving Patient Satisfaction in the Emergency Department

Presenter: **Susan Reynolds, MD, PhD**

Objectives: Participants completing this presentation will be able to:

- Explain the difference between creative right brain thinking versus analytical left brain thinking.
- Demonstrate how to use the right brain to help solve difficult problems.
- Demonstrate the "Through the Eyes of the Patient" model to increase patient satisfaction in the Emergency Department.

Description: Improving patient satisfaction in the Emergency Department can be very challenging. The emergency patient is under a great deal of stress, not knowing what his or her acute symptoms indicate. The emergency physician is also under a significant amount of stress due to the volume of patients and the varied pathology that he or she needs to take care of during any given shift.

This presentation will provide creative ways to use both left brain logic and right brain imagery to make the emergency patient's experience in the Emergency Department as positive as possible given the stressful nature of the environment. Participants will learn what Press-Ganey surveys (a left brain approach) show is important to emergency department patients.

They will also learn how to use imagery (a right brain approach) to experience the Emergency Department "Through the Eyes of the Patient."

Part VI: Sleep, Creativity, Wealth, and Chinese Medicine (3.5 hrs CE Credit)

(21) Discoveries During Sleep: Creative Imagery in Dreams

Presenter: **Stanley Krippner, PhD**

Objectives: Participants completing this presentation will be able to:

- Apply the knowledge about creativity from this session to their own dream reports as well as those of their clients or students.
- Detect creative imagery in dreams and determine its usefulness in assisting their projects and endeavors in waking life.
- Evaluate dream imagery and its possible utility for creative problem-solving and discovering overlooked connections and insights.

Description: A survey of the literature on dream reports, both ancient and modern, reveals a surprising number of instances in which dreamers made associations between their dreams and their creative problem-solving processes in waking life. Examples range from the military campaigns of Alexander the Great, to Biblical accounts of "divine" messages, to literary (Stevenson's "Dr. Jekyll and Mr. Hyde"), musical (Tartini's "Devil's Trill" sonata), scientific (Loewi's discovery of neurotransmitters), mathematical (Poincare's development of Fuchsian functions), political (Tubman's "Underground Railway" route for escaping slaves), chemistry (Mendeleev's image of the periodic table of elements), and sports (Nickalus' perfection of a golf stroke). The dreaming brain allows for unusual combinations of images to emerge, especially when wakefulness has left an incomplete gestalt that is worked over during sleep. Many writers have charted the progress of a creative project or product, starting with preparation, proceeding to incubation, hence to insight, and finally to evaluation. Dreams build upon preparation and incubation, often producing an insight that can be evaluated upon awakening. Some individuals develop the ability to "program" their dreams for creative problem-solving, with various degrees of success. Many dream researchers have noted that dreams are inherently creative, making sense of images that to a great degree are randomly generated during the sleep-dream cycle.

(22) Vision, Creativity and Intuition

Presenter: **C. Norman Shealy, MD, PhD**

Objectives: Participants completing this presentation will be able to:

- Choose appropriate tools for creativity.
- Define vision, creativity and intuition.
- Design imagery appropriate for pain control.

Description: During the past 38 years, in working with over 30,000 patients, our approach has focused on retraining individuals to understand the need for a comprehensive approach to self-regulation. The integrated system includes: Being in present time; Positive Attitude; Relaxation; Sensory Awareness--9 techniques for physical balance; Emotional Balance' and Spiritual Attunement

(23) The Psychology of Wealth: Helping Families Talk About Money

Presenter: **Dennis T. Jaffe, PhD**

Objectives: Participants completing this presentation will be able to:

- Understand how to set up a conversation about family wealth with an individual.
- Be able to recommend a family conversation about wealth.
- Understand how wealth affects relationships and identity.

Description: Money and wealth are key issues affecting one's life, personal identity, and family relationships. Families who acquire wealth often find that the conflicts that arise as a result of their fortune, or the differing expectations of different family members, can lead to conflict that can damage relationships. The counselor comes upon wealth issues in relation to many others dimensions of health and well-being, and needs to feel comfortable in initiating and helping them come to the surface. A new group of wealth psychologists can help individuals, and families, to define and understand their own issues in relation to their family money, and to hold conversations about the values and expectations across generations concerning family money.

(24) Chow Qigong for Individual and Planetary Health: An Essential Balance

Presenter: **Effie Poy Yew Chow, PhD, RN, LAc**

Objectives: Participants completing this presentation will be able to:

- To have a beginning understanding the essential relationship of Chow Integrated Healing System and Qigong for individual and planetary health.
- To be cognizant of the bio-energetic relationship of human beings to nature and the influence of one upon the other.
- To improve life behavior patterns which will contribute to a healthier self and planet.

