

WORKSHOP PRESENTER



Belleruth Naparstek, LISW, BCD

Psychotherapist, author and guided imagery innovator, Belleruth Naparstek is the creator of the popular Time Warner *Health Journeys* guided imagery audio series. Her first book, *Staying Well with Guided Imagery*, is a widely used wellness primer. Her second, *Your Sixth Sense*, has been translated into nine languages and called one of the most thoughtful and sophisticated books on intuition in print. Her new book on imagery and posttraumatic stress, *Invisible Heroes: Trauma Survivors and How They Heal* (Bantam Dell), won

the Spirituality & Health Top 50 Books Award and came out in paperback in January of 2006.

As *Prevention Magazine* recently noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies. She has done this by persuading institutions like Aetna U.S. Healthcare, the U.S. Veteran's Administration, The American Red Cross, Kaiser Permanente, GlaxoSmithKline, Ortho Biotech, Blue Shield of California, Roche, Amgen, and nearly 2000 hospitals, mental health centers, social service agencies, health spas and recovery centers to distribute her guided imagery recordings, in several instances free of charge to clients.

In addition, her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges.

Her website, www.healthjourneys.com, is a heavily trafficked resource and information center providing searchable data bases of cutting edge mind-body-spirit research, programs, practitioners and training.

Naparstek received both undergraduate and graduate degrees from the University of Chicago, obtaining her master's degree in clinical social work in 1967. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel, and, if pressed, could still locate her Actors Equity card. 🌱

HEALING
Journeys

in partnership with

 **SWEDISH**
CANCER INSTITUTE

and

 **PROVIDENCE**
Cancer Center

presents

Gifts of the Imagination

Guided Imagery for Surviving and Thriving Beyond Cancer

with

Belleruth Naparstek, LISW, BCD

Seattle, Washington

Friday

April 4, 2008

9 a.m. to 3:30 p.m.

Portland, Oregon

Saturday

April 5, 2008

9 a.m. to 3:30 p.m.

“Even though I’ve been practicing imagery for almost 30 years, attending a workshop with Belleruth was energizing, exciting, and motivating. My use of imagery as a cancer patient has become deeper and more effective. She is an engaging, creative, knowledgeable, innovative, and passionate teacher.”

— Jan Adrian

Gifts of the Imagination
Guided Imagery for Surviving and Thriving Beyond Cancer
One-day Workshop - Two Locations

Seattle – April 4, 2008
9 a.m. to 3:30 p.m.

Portland – April 5, 2008
9 a.m. to 3:30 p.m.

“Naparstek has developed an approach that has stood the test of rigorous, scientific methods. Her healing journeys represent the best of mind-body medicine.”

Henry Dreher,
cancer guide and author,
The Immune Power Personality

WHAT IS GUIDED IMAGERY?

Guided imagery is a kind of narrated, directed, healing daydream, usually set to soothing music. Although it has been called “visualization” and “mental imagery,” these terms are misleading. Guided imagery involves far more than just the visual sense – and this is a good thing, given the fact that only about 55% of the population is strongly wired visually. Instead, imagery involves all of the senses, and almost anyone can do this.

Neither is it strictly a “mental” activity – it involves the whole body, the emotions and all the senses, and it is precisely this whole-person focus that makes for its powerful impact.

Because imagery can slip under the radar of resistance to change, it can bring to bear much more of a person’s strength and motivation to accomplish a desired end. So, subtle and gentle as this technique is, it can be very powerful, and becomes incrementally more effective over time.

WHO SHOULD ATTEND

- Anyone wanting to promote healing of mind, body, and/or spirit
- Women and men touched by cancer or any life-altering illness
- Healthcare providers, including physicians, nurses, technicians, social workers, psychotherapists, hospice workers, and alternative/complementary practitioners
- People supporting friends or family coping with cancer or other illness

WORKSHOP OBJECTIVES

- You’ll see how guided imagery dramatically demonstrates profound truths about the total merger of mind, body and spirit.
- You’ll explore the newest research and clinical knowledge — the biochemistry, physiology and psychology of how multi-sensory guided imagery is a best practice for people with cancer and other challenges.
- You’ll experience firsthand the powerful, research-proven, gold standard imagery exercises, specifically designed to help oncology patients, by a world-renowned master of the craft.
- You’ll get tips on how to make a guided imagery experience more efficacious, for both the narrator and the end-user.
- You’ll hear a complete discussion of what reactions typically occur from a guided imagery experience.
- You’ll hear typical questions, worries, concerns and reactions to guided imagery, and how to respond to them.
- You’ll find new, effective ways to deal with pain, insomnia, anxiety and stress.

WORKSHOP INFORMATION

REGISTRATION FEE:

Postmarked by: March 15 - \$125 After March 15 - \$150

PARTIAL SCHOLARSHIPS AND WORK EXCHANGE AVAILABLE

If you want to attend this one day workshop and are financially challenged, you can apply for a partial work exchange or partial scholarship. Please complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you.

SEATTLE INFORMATION

LOCATION

Glaser Auditorium
Swedish Medical Center’s First Hill Campus
747 Broadway, Seattle, WA 98122

PARKING

\$15 a day

DATE AND TIMES

Friday, April 4, 2008 ■ 9:00 a.m. to 3:30 p.m.

HOTEL ACCOMMODATIONS

The Silver Cloud • 1100 Broadway, Seattle WA 98122
(209) 325-1400 or (800) 590-1801

Please mention Healing Journeys for single or double rate of \$149.
Deadline for reserving room is March 3, 2008.

PORTLAND INFORMATION

LOCATION

Souther Auditorium
Providence Cancer Center in Portland
9155 SW Barnes Road, Portland, OR 97225

PARKING

No charge

DATE AND TIMES

Saturday, April 5, 2008 ■ 9:00 a.m. to 3:30 p.m.

HOTEL ACCOMMODATIONS

Shilo Inn • 9900 SW Canyon Road, Portland, OR 97225
(503) 297-2551

Please mention Healing Journeys for single or double rate of \$69 (includes breakfast). Deadline for reserving room is March 4, 2008.

LUNCH

Lunch will be on your own. You may bring your lunch or we will provide a list of restaurants in the area.

CONTINUING EDUCATION

Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953. There is an additional \$10 processing fee for Continuing Education.

CANCELLATIONS

If cancellations are received in writing prior to March 20, a refund (less a \$25 processing fee) will be made. No refunds after March 20th.

FOR FURTHER INFORMATION

800-423-9882 or www.healingjourneys.org

Gifts of the Imagination

Guided Imagery for Surviving and Thriving Beyond Cancer

SEATTLE, WASHINGTON
Friday, April 4, 2008

PORTLAND, OREGON
Saturday, April 5, 2008

REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) (____) _____ (evenings) (____) _____

Email (legibly) _____

Check here if you need special seating because of hearing, visual, or mobility impairments.

Describe _____

REGISTRATION FEE:

If postmarked by:	<u>March 15</u>	<u>After March 15</u>
	\$125	\$150

Check here if you want Continuing Education credits for an additional \$10 processing fee.

License # _____ Kind of License _____

PAYMENT METHOD:

Check made payable to Healing Journeys Visa MasterCard

Amount for Workshop \$ _____ Additional fee for CE credits \$ _____

Card Number _____ Exp. Date _____

Signature _____

To register by mail, please fill out this form and send to:

HEALING JOURNEYS
P.O. Box 221417
Sacramento, CA 95822

To register by phone, please call **(800) 423-9882**

You can register on-line at www.healingjourneys.org