

# Using Guided Imagery for Surgical Support

*A Comprehensive Guide for Nurses, Massage Therapists, Doctors, Energy Workers, and Anyone Who Believes in Our Healing Potential*

**25-30 million Americans will undergo surgery with anesthesia each year!**

**“Current research suggests that the *speed* of this natural recovery could be impeded or hastened by the state of the patient’s mind. If the patient is under emotional stress, believes that recovery is unlikely, or is otherwise in the grip of negative emotions, healing can be delayed or blocked. In contrast, if the patient enjoys a calm and positive mental state, natural recovery might take place more quickly.”**

*Relaxation REVOLUTION: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing*  
by Herbert Benson, M.D., and William Proctor, J.D.

**Saturday, March 17, 2012 8:30 a.m. to 5:30 p.m.**

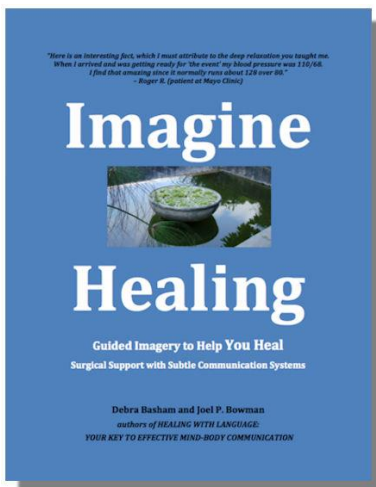
**Borgess Health and Fitness Center, Kalamazoo, MI**

**Cost - \$150**

**Register today!**



People can experience significant benefits by being prepared for surgery emotionally and mentally. Research indicates they can, on average, experience: 20% less blood loss during surgery; 23-50% less need for pain medication; be discharged earlier; fewer complications; and experience greater satisfaction with their surgical experience, medical provider, and/or facility. This workshop will benefit you because the "speed of natural recovery" is not limited to surgery or even to physical healing. Are you worrying about something? Have you been troubled by a memory? Get a joy implant or a guilt ectomy!



Whether your primary motivation is to work with others or to bring healing in your own life, you will be able to see beyond the obvious. Utilizing current neuroscience, you will be able to make the changes that make the difference. Learn how to use guided imagery effectively in your life as you learn how you can get significantly improved outcomes. You can **release painful memories, change limiting beliefs, replace nonproductive attitudes, and stop destructive behaviors.** Along with healthy diet and regular exercise, one hour a day of yoga, meditation, or guided imagery was shown to turn off cancer causing genes and turn on cancer prevention! (Dean Ornish, M.D.)

Call Debra Basham at (269) 921-2217, or email [Debra@scs-matters.com](mailto:Debra@scs-matters.com) to register or for questions. **8 CE contact hours** are available for nurses or massage therapists upon successful completion of the coursework. Fee for CE contact hours is \$15, and is due on the day of the workshop.

The Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA

The Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00