



Going to the Heart of Healing Touch through Integrative Imagery

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“So great a power is there of the Soul upon the body, that whichever way the Soul imagines and dreams, thither doth it lead the body” Agrippa, 1510

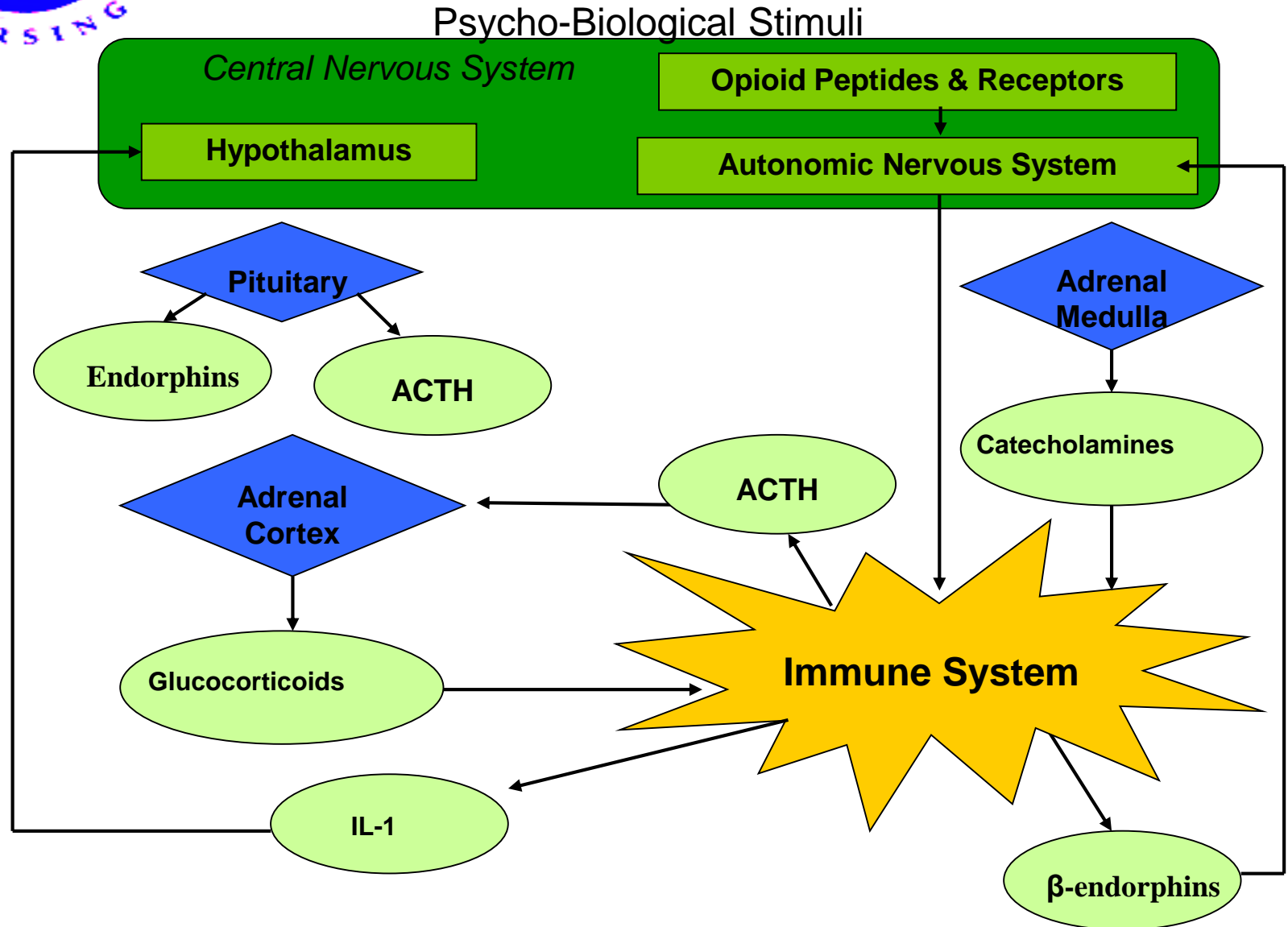


Psychoneuroimmunology

PNI

- PNI is the study of the multidirectional interactions among the behavioral, neuroendocrine, and immunological processes of adaptation (Ader, 1996)
- Neural and endocrine responses modify immune function
- Immune activity alters neural and endocrine function
- Regulatory peptides and their receptors are present in both the nervous system and the immune system
- The body-mind is integrated