Description: Qigong is an ancient science and art of health exemplifying a multi-faceted traditional system of Chinese energy, exercise and healing for the body, mind and spirit. Over 80 million people of all ages with varied conditions practice Qigong daily in China. Qigong and TCM Law of the Five Element Theories is related to guided imagery, meditation, distant healing, exercise and other

forms of mind/body medicine. According to the Ancient Classics in TCM and the Law of the Five Element Theories of microcosm/macrocosm and yin/yang, you are the Universe and Universe is you. The Qi Energy Theories demonstrations will show how we are all one- integrated, we are one another and how we are ultimately inter-connected with nature. Thus our negative stressful mind attitudes are devastating the state of our planet today. This Qi force of nature is affected by our pollution of the environment and we are the creators of Global Warming, i.e., excess hurricanes, floods, earthquakes...the Tsunamies, Katrina, etc.. It is imperative we change our behavior patterns now to save the planet for our next generation. Dr. Chow founded and uses a versatile concept called the Chow Integrated Healing System and Qigong, a blend of modern Western practices, ancient Eastern healing arts as in TCM/Qigong, and Chow's own health principles linking the energetic body, mind, spirit and imagery with nature. Through the use of the Chow System individuals learn to change their behavior patterns and become renewed, revitalized and replenished.

(25) The Energetics of Depression: Integrating Chinese Medicine in Guided Imagery

Presenter: **Kathryn P. White, PhD, DHM, LAc**

Objectives: Participants completing this presentation will be able to:

- Define the relationships among the body, mind, and life force, according to Chinese medicine.
- Identify emotional phenomena related to depression occurring at the levels of sensations, emotions, and temperament of their clients, along with the associated energetic vectors.
- Use imagery generated from Chinese medicine to help their clients overcome emotional blockages in depression.

Description: Chinese medicine classifies emotional phenomena as occurring on three levels, and depressive disorders can stem from any of these three levels as well:

(1) reflexive and instinctual responses and sensations (Gan), which reflect our relationship with the outer world (Wei Qi). Seasonal affective disorders, for example, involve our instinctual and reflective responses to weather changes.

(2) learned phenomena or emotions (Qing), which reveal the inner world of our thoughts and affects (Ying Qi). Depressions spawned from our reactions to losses of relationships or failures to meet certain goals in our lives often involve learned responses and relate to the inner world of our thoughts and emotions.

(3) inherited temperament or nature (Xing), which corresponds to our deepest sense of self, our identity, and our genetics. Some depressions involving feelings that we have lost parts of ourselves, reflecting issues with our identity.

All three types of depression require different imagery strategies for benefit, from a Chinese medical perspective. Chinese medicine also assigns energetic vectors to our emotions and our ways of handling them. Anger, for example, ascends our life energy or Qi, if expressed, potentially giving rise to headaches, red eyes, red faces, and high blood pressure, if chronic; and constrains our Qi, leading to long-term frustration, depression, and even various blockages or tumors, if suppressed or repressed. This presentation shows how imagery generated from Chinese medicine can help patients overcome emotional blockages involved in depression.

Part VII: Transformation, Coaching, and Leadership (3.5 hrs CE Credit)

(26) Rapid and Deep Transformation Using WHEE: Wholistic Hybrid derived from EMDR & EFT

Presenter: **Daniel J. Benor, MD, ABHM**

Objectives: Participants completing this presentation will be able to:

- Define wholistic healing and list and explain its components.
- Conduct a basic WHEE self-healing treatment session on their own.
- Know the indications and contraindications for using WHEE to treat fears and phobias.

Description: WHEE is a rapid, self-healing technique that relieves pains and stresses, transforms limiting beliefs, enhances confidence, and opens options to create positive attitudes even when under severe stress.

WHEE is rapidly effective, and can also help to relieve the pain of migraines, arthritis, trauma, and cancer; anxieties, phobias, and PTSD; cravings, nausea, insomnia, and allergies.

WHEE transforms your attitude towards stress from one of annoyance to one of gratitude that you have a further opportunity to dump the old "stuffed" junk that you carry with you, and to reprogram and update your internal hard drive (which you let a little child program for you). WHEE is powerful and faster than EFT and is safe for use outside a therapist's office.

(27) Interactive Guided Imagerysm and Inner Coaching for Performance Enhancement

Presenter: Paula King, PhD

Objectives: Participants completing this presentation will be able to:

- Define IGIsm and explain how it differs from visualization and guided imagery.
- Utilize IGIsm to create an opportunity for their clients to meet and work with an inner coach.
- Integrate IGIsm concepts into their performance enhancement work.

