

Imagery International Virtual Conference October 29-31,2021

WORKSHOP LEARNING OBJECTIVES

Upon completion of this workshop the participant will be able to:

*Aliveness: Transforming our Inner Relationships Through Deep Imagery
with Mary Diggin, PhD and Eligio Stephen Gallegos, PhD*

1. Illuminate how to deepen imagery experiences for effective and beneficial outcomes.
2. Demonstrate integrating the perspective of Aliveness in an imagery session.
3. Experience a Deep Imagery Journey to experience directly various aspects of inner Aliveness.

*From Ego to Essence: Imagery as a Doorway to Spiritual Transformation
with Eve Delunas, PhD*

1. Describe the clues one can use to determine if one is aligned with Ego or Essence at any time.
2. Identify at least 3 ways of shifting from Ego to Essence in the moment.
3. Experience an imagery exercise to connect more deeply with Spiritual Essence, and receive the gifts to use in daily life.

*Healing in Our Mother's Womb: The Temazcal in Curanderismo with
Caroline Ortiz, RN, MS, MPH, NC-BC*

1. Describe the origins and practices of Curanderismo.
2. Compare and contrast Acculturation and Cultural Transformation as well as Cultural Responsiveness and Cultural Competency.
3. Explore the Temazcal as a holistic healing modality through a guided experience.

*Deepening the Imagery Experience with Institute of HeartMath®
Techniques with Elizabeth Page, BA, RRT*

1. Define the physiology of Coherence and Heart Rate Variability.
2. Identify 3 physiologic changes resulting from establishing a state of Coherence.
3. Discuss ways to integrate HeartMath® techniques with Imagery practices.

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*Transformational Leadership Meets Mental Imagery with Randy Kasper,
PhD, LCSW, BCD*

1. Differentiate between 3 current leadership styles.
2. Experience short-form imagery exercises in service to common problems encountered by leaders.
3. Develop on-the-spot imagery exercises when consulting as a leader.

*Forest Bathing: A Virtual Journey Experience through Integrative Imagery
with Terry Reed, RN, MS, HN-BC®*

1. Define Forest Bathing.
2. Identify the scientific basis for the health and healing benefits of this modality.
3. Explore a Forest Therapy Walk via an Imagery experience.