

# GUIDED IMAGERY CERTIFICATION

## Treasure Chest of Advanced Imagery Technique

Presented by Mary Elizabeth Raines, CI



Want to expand your practice and be among the very best? This course shows you how to become an expert in guided imagery. Whether it's working with weight loss or forgiveness, golf or healing, confidence or relaxation, guided imagery is the number one tool we have for creating profound change. Yet, the specifics of how to create effective, powerful imagery have rarely been taught.

This exciting and informative hands-on class gives something rarely offered: organized, advance techniques for constructing effective imagery by one of the leaders in the field. You will have the opportunity to practice both giving and receiving the imagery skills you learn. This class will be a ground-breaking, rich and transformational experience, both personally and professionally! Upon completion, you will receive certification as a Guided Imagery Specialist.

As an extra added bonus, you will receive a plan for teaching others—such as nurses, therapists and teachers—how to create effective imagery!

### What You Will Receive

- \* Step-by-step guidelines for creating exciting, effective, expert imagery.
- \* How and why guided imagery works.
- \* The history of imagery use.
- \* Examples of scientific research proving the effectiveness of imagery.
- \* How the body communicates with the brain.
- \* How impressions are received by the senses.
- \* How to test a client for favored senses.
- \* What impressions exist beyond the five senses.
- \* Contraindications for the use of imagery.
- \* How to discern the type of imagery that will work with individual clients.
- \* How to create dynamic, multi-sensory images.
- \* The difference between passive and active imagery.
- \* Ways to deliver imagery powerfully and magically.
- \* How to maximize your client's experience.
- \* What to do when a client experiences resistance.
- \* Language tips for creating exquisite imagery.
- \* Which is best: scripts or improvisation?
- \* Examples of great imagery—and not-so-great imagery.
- \* Putting it all together.
- \* Script samples.
- \* How to teach guided imagery to non-hypnotists

### Specific Techniques In Using Imagery For:

- ✓ Inductions
- ✓ Deepening
- ✓ Suggestibility testing
- ✓ Creating a special place
- ✓ Physical healing
- ✓ Emotional healing
- ✓ Inner exploration
- ✓ Going on a quest or journey
- ✓ Parts therapy
- ✓ Taking action to confront, remove, destroy or let go
- ✓ Taking action to create a desired behavior, emotion, attitude, physical experience
- ✓ Rehearsing success
- ✓ Receiving gifts
- ✓ Shifting patterns
- ✓ Spiritual connection
- ✓ Receiving guidance and information
- ✓ Creating metaphors
- ✓ Teaching others in guided imagery

### Who Should Attend

This training is invaluable and essential for every hypnotist who truly wants to help others, from the beginner to the seasoned professional. Certification in guided imagery will open new avenues of opportunity and potential income, for the field is exploding in popularity. Many hospitals and clinics now offer guided imagery to their patients. Imagery holds a prominent place in the world of sports and performance. Even corporate groups, from police departments to major companies, are opening their doors to welcome guided imagery. As hypnotists involved in establishing an independent profession, it is time to claim our place as the leaders in the field of guided imagery. Experts like you are needed!

### Take-Home Materials

All students will receive a class manual. Included in the manual are complete guidelines to creating expert guided imagery, together with scripts, recommended reading, research statistics, articles, details of specific techniques, and a CD.

### Certificate

Each student who completes the class will receive a frameable certificate stating that she or he is a Guided Imagery Specialist.

**Monday, August 10th & Tuesday, August 11th**

**Tuition: \$325**

**Session begins at 9 AM**

# AGENDA

## DAY ONE

1. Introductions
  - a. Share reason for taking the class and expectations
  - b. Share a little about him/herself
2. Imagery—the language of the subconscious
  - a. Why imagery is so important
  - b. How it communicates between conscious and subconscious mind
3. Favorite Fruit/Bedroom “test” and explanation
4. Group Experience
5. First Group Imagery Session
6. Divide into smaller groups—discuss experience
7. Why call it “imagery”?
8. The history of imagery
9. What we can do with guided imagery
  - a. Induction;
  - b. Deepening;
  - c. Taking a metaphorical journey or going on a quest;
  - d. Inner exploration;
  - e. Creating a symbol to represent a behavior, pain, relationship or emotion;
  - f. Taking action to confront, remove, destroy or let go of something;
  - g. Taking action to create a desired behavior, emotion, attitude, physical feeling;
  - h. Establishing a special place;
  - i. Receiving a gift or energy;
  - j. Rehearsing success.
10. What makes imagery successful and what makes is superior
11. Five senses in imagery/bedroom
12. Small Group discussion/practice Fruit or Bedroom to determine favored sense
13. Second Large Group Session with Imagery Induction
14. Elements of success in imagery with discussion
  - a. Destination