Description: Embraced by coaches and athletes alike, visualization is a popular performance enhancement strategy. IGIsm relies on the same innate mental capacity to imagine as does visualization. However, IGIsm greatly broadens and deepens the application of imagination to performance.

One fundamental construct of IGIsm is guiding a client in the creation of a trusting relationship with the wisdom residing within each person. This same wisdom which heals our cuts, grew us from a zygote to a baby, from a child to an adult, and many trust intuitively to guide their daily actions, still remains, for most, an illusive quality of which there is awareness, but little or no intentional relationship.

Yet, it is a relationship that, when entered into intentionally, offers enormous support, problem-solving guidance, direction, grounding of new concepts, and conflict resolution.

In the sports world, this ability translates into an opportunity to meet and utilize this inner power as a personal coach who is always present, wise, and compassionate. This coach has known you always and in all ways, and can be a valuable ally before, during and after each performance.

(28) Autosuggestion/Guided Imagery at the Center of Future Medicine

Presenter: Jean-Luc Mommaerts, MD, MSc

Objectives: Participants completing this presentation will be able to:

- Better imagine a future medicine with As/GI (Autosuggestion/Guided Imagery) at its core.
- Use this to be drawn and let others be drawn towards this future, including policy makers worldwide.
- Have a clearer view on the relation between As/GI and regular medicine today.

Description: Imagine... a world in which conceptual mind and a conceptual soul have finally come together again... Imagine... a Garden of Eden in which eating apples of conceptual knowledge is permitted, nay, even encouraged, yet it remains a true Garden of Eden... Imagine people being open-eyed and appreciative of what they see and fully live through: themselves, each other, and everything else that is immensely beautiful... Imagine... a world in which each person acts as a whole instead of a divided semblance of a mechanical construct... Then imagine the kind of medicine that would prevail in such a world.

The medicine of now is already the medicine of yesterday, a medicine of war against 'the enemy': disease. Its weapons are medications and surgery, and clearly something different is needed. Not a new kind of weaponry, but a complete change of paradigm. Autosuggestion and Guided Imagery (As/GI) will be central to this.

In the year 2108, a hundred years from now, 'the enemy' will have disappeared as such. Medicine will become a medicine of peace, of support, growth, wholeness, and communication with the deeper self. It will be part of a planetary surge towards being one: being un-divided as a person, being un-divided as a species. As/GI will shape the way we heal ourselves, as it will shape the way we look upon what it means to be human. Thereby, it will very much shape the future itself.

(29) Awakening The Leader Within

Presenter: Emmett Miller, MD

Objectives: Participants completing this presentation will be able to:

- Learn to apply the inner leader process.
- How to design imagery to transcend apparent limits.
- How to integrate the concepts of individual growth and sociocultural transformation.

Description: We are aware that the mental and emotional images we hold are primary determinants of the course of our lives and determine what we will experience – health, success, joy – or the opposite. Less apparent is that this is true for our families, communities, nation and the world as a whole. This image is dependent upon those images held by its individual members.

We have been misled, personally, and as a culture, and are beginning to awaken to how critical the global situation has become - socially, climatically, and politically. Indeed it parallels the illnesses we treat. The most popular game in town is "Victim," for it allows us to blame, give up, or attack. This is an illusion fostered by the powers that rule us. It is crucial that we each take the responsibility to change this by recognizing a new paradigm and the important part that every single one of us has to play. We must also access our inner values, mission, vision and power and harness the power of technology to form critical mass.

There is a direct and intimate relationship between what we think and feel as individuals, and what we think and feel at the collective level, and either you are part of the solution, or you are part of the problem. Our goal is to create congruity between what we most deeply believe and the actions we take on a daily basis, and a new kind of leadership that is informed by our deeper values, motivated by a personal mission and guided towards a compelling vision. Can you hear me now?

Conference Course Chairman

David E. Bresler, PhD, LAc

David Bresler is the President and Co-Founder, Academy for Guided Imagery, and Executive Director of The Bresler Center in Los Angeles. He is the former Founder and Executive Director of the UCLA Pain Control Unit and Associate Clinical Professor, UCLA School of Medicine; Former White House Commissioner on Complementary and Alternative Medicine Policy; Author of *Free Yourself From Pain, Break Your Smoking Habit With Guided Imagery*, and numerous other books, workbooks, articles, and scientific publications. T

Conference Faculty

Jeanne Achterberg, PhD

Jeanne Achterberg is a Professor of Psychology at SaybrookInstitute, a research consultant and a board member of many foundations. She also provides training in the use of mind/body therapies for health care professionals in Europe, Japan, Argentina, and to refugees in Kosova and Macedonia. She has authored over 100 papers and five books, including *Imagery in Healing, Woman as Healer* and *Rituals of Healing. Lightning at the Gate*, the story of her personal healing journey, was published in 2001. She is currently Senior editor for the Journal of Alternative and Complementary Medicine'.

