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Hypno-Imagery and Health

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General Description

Imagery, the visions we have in our minds, has been the basis for most, if not all, of our discoveries and invention. Freud and Jung noted that their insights were always imagerial, as most of the pioneers in consciousness. More importantly, imagery is the doors to our understanding of who we are and how we heal ourselves. We can learn to send our consciousness to specific parts of the body as well as sending it beyond ourselves. Imagery serves as the basis for psychotherapy and spiritual comprehension. It is the image that we know about the world and about ourselves.

The course will concentrate on the understanding and application of imagery for psychological and physiological healing dimensions. The doors of consciousness will be explored as the means to get in touch with specific imagery scales. The application to human consciousness will be explored as well as the direct influence imagery has with our immunity systems as well as other systems. Imagery analysis will be taught so that the various symbols that arise to the individual can be categorized and graded as to positive or negative imagery. Research findings will be presented as to the efficacy for health care.

After completion of this course the participants will:

- Understand the basis for how imagery works on the psychological and physiological cellular level
- Have an appreciation for some applications for special arenas, such as immune deficients, chronic pain, auto-immune diseases, phobias, etc.
- Know assessment strategies from a patient's imagery dimensions
- Know the central ingredients or phases in the therapeutic use of imagery
- Have a understanding of the ethical considerations in the applications of imagery.
- Have a basis of research findings for these methods

References:

Mosby Textbook for Alternative Medicine, by Lyn Freeman and Frank Lawlis

Imagery and Disease, by JeanneAchterberg and Frank Lawlis

Transpersonal Medicine, by G. Frank Lawlis

The Cure, by G. Frank Lawlis

Hypnosis, Imagination and Human Potentials, by Ted Barber, Spanos, N. P, & Chaves, J.F..

The Power of Human imagination, by Singer and Pope