

In the Mind's Eye

A Workshop in 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 and psychiatric nurses 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.

Workshop Date: Sunday, May 15, 2011

Time: 12:30 – 3 p.m.

**Location: Rockland Graduate Campus of Long Island University
70 Route 340 Orangeburg, New York 10962**

(If using a GPS, please use this address: 230 Route 340, Sparkill, NY)

Room: 102

Fee: \$69

Instructor: Thomas J. Nardi, Ph.D.

Thomas J. Nardi, Ph.D. is the director of the School and Mental Health Counseling Programs at the Rockland Graduate Campus of Long Island University. He has more than 30 year's 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)

**CENTER FOR PROFESSIONAL DEVELOPMENT AND LIFELONG LEARNING
ROCKLAND GRADUATE CAMPUS • LONG ISLAND UNIVERSITY
70 Route 340 Orangeburg, New York 10962 • (845) 359-7200, ext. 5434**

**REGISTRATION FORM
In The Mind's Eye**

Name: _____

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City: _____ State: _____ ZIP: _____

Home Phone: _____ Business/Cell Phone: _____

E-mail Address: _____

Today's Date: _____

METHOD OF PAYMENT • COST: \$69

_____ Check made out to "Long Island University" enclosed

_____ Discover _____ MasterCard _____ VISA

Credit Card Number: _____

Expiration Date: _____ Amount: _____ Billing ZIP Code: _____

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Name of Cardholder (print): _____

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