Daniel J. Benor, MD, ABHM

Daniel J. Benor s a wholistic psychotherapist who includes a variety of bodymind approaches, spiritual awareness, and healing in the practice of what he calls "WHEE: Wholistic Hybrid derived from EMDR and EFT." He is a Founding Diplomate of the American Board of Holistic Medicine, Editor of the International Journal of Healing, author of *Healing Research, Volumes I-III*, Founder of the Council for Healing and Doctor-Healer Networks.

Hyla Cass, MD

Hyla Cass is a board-certified psychiatrist who combines imagery and nutritional medicine in her practice, writings, lectures, and media appearances. She is a former Assistant Clinical Professor of Psychiatry at UCLA School of Medicine, Associate Editor of *Total Health* magazine, and author of numerous articles and books, including *Natural Highs, 8 Weeks to Vibrant Health*, and *Supplement Your Prescription*. For more information, please visit www.drcass.com.

Effie Poy Yew Chow, PhD, RN, LAc

Effie Poy Yew Chow was appointed to the White House Commission on Complementary and Alternative Medicine Policy and was the recipient of the "Visionary of the Year 1997," "The Humanitarian of the Year 1999," and "The Visionary of the Decade 2000" Awards. Dr. Chow has been working to integrate Traditional Chinese Medicine with Western Medicine for over 40 years. Toward this goal, she founded the East West Academy of Healing Arts (EWAHA) in 1973 and in 1988, an arm of that organization, The EWAHA Qigong Institute, was established to promote research in medical Qigong.

Gavin de Becker

Gavin de Becker is the bestselling author of *The Gift of Fear*, which spent four months on the NY Times Bestseller List and has been published in 13 languages. He and his work have appeared on the Oprah Winfrey and Larry King shows numerous times, on the pages of Time and Newsweek, and been endorsed by every major women's magazine. Mr. de Becker was twice appointed to the President's Advisory Board at the U.S. Department of Justice. He is a Senior Fellow at the UCLA School of Public Affairs, and a Senior Advisor to the Rand Corporation.

James Ellroy

James Ellroy is one of the world's best-selling crime writers and essayists, known for his unique "telegraphic" writing style, which omits words other writers would consider necessary, and often features just sentence fragments. The author of *LA Confidential* and *The Black Dahlia*, he struggled with alcohol and drugs early in his career, but was able to achieve long-term sobriety by creating a powerful inner vision of a satisfying drug free life. He will share his thoughts and experiences about addiction and addictive behaviors.

Lyn Freeman, PhD

Lyn Freeman is a specialist, researcher, and consultant of mind-body medicine as treatment for chronic disease. She is the founder and President of Mind Matters Research, an Alaskan-based research center specializing in interventions for late-term and long-term effects of cancer and its treatments. Lyn recently completed a National Cancer Institute-funded research study of an imagery program she created for breast cancer survivors. The imagery program, entitled "Envision the Rhythms of Life" produced statistically and clinically significant outcomes. Lyn has authored academic textbooks, chapters and medical manuals on the evidence, benefits and limitations of complementary and alternative medicine. Her most recent academic text is *Mosby's Complementary and Alternative Medicine: A Research Based Approach* (3rd ed) (2008). She is a Professor of Psychology at Saybrook Graduate School, San Francisco. More information is available on her website www.compmedalaska.com

James S. Gordon, MD

James S. Gordon is the Founder and Director of The Center for Mind-Body Medicine in Washington, DC, a Clinical Professor at Georgetown University Medical School and former Chairman of the White House Commission on Complementary and Alternative Medicine Policy. He is the author of *Manifesto for a New Medicine, Comprehensive Cancer Care*, and the soon-to-be-released *Unstuck: Your Guide to the Seven Stage Journey out of Depression*. (Penguin, April 2008).

Peter Guber

Peter Guber is the Chairman/CEO of the Mandalay Entertainment Group, which specializes in motion pictures, television, sports entertainment and new media. Over his forty year career, the films Guber personally produced have earned more than \$3 billion worldwide and more than 50 Academy Award nominations, including the Best Picture Oscar for *Rain Man*. He is a nationally recognized speaker, and can be seen every Sunday morning on AMC, as co-host of *Shootout* currently in its fifth season and shown in over eighty countries and on SIRIUS Satellite Radio. Guber is a full professor at the UCLA School of Theater, Film and Television and has been a member of the faculty for over 30 years.

Dennis Jaffe, PhD

Dennis Jaffe is a founding partner of Relative Solutions, and professor at Saybrook Graduate School in San Francisco. He is an advisor to families about family business, wealth and philanthropy. He received his BA degree in Philosophy, MA in Management, and Ph.D. in sociology, all from Yale University, and is a licensed psychologist.

