Summary

Guided Imagery is a technique that helps participants experience their own inner mental imagery through the use of purposefully chosen evocative words, phrases, scripts, and sometimes music.

The inner mental imagery that participants experience may involve one, several, or all of the inner senses:

- sight
- sound
- smell
- taste
- touch
- movement

Although participants vary in their ability to produce mental images, these are skills that can be improved through practice.

Imagery has been shown to affect almost all major physiologic systems of the body, including:

- respiration
- blood pressure
- metabolic rates in cells
- sexual function
- immune responsiveness

Some of the health issues that Guided Imagery was found to be effective with include:

- cancer (breast, prostate, thyroid)
- chemotherapy side-effects
- chronic low back pain
- chronic tension headache
- hypertension
- immune system functioning
- inflammatory bowel disease
- pre-operative anxiety
- stress reduction
Guided imagery can be a core component of an Integrative Medicine program.

References

acadgi.com/ (Academy for Guided Imagery)


www.thehealingmind.org/ (Marty Rossman, M.D.)
