## LIU HUDSON AT ROCKLAND

# In the Mind's Eye

Visualization and Imagery in Counseling



An important, but unfortunately often neglected or underutilized aspect of counseling, is the use of visualization and imagery. Visualization and imagery are very powerful therapeutic modalities that can be used to enhance your effectiveness with a variety of clients. This workshop will provide psychologists, mental health counselors, marriage and family therapists, school counselors, social workers, psychiatric nurses and those in related fields with the tools and training that will increase their counseling skills.

From the initial assessment of your client through specific clinical interventions, this workshop will prepare you to be confident in the use of visualization and imagery. You will learn simple but effective "how to" methods of:

guided imagery

- healing imagery
- sensate focus

- breathing techniques
- relaxation exercises
- mind-body connection

This lively, hands on workshop will give you the skills and confidence to add a new dimension to your counseling and therapy practice.

Bonus: This workshop will also cover the R.S.V.P. method to help you help yourself as you help your clients.

Class Date: Sunday, June 10, 2012

Time: 12:30 - 3 p.m.

Location: LIU Hudson at Rockland

70 Route 340 • Orangeburg, NY 10962

(GPS Address: 230 Route 340, Sparkill, NY)

Room: TBD

Fee: \$69.00

Instructor: Dr. Thomas J. Nardi, Ph.D.

Instructor: Thomas J. Nardi, Ph.D. is the Director of the School Counseling and Mental Health Counseling Programs at LIU Hudson at Rockland. He has more than thirty years experience teaching and practicing cognitive behavior therapy, including the use of visualization and imagery. He has published many articles and is considered an authority on the use of these methods and other mind/body techniques in clinical practice.

(PLEASE SEE REGISTRATION INFORMATION ON REVERSE SIDE)



#### **REGISTRATION FORM**

## In The Mind's Eye

Name:		
Mailing Address:		
City:	State:	ZIP:
Home Phone:	Business/Ce	Il Phone:
Email Address:		
Today's Date:		
METHOD OF PAYMENT COST: \$69		
Check made out to "Long Island University" enclosed		
Center for Professional Development and Lifelong Learning Charging Stub  Discover MasterCard Visa		
Credit Card Number:		
Expiration Date: Amount:		Billing ZIP Code:
Home Phone:		
Name of Cardholder (print):		
Signature of Cardholder:		

### PLEASE RETURN FORM AND PAYMENT TO:

LIU Hudson at Rockland Center for Professional Development and Lifelong Learning 70 Route 340 • Orangeburg, NY 10962-2219