PSYCHONEUROIMMUNOLOGY





Imagery is

Using the power of the imagination

Natural thought process, using the senses

Associated with emotions

Non New Age - Age Old

Language of the right brain and subconscious

Connects us with sources of wisdom, support

In art, culture and creativity



Guided Imagery is

Therapeutic process

Potentiates positive outcomes

Evokes mind/body changes

Activates innate healing potential

Evidence-based

Guided and suggestive or

Spontaneous and client generated



Integrative Imagery

Takes the therapeutic imagery process deeper.
Client elicits and interacts with own images.
Facilitated by a trained practitioner.
Interactive and client-centered:
Client takes lead and direction the imagery will go.
The client and “guide” dialogue.



Working with a somatic image:

- Ask the client what image or sensation they are aware of
- Describe the image in color, size, shape, relation to client or body
- Ask what image needs or wants to be relieved or get better
- Create an image of relief and allow that to shift toward healing



Working with an image:

- Bring to mind an image of.....
- Observe and describe the image
- Confirm it is the image called for
- What are the qualities and character
- What feeling does the image convey
- How does client feel about image
- Open communication, dialogue
- What does image want, need, have to say



***“There are no days in life so memorable as those which vibrate to some stroke of the imagination”
Ralph Waldo Emerson***



STRESS RESPONSE

- ❖ 80-95% of illness caused / exacerbated by stress
- ❖ Stress activates sympathetic nervous system
- ❖ Stress impedes the healing response

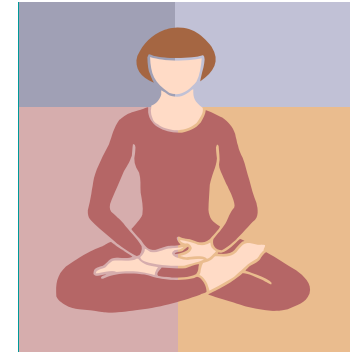
Signs and Symptoms of the Stress Response

1. Increases HR, BP, pulse, strains the cardiovascular system
2. Decreases circulation to the stomach and gut
3. Increases HCL in the stomach. Decreases peristalsis.
4. Increases respirations, breathing becomes short and shallow
5. Sweating, diaphoresis, cold, clammy palms
6. Increased muscle tension and lactic acid in the muscles –often associated with a feeling of anxiety
7. Stimulates spleen to release red blood cells
8. Liver releases sugar for energy, Vitamin B, Vitamin C
9. Adrenals release adrenaline and cortisol:



RELAXATION RESPONSE

- ❖ The relaxation response is a psycho-physiological state
- ❖ It is the best state for the body to be in to activate healing
- ❖ It sets the stage for the imagery process to unfold
- ❖ It is the antidote to the stress response
- ❖ It is proven to be therapeutic for hypertension, migraines, stress, pain, anxiety, and psychosomatic illness



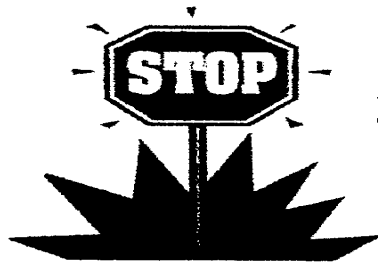
Physical Effects and Benefits of the Relaxation Response

1. Relaxes the muscles and decreases lactic acid
2. Decreases HR, BP, pulse and strain on the C-V system
3. Activates the parasympathetic nervous system
4. Increases energy
5. Facilitates sleep
6. Creates an alpha brain state - calm yet alert
7. Decreases respirations and oxygen consumption
8. Increases coping abilities and sense of internal control
9. Decreases pain and other symptoms and enhances other modalities for pain and symptom control



IMAGERY REFRAME

1. Become aware of worry, fear, or anxious thinking



2. Call to mind your image to STOP

3. Take a conscious breath and
focus on a positive image



The image could be a beautiful scene, a supportive figure, a positive feeling such as calmness or happiness, a picture of how you would like to feel or how you would like it to be, an affirmation or an image of a loved one. Let your chosen image register in your mind, body, and emotions. Now how do you feel?