Dieter Kallinke, MD, Dipl.Psych.

Dieter Kallinke holds doctorates in both Medicine and Clinical Psychology. Dr. Kallinke has served as a consultant to the University of Heidelberg Pain Control Unit, has supervised the training of post-doctoral psychotherapists utilizing a combination of conventional therapies and complementary and alternative approaches. He has lectured and written extensively about psychotherapeutic applications for pain medicine. Because of his own health challenges, he has experienced many of these approaches personally.

Paula King, PhD

Paula King is a licensed psychologist and certified sports consultant who utilizes Interactive Guided Imagerysm to enable clients to use the power of their inner wisdom to support the understanding and development of the skills necessary to accomplish their performance enhancement goals. Athletes are singularly impressed with the power and effectiveness of working with their own "inner coach."

Stanley Krippner, PhD

Stanley Krippner is the Alan Watts Professor of Psychology, Saybrook Graduate School and Research Center, San Francisco, CA. In 2002, the American Psychological Association gave him its Award for Distinguished Contributions to the International Advancement of Psychology; the International Association for the Study of Dreams gave him its Lifetime Achievement Award in 2006.

Lewis Mehl-Madrona, MD, PhD

Lewis Mehl-Madrona is currently Associate Professor of Family Medicine and Psychiatry at the University of Saskatchewan in Saskatoon. He is the author of *Coyote Medicine*, *Coyote Healing*, *Coyote Wisdom*, and *Narrative Medicine*. He is American Board certified in his specialties and also holds a Ph.D. in clinical psychology and a Master's in Philosophy in Qualitative (Narrative) Methodologies. His current interests are in traditional cultural healing and healers.

Emmett Miller, MD

Emmett Miller is internationally acknowledged as one of the architects of holistic, mind/body medicine. He has spent more than 35 years helping people access and activate their innate wisdom to gain control of their minds, bodies, and behavior and ultimately improve their health. His mission now is to extend individual healing to society and the planet as a whole using the social networking afforded by the Internet. He has authored five books, and his latest CDs are entitled *Healing Our Planet* and *Awakening the Leader Within*. Dr. Miller has also created a virtual online university at www.drmliller.com.

Helmut Milz, MD

Helmut Milz holds specialty degrees in Psychosomatic Medicine, General Medicine and Psychotherapy. He has more than 30 years of experience in different psychosomatic therapies and education and is also honorary professor of Public Health at the University of Bremen. He is a former inhouse consultant to the WHO, co-authored the Ottawa Charter for Health Promotion, lectures internationally and wrote various books on integrative medicine, health promotion and body oriented issues. He works in private practice and resides in Germany.

Jean-Luc Mommaerts, MD,MSc

Jean-Luc Mommaerts has been a doctor of medicine since 1986 and a master in Cognitive Science and Artificial Intelligence since 1997 with a university degree in Hypnosis. Having had a medical practice for eight years, he has become very much aware of the fact that modern people's health needs point to the immense strength of the subconscious that can best be attained by the use of autosuggestion. After years of practice, he spent 4 years developing a medical decision support system for Kluwer Editorial. Since 1997, he has developed the autosuggestion ideas into 37 books, 169 AURELIS CDs, AurelisOnLine and workshops.

Dean Ornish, MD

Dean Ornish is the founder, president, and director of the non-profit Preventive Medicine Research Institute in Sausalito, California, where he holds the Safeway Chair. He is Clinical Professor of Medicine at the University of California, San Francisco. He is the author of five best-selling books, including New York Times' bestsellers *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *Love & Survival*. Dr. Ornish was appointed to The White House Commission on Complementary and Alternative Medicine Policy and has been a physician consultant to The White House and to several bipartisan members of the U.S. Congress.

Kenneth R. Pelletier, PhD, MD(hc)

Kenneth R. Pelletier is a Clinical Professor of Medicine at the University of Arizona School of Medicine and University of California School of Medicine (UCSF) in San Francisco, Director of the Corporate Health Improvement Program (CHIP) with research involving 20 of the Fortune 500 companies. He is the author of 12 bestselling books including *Mind As Healer*, *Mind As Slayer*, *The Best Alternative Medicine*, *Sound Mind- Sound Body*, *Stress Free for Good: Ten Scientifically Proven Life Skills for Health and Happiness*, and his newest book, *New Medicine : Integrating Conventional and Alternative Medicine*.

