

Want to:
Have fun while learning?
Learn skills you can immediately use?
Get excited about something new?

Comprehensive Training in Hypnotic Imagery

Small Group Intensive - Foundation, Concepts & Basics - **10 CEU's**

Remember the 3 little pigs?

Learn how to hand your clients the bricks to build their own houses!

Hypnotic Imagery is a natural interactive dialogue between the therapist and client using the power of hypnotic language and the principals of Interactive Imagery(sm). Hypnotic Imagery empowers clients to keep the wolf at bay.

Whatever your specialization or theoretically orientation, you'll learn skills you can **immediately incorporate into your own natural way** of doing therapy and use those skills with your next scheduled client.

NO! No! No!

No straw, no twigs, no inductions, no prolonged relaxations, no artificiality!
And No background in hypnosis or imagery is needed.

Friday June 6 & Saturday June 7, 2008
10 am – 5 pm Friday & 10 am – 2 pm Saturday
30011 Ivy Glenn Drive, Suite 104
Laguna Niguel, CA
\$228 for **10 CEU's!**

- Learn how to use the language of hypnosis as part of the natural client-therapist dialogue
- Learn how to incorporate the principles of guided imagery & metaphor
- Participate in practical hands-on training designed for you to begin to use Hypnotic Imagery skills with your next scheduled client.
- Observe demonstrations & have your questions answered
- Receive practical feed-back
- Bring a positive approach into your practice.

Intensive group size is limited to 12 participants.

The training is structured to maximize experiential learning and address your needs.

Information & registration:

On-line www.HypnosistotheMax.com, Judy Westerfield, (949) 249-8402

How You Will Benefit

- **The power of the image:** The image we hold in our mind is more vivid, more powerful, more memorable than words can convey. Hypnotic Imagery uses the power of the image to move your clients to insight understanding and positive action.
- **Accentuate the positive, Eliminate the Negative!**
You will learn how to tap into people's hidden resources and strengths and change unproductive ways of thinking into positive ways of acting.
- **Quick & effective for the client:** Hypnotic Imagery helps people uncover unconscious motivators and intentions quickly. The use of imagery and metaphor makes unconscious motivation "real" for clients. You help your clients create a lifelong tool to use.
- **Fun & creative for the therapist:** Using hypnotic language, metaphor and imagery can give a positive boost to your own way of doing therapy. It minimizes burn-out – Giving you more positive energy and ways of looking at issues and answers
- **Empowering:** Hypnotic Imagery lets people discover their own strengths and solutions and turn what they believe to be weakness into strength.

**Martin L. Rossman, MD,
Co-Founder, Academy
for Guided Imagery**

Judy Westerfield trained with us at the Academy for Guided Imagery and went on to become one of our most valued faculty members.

I refer patients to her with confidence, knowing they will receive the gifts of her attention, experience, respect and highly developed guided imagery skills."

Dr. Rossman is a holistic medical pioneer who speaks world-wide on mind-body medicine. He is a best selling author of Guided Imagery for Self Healing and Fight Cancer from Within.

Clinical Applications

Trauma	Addictions	Weight control
Pain	Health & Wellness	Confidence Building
Anxiety	Decision making	Empowerment
Relationship conflicts	Stress	Self Esteem
Depression	Motivation	Sports enhancement

Imagine the possibilities!

Judith Westerfield, M.A., MFT has been in private practice since 1986. She specializes in using hypnosis & Interactive Guided Imagery(sm) to help people with life-altering, chronic medical conditions. As a faculty instructor for the Academy for Guided Imagery since 1988 Judy has trained hundreds of healthcare practitioners in the use of Interactive Guided Imagery(sm) for health and wellness. Want to know more? Check out www.HypnosistotheMax.com

David Bresler, Ph.D., Co-Founder, Academy for Guided Imagery

For several years, I served as a consultant to Walt Disney Imagineering (WDI), the division of Disney that create, develop, and design the theme park attractions. At that time, a joke circulated at WDI asking "How many Imagineers does it take to change a light bulb?" The answer was, "Does it have to be a light bulb?"

Judith Westerfield is gifted with this kind of out-of-the-box thinking, and she would have been right at home with the Imagineers at WDI. Her training programs reflect not only her knowledge and creativity - they are also enjoyable and fun. If you are interested in learning about hypnosis and guided imagery and how they can help, you couldn't find a better coach/instructor/teacher/guide than Judith."

Dr. Bresler was a member of the White House Commission on Complementary and Alternative Medicine drafting the government policy in 2000. He was the founder and executive director of the UCLA Pain control Unit and is currently an associate Clinical Professor of Anesthesiology at the ULCA School of Medicine. Dr. Besler has authored or co-authored over 20 books and workbooks on guided imagery, pain and complementary medicine.

Course Content

Hypnotic Imagery Intensive - Foundation, Concepts & Basics

- The foundation: hypnosis, imagery & metaphor
- Similarities & differences in relation to empowerment
- Therapist-Client roles & relationship
- The language of hypnosis
- The principles of guided imagery
- Demonstrations & experiential exercises

For more clinical applications & information on hypnosis & imagery you can find it on-line at: www.Hypnosistothemax.com

Course Objective Participants will: Learn how to integrate hypnotic language and the principles of guided imagery into their work with clients; Get a greater understanding of how hypnotic language accesses unconscious processes, how the principles of imagery empower clients and how the combination of the two enhances they care they provide. Each course meets the qualifications for 10 hours of continuing education for MFTs and LCSWs as required by the California Board of Behavioral Sciences. (Provider number PCE 3463)

Cancellations: Courses with insufficient registration may be cancelled at the discretion of Judy Westerfield. Enrollees will be notified at least 24 hours in advance and will receive a full refund. **Withdrawal & Refunds:** To receive a refund, your request to withdraw enrollment must be received at least 10 working days (excluding Saturdays & Sundays) prior to the scheduled course. Enrollees who fail to provide ten days notice will be assessed the full amount of the registration fee. **You may transfer your registration to another health care professional.**

10 CE CREDITS: Course meets the requirements for 10 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences. Provider Number PCE 3463

Register on-line: www.Hypnosistothemax.com

(A place is not assured until payment has been received)

or Mail registration form and payment to:

Judy Westerfield, 30011 Ivy Glenn Dr, Suite 104, Laguna Niguel, CA 92677

(949) 249-8402 judy@hypnosistothemax.com

Sign Me UP!

Hypnotic Imagery Intensive on June 6-7, 2008

I can't attend this time but please include me on your mailing list.

Please Print Legibly:

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-MAIL _____

CE only - LICENSE TYPE/ LICENSE # _____