

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

September 23, 2009

Pennsylvania Bankers Association Human Resource Seminar
Harrisburg, PA

August 31, 2009

Fun Fit and Fabulous Conference
Hershey, PA

May 21, 2009

Pennsylvania Humanities Consortium
Penn State Hershey Medical Center

April 7, 2009

Integrative Medicine Fair
Penn State Hershey Medical Center
Hershey, PA

March 28, 2009

PinnacleHealth System's
Women's Weekend Away
Imagery: A see of possibilities for healing
Harrisburg, PA

July 27, 2006

YMCA National Conference
Worksite wellness planning

April 5, 2002

Pennsylvania State Employee Health Nurse Conference/Choices in Wellness

Presentation Title:

Are you in your right mind? Understanding imagery as a healing tool.

Track: Mind-Body Wellness

Target Audience: Health Care Professionals

Program Level: beginner

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

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Abstract:

Mind body therapies utilize the power of the creative wisdom in our right brain to balance your health and facilitate healing. Exploration into our inherent wisdom is not typically incorporated into our social or medical culture, however it is simple, easy to use and very low cost. Review of the autonomic nervous system, the relaxation response and the applications of integrative imagery will be presented.

The goal of the presentation is to educate the audience on the benefits of incorporating mind body therapies into daily living for personal strength as well as expand the current philosophies and culture of our health care practices to routinely offer consider mind body therapies as a therapeutic treatment option.

Measurable Objectives:

- Define 3 techniques of Integrative Imagery.
- List contraindications for Integrative Imagery.
- Identify at least 3 clinical applications for integrative imagery.

Attendees will experience the imagery process on a personal level to determine potential applications in personal and/or professional life.

Program Outline:

I)Review the concepts of psychoneuroimmunology and the connection to mind body health.

II)Discuss and compare types of mind body therapies.

III)Review current research supporting the therapeutic effects of mind body modalities.

IV)Review the 9 techniques of Integrative Imagery

V) Group experience with Guided Imagery.

VI)Group discussion on experiential exercise and/or personal experience with imagery

Program Bibliography:

Vitetta L, Anton B, Cortizo F, Sali A. Mindy-body medicine: Stress and its impact on overall health and longevity. Ann N Y Acad Sci. 2005 Dec;1057:492-505.

Cohen S, Janicki-Deverts D, Miller G. Psychological Stress and Disease. JAMA. 2007;298:1685-1687.

Dossey, Barbara Montgomery: Core Curriculum for Holistic Nursing, 1997

Tusek DL. Guided imagery: a powerful tool to decrease length of stay, pain, anxiety, and narcotic consumption. J Invasive Cardiol. 1999 Apr;11(4):265-7.

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Reed T. Imagery in the clinical setting: a tool for healing. The Nursing clinics of North America, Jun;42(2):261-77, vii.

Monti DA, Sufian M, Peterson C. Potential role of mind-body therapies in cancer survivorship. Cancer. 2008 Jun 1;112(11 Suppl):2607-16.

Schwab D, Davies D, Bodtker T, Anaya L, Johnson K, Chaves, MC. A study of efficacy and cost-effectiveness of guided imagery as a portable, self-administered intervention delivered by a health plan. Advances in Mind Body, Summer 2007 Vol 22, No 1.

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Trakhtenberg EC. The effects of guided imagery on the immune system: a critical review. *Int J Neurosci.* 2008 Jun;118(6):839-55.

Gruzelier JH. A review of the impact of hypnosis, relaxation, guided imagery and individual differences on aspects of immunity and health. *Stress.* 2002 Jun;5(2):147-63.

Program Relevance to Conference Theme:

Effective, low cost approaches to managing risk factors such as stress and anxiety can have a significant impact on an individual's health and well being. Guided and integrative imagery provide health care practitioners with the opportunity to access the power of the mind to reduce stress, decrease pain, access inner wisdom, address addiction, and search for purpose. Research studies indicate imagery reduce the use of medication, hospital stays and increase healing time. As we look for effective ways to manage cost that is personal, practitioners can utilize mind-body techniques to empower their clients as they personalize their care.