Susan Reynolds, MD, PhD

Susan Reynolds is the President and CEO of The Institute for Medical Leadership, which provides executive coaching and leadership development for physician leaders and health care executives. A former emergency physician, CEO of an emergency medical center, White House advisor, and executive search consultant, she created a physician leadership training institute, initially for the American Medical Association. Her clients include numerous medical societies as well as many hospitals and health systems. She also developed the highly acclaimed Chief of Staff Boot Camps, which have trained over 1,000 physician leaders and hospital administrators.

Martin L. Rossman, MD

Martin Rossman is the Co-Founder of AGI, and the Founder of www.thehealingmind.org, a premier resource for evidence-based guided imagery audio tools for self-healing. He is the author of the popular books *Guided Imagery for Self-Healing* and *Fighting Cancer from Within*, and many articles and book chapters on imagery, mind/body medicine and integrative medicine.

Francine Shapiro, PhD

Francine Shapiro is the creator of Eye Movement Desensitization and Reprocessing (EMDR), a senior research fellow at the Mental Research Institute, and founder of the EMDR Humanitarian Assistance Programs (a nonprofit organization that coordinates disaster response and pro bono trainings worldwide). She is a recipient of the International Sigmund Freud Award of the City of Vienna, for distinguished contribution to psychotherapy, and the Distinguished Scientific Achievement in Psychology Award presented by the California Psychological Association.

C. Norman Shealy, MD, PhD

Norman Shealy is a neurosurgeon, developer of TENS, Founding President of the American Holistic Medical Association and President of Holos University Graduate Seminary. Dr. Shealy has published over 300 papers and 25 books, including *LIFE BEYOND 100-SECRET OF THE FOUNTAIN* and *PONY WISDOM OF THE SOUL*. He is also the producer of *MEDICAL RENAISSANCE-THE SECRET CODE*.

Nimrod Sheinman, ND

Nimrod Sheinman is the founder and director of the Israel Center for Mind-Body Medicine. Over the last twenty years, he has taught Guided Imagery and Mind-Body Principles in hospitals, institutes, universities and international conferences in Israel, Australia, Europe and USA. He is a graduate (1986) of the National College of Natural Medicine (Portland, Oregon, USA), and a graduate of the Academy for Guided Imagery's Interactive Guided Imagerysm Training.

David Sobel, MD

David S. Sobel is Medical Director of Patient Education and Health Promotion for The Permanente Medical Group, Inc. and Kaiser Permanente Northern California which serves over 3 million members. His research and teaching interests include medical self-care, patient education, preventive medicine, behavioral medicine and psychosocial factors in health. He is coauthor of seven books including: *Living a Healthy Life with Chronic Conditions*, *The Healing Brain*, *Healthy Pleasures* and *Mind&Body Health Handbook*.

Hillary Tindle, MD

Hilary Tindle is a clinical investigator and Assistant Professor of Medicine in the Division of General Internal Medicine at the University of Pittsburgh. Her research and clinical efforts focus on mind body therapies for addiction in general and smoking cessation and relapse prevention in particular. As director of the "Kick the Habit" Smoking Cessation Clinic at University of Pittsburgh, she actively translates promising research findings into clinical practice. Her work is currently supported by an NIH-sponsored Multidisciplinary KL2 career development award, the Mind and Life Foundation, and the Pittsburgh Foundation.

Andrew Weil, MD (tentative)

A world-renowned leader and pioneer in the field of integrative medicine, Andrew Weil is a best-selling author and editorial director of DrWeil.com, the leading online resource for healthy living based on the philosophy of integrative medicine. Dr. Weil's books include the national bestsellers *Spontaneous Healing*, *8 Weeks to Optimum Health*, *Eating Well for Optimum Health*, and *The Healthy Kitchen*. His latest book, *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, was published in October 2005.

Kathryn P. White, PhD, DHM, LAc

Kathryn P. White is a licensed clinical psychologist, licensed acupuncturist, and doctor of homeopathic medicine practicing in Beverly Hills, CA. She serves as President of the American University of Complementary Medicine, Professor & Coordinator of the Clinical Health Psychology Doctoral Programs at Alliant International University, Los Angeles, and Assistant Clinical Professor at the David Geffen School of Medicine at UCLA.

Webcast Access

You will need a computer (PC or Mac) with internet access (high speed recommended) in order to attend the webcast. Payment of tuition entitles you to attend each course once by logging onto the conference at any time until October 1, 2009, when the webcast ends.

Please note that recording any portions of this conference by any means is strictly prohibited.

Webcast Registration Tuition

The tuition for the 3.0 hour Pre-Conference Workshop with Drs. Bresler and Rossman is \$40 for no CE credit, and \$50 for CE credit. The tuition for each of the Part I through Part VII courses is \$45 for no CE credit, and \$55 for CE credit. There is no sales tax or additional fees involved.