- b. Types/vehicles of travel
- c. Symbols
- d. Five senses
- e. Gifts—replace the space
15. Demonstrate and then have students fill in format for creating imagery script
16. Small groups: Practice imagery script
17. Discussion

## DAY TWO

1. Large group imagery session
2. Learn what client reveals about processes during their interview
3. Creating effective special place
4. Small group practice special place
5. Imagery anchors
6. New research
7. How to create imagery specific to client’s Issues
  - a. Process
  - b. Content
8. Students present topics for group to brainstorm
9. Demonstrations
10. Discussion
11. Student practice creating guided imagery for one another
12. How to teach a guided imagery class to counselors, nurses, teachers.
  - a. Outline of topics
  - b. Easy participant exercises
13. Final group imagery session



## Testimonials

“Mary Elizabeth Raines is a true master... Anyone who wants to learn about guided imagery should take this course!”

—Ron Eslinger, CRNA, BCH, CI, Clinton, TN

“Very interesting, great brainstorming, lots of great ideas.”

— Nancy Reno

“Mary Elizabeth Raines is a fantastic guide on a lot of different levels: mental, emotional, spiritual. She is also very patient and amazingly empathetic. She inspires us to have faith in ourselves and trust our own abilities and inner workings!”

— Hap Taylor, Philadelphia, PA

“One of the best!”

— Bonnie Lee Gibson

“Mary Elizabeth Raines is a great teacher and guide. She has the ability to hold a room full of extremely diverse personalities together while directing them towards a common goal: excellence in the practice of hypnosis.”

Raymond Dracoules, CH, Torrance, CA

“Excellent, effective presentation.”

— R. K. Raj

“This was so rich... just what I needed for my work! Mary Elizabeth Raines was expert & charming!”

— Sharyn Tondel

“[The instructor] is generous and warm. Wonderful stuff!”

— Patricia French Crilley

“Mary Elizabeth Raines has a special gift for teaching and I loved this class. I received much more than I anticipated. I am very happy I attended.”

— James Avery, RN, CH, Los Angeles, CA

“A must for every hypnotist.”

— Beverly Hurst

“Mary Elizabeth Raines is a very gifted speaker, as well as instructor. I highly recommend her courses. Not only are they informational, but motivational.”

—Monica Abele

“Enjoyed the presentation...and the opportunity to practice techniques. A wonderful approach to helping clients to have an improved quality of life. Valuable information.”

— Sandra Campbell

“[Taking this class] has empowered me more!”

— K. Ganesan

“WOW! I honestly believe my life has been forever altered in a very positive way—a way that will radiate outward to help others.”

Vera Luther, MD, CH, Hemphill, TX

“This was a very good class.”

— Rudolph Johnson



**Mary Elizabeth Raines, CI**, is a teacher, writer and hypnotherapist who has been leading both groups and individuals in guided imagery for over 20 years. She has been featured on TV, radio, and in newspapers. As director of the Academy for Professional Hypnosis Training, she teaches hypnosis certification and past-life regression counselor certification classes in Sedona, Los Angeles and Wisconsin, as well as teaching self-hypnosis and guided imagery for the University

of Wisconsin. Best known for her transformational work with both clients and students, she has a multi-dimensional hypnosis practice, which includes offering workshops across the country, writing hypnosis articles and books, authoring a popular CD series, and working as stage hypnotist “Lady Rainey.” Her books include *How to Create Effective Guided Imagery* and *The Laughing Cherub Guide to Past-life Regression: a Handbook for Real People*, and she has contributed chapters to three hypnosis books, including chapter on guided imagery for *The New Consumer’s Guide to Hypnotism* published by NGH.