We are sorry that we are unable to provide any discounts for groups of registrants who wish to participate together from a single location. To permit accurate student tracking, our webcast vendor requires each participant to log on and off with a unique IP, ID and password. For those requesting CE credit, these login records (and quiz results) will be used to verify the presentations you've attended.

CE Credit and Fees

If you wish to receive Continuing Education (CE) credit from one or more of the Academy's approved sponsors, please add \$10 to the registration fee for each course. After you have attended all the lessons (presentations) in a course, you will take a brief 5 question true/false quiz to insure that you have comprehended the course material (required by our CE sponsors). You may obtain a copy of the test questions by clicking [here](#).

Once you have listened to all the lessons (presentations), answered at least three of the five quiz questions correctly, and have submitted the Evaluation Survey, you will be able to immediately download and print your CE certificate.

Group Registration Discounts

We are sorry that we are unable to provide any discounts for groups of registrants who wish to participate together from a single location. To permit accurate student tracking, our webcast vendors require each participant to obtain and log on and off with a unique IP, ID and password. For those requesting CE credit, these login records (and post-test results) will be used to verify the presentations you've attended. (For more information about post-presentation tests, click [here](#).)

Refund and Cancellation Policy

If you wish to cancel enrollment during the first ten minutes of listening to a course, you may do so by completing a Cancellation and Refund Request Form online by clicking [here](#). For requests received within that time limit, tuition fees (less a \$15 processing fee per course) will be refunded to your credit card account. You will not receive a Certificate of Attendance, Certificate of Completion, or partial CE credit. Webcast tuition fees are not refundable for any reason after have attended ten minutes or more of a course.

Needs Assessment

The content of this educational program was determined by a rigorous assessment of educational needs and includes informal surveys, program feedback, expert faculty assessment and consultation, literature reviews, current clinical practices, and new medical and psychological knowledge.

Cultural and Linguistic Competency Statement

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency.

Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities.

Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language.

Cultural and linguistic competency was incorporated into the planning of this activity which will help to clarify the role of imagery as a primary communication language for those from other cultures or those who do not speak English.

Tax Deductible Expenses

Educational expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills (per Treas. Reg. Sec. 1.162-5.) Please consult with your financial advisor to determine what you may deduct for this event.

Disclosure and Disclaimer Statements

It is the policy of the Academy for Guided Imagery to ensure balance, independence, objectivity, and scientific rigor in its training programs to the greatest extent possible. All faculty participating are required to disclose any real or apparent conflicts of interest related to the content of their presentations.

Any real or potential conflicts of interest will be resolved by having faculty disclose the existence of any financial interest and/or other relationship (e.g., employee, consultant, speaker's bureau, grant recipient, research support or any other special relationship) they may have with the manufacturers of any commercial products or services to be discussed during their presentation and/or any commercial contributor to this activity. When unlabeled or unapproved uses are discussed, these will be indicated.

The opinions, findings, recommendations, beliefs, or conclusions expressed by the event presenters do not necessarily reflect the views of AGI, its staff, officers or directors, or its organizational co-sponsors.

AGI and the event co-sponsors' liability to any participant for any reason shall be limited to providing the ordered presentations via an alternative medium (e.g., CDs or DVDs) to registered participants.

Webcast Viewing Instructions

Webcast Terminology

Welcome to the re-broadcast of the Academy's 20th Annual Conference Webcast. By carefully following these instructions, you will make this a most enjoyable and positive learning experience. First, let's get acquainted with some of the basic webcast lingo....

A **WEBCAST** is an educational program held over the internet that usually includes an audio presentation through your computer, a streaming video of the presenter on your monitor, a second monitor window showing Powerpoint slides that advance with the presentation, and a third "navigation" window showing **chapters** of the presentation as it unfolds.

This 27 hour long webcast (originally held over four days) has been divided into eight separate **COURSES** ranging from 3.0 hours in length (Pre-Conference Workshop) to 3.5 hours in length (Parts I-VII). Each Course contains from one to five **LESSONS** or webcast presentations by different faculty members as follows:

Webcast Courses

<u>Courses</u>	<u>Lessons Given by Webcast Faculty Members</u>
(PRE)	(PRE)Bresler and Rossman's Pre-Conference Workshop
(Part I)	(01)Ornish, (02)Cass, (03)Pelletier, (04)Achterberg
(Part II)	(05)Bresler, (06)deBecker, (07)Ellroy
(Part III)	(08)Sobel, (09)Rossman, (10)Freeman, (11)Weil
(Part IV)	(12)Guber, (13)Mehl-Madrona, (14)Sheinman, (15)Tindle
(Part V)	(16)Gordon, (17)Shapiro, (18)Kallinke, (19)Milz, (20)Reynolds
(Part VI)	(21)Krippner, (22)Shealy, (23)Jaffe, (24)Chow, (25)White
(Part VII)	(26)Benor, (27)King, (28)Mommaerts, (29)Miller

You may enroll in one or more of the eight courses, but you cannot enroll to hear a single lesson (presentation) at this time.

If you don't want CE credit, you may enroll in and attend as much or as little of each course as you wish until the webcast ends on October 1st. If you complete all lessons, you will receive a Certificate of Attendance (but no CE credit).

If you enroll for CE credit, you must complete all of the lessons in a course, pass a 5 question true/false quiz, and submit a course evaluation survey. If you do, your CE Certificate of Completion will be immediately available for downloading and printing.

Webcast Tuition and Fees

The tuition for the 3.0 hours Pre-Conference Workshop with Drs. Bresler and Rossman is \$40 for no CE credit, and \$50 for 3.0 hrs CE credit. The tuition for each of the Part I through Part VII courses is \$45 for no CE credit, and \$55 for 3.5 hrs CE credit. There is no sales tax or additional fees involved.

Register As An AGI Webcast Student

To enroll in one or more of the webcast courses, begin by downloading a copy of these instructions by clicking here. Having a printed copy will make it easier going through the registration process.

Next, register as an AGI webcast student with AGI's webcast provider (Digital Chalk) by clicking on the following link:

<http://learn.digitalchalk.com/dc/o/acadgi?rootMenu=com.digitalchalk.core.web.model.Menu%4057737a&breadCrumbs=logoutController>

At the login page, click on "Create New Account" which will ask you to enter contact information, including a login email and password that you will use to access your webcast courses. When complete, a window will appear saying that you have successfully created your account. Congratulations and welcome as an AGI Webcast Student. Click the "continue" button.

Now login with your new email and password, accept the terms if you agree with them, and go on to Course Registration.

Select Your Webcast Courses

Next, you will see that each of the eight webcast courses are listed twice: the first time for no CE credit, and the second time for CE credit (with a tuition \$10 to \$15 higher to help offset the costs of maintaining CE sponsors). Note that there are three pages of courses which you can select by clicking on the arrows on the lower left side of the page.

After you have selected the course(s) you wish to attend, click on the "ADD" button near the bottom to add that course to your "**shopping list**." Note that the course that you added now shows up on your "shopping list" on the left side of the page. Select and add more courses, and when done, click on the "checkout" button on the lower left corner to continue.

Pay Tuition Fees

Review and approve your "shopping list" and click "continue," (or "cancel" if you wish to start again). Enter your billing address and credit card information and you should then get a "Thank You" window when all has been processed and accepted. Now you can view your course(s) or return to the home page.

View The Webcast Course(s)

Select the first course you wish to attend online, and click on the first "**lesson**" or presentation that is underlined. That "lesson" should then appear, and when it does, click on "**start chalkboard**" and take a break. Get something to drink or visit the bathroom while the presenter's Powerpoint slides ("**images**") are being loaded into the program. This can take several minutes, depending upon your internet access speed. Watch the "**Images loading.....**" countdown indicator speed for some estimate of the time required.

When the slides are loaded, the webcast "**auditorium**" page appears. It includes an audio presentation, a streaming video of the presenter in the upper left window, and a window containing the Powerpoint slides on the right. The window on the lower left of the page is a "navigation" window that shows the presentation's "**chapters**" as they are presented. You can click on them to return to prior portions of the presentation that you'd like to review.

At the bottom of the page are additional navigation arrows that permit you to rewind the presentation to the beginning, pause/play, or skip backwards or forwards for 10 seconds if you just missed something said. Very helpful when listening to long presentations. Audio volume is controlled by the slider next to the speaker icon on the lower right, which you can click on to mute the audio altogether.

Printing Your Certificates

If you are not enrolled for CE credit, click on the "CLOSE" button when the "**chalkboard**" has completed, and then on the "My Grades" tab at the top. The next window will show the courses you have taken, and will allow you to print a Certificate of Attendance (without CE credit).

If you are enrolled for CE credit, you must attend all of the "**lessons**" (presentations) in a course. When you have finished the final lesson, click on the "CLOSE" button when the "**chalkboard**" has completed, and then complete the "**CE Assessment**" and "**Satisfaction Survey**" (for our CE sponsors). You must answer at least 3 of the 5 true/false questions to pass the CE Assessment. Click on the

Getting Help

If you are still having any difficulties, review these instructions and try once again. If that doesn't work, you can get help from Digital Chalk by going to the following link:

<http://na3.salesforce.com/sol/public/search.jsp?orgId=00D500000007gKu>

If that doesn't work, please send an email to train@acadgi.com and we'll do whatever we can to help. We hope you enjoy and value the information in this webcast as much as we've enjoyed bringing it to you.