

## General Information

### Location

Pyle Center, 702 Langdon St., Madison.

### Time

Registration, 8:30-9 am; workshop 9 am-4 pm.

### Continuing Education Hours

Completion of the program qualifies for 6 continuing education hours. UW-Madison Continuing Studies is an approved CEU provider for social workers, substance abuse counselors and other professions. For a listing of the types of credits offered to program participants check out our website at [www.dcs.wisc.edu/pda/geninfo.htm](http://www.dcs.wisc.edu/pda/geninfo.htm)

### Fees

\$150 per program includes instruction, materials, CEU, refreshments and nonrefundable \$20 administrative fee.

### Enrollment is limited

Register early!

Easy online registration and more information at: [www.dcs.wisc.edu/pda/mental-health](http://www.dcs.wisc.edu/pda/mental-health) or register by phone: 800-725-9692.

### Cancellation policy

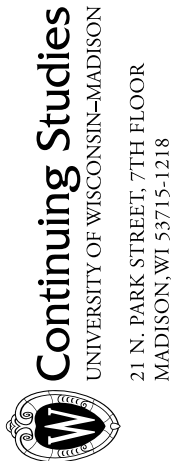
Refunds (minus a \$20 administration fee) are available up to 3 business days prior to the program. You are responsible for the entire fee if you cancel later than that. To cancel or arrange for a substitute, call 800-725-9692.

In the event of bad weather or other emergencies, call 608-263-4432 or visit [www.dcs.wisc.edu](http://www.dcs.wisc.edu) to learn whether a Continuing Studies program or class has been cancelled.

### Questions?

Contact Kristi Obmascher at [kobmascher@dcs.wisc.edu](mailto:kobmascher@dcs.wisc.edu) or 608-262-8971.

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**Integrating imagery into you psychotherapy practice:  
theory, exercises and practice**

# Integrating imagery into your psychotherapy practice: theory, exercises and practice

**February 7, 2012**

9 am-4 pm  
UW-Madison campus  
Pyle Center  
702 Langdon St



**Continuing Studies**  
UNIVERSITY OF WISCONSIN-MADISON

## Registration Form

Please register me for

**Integrating imagery into your psychotherapy practice:  
theory, exercises and practice**

Tuesday, February 7, 2012; \$150

#8705

ENTER 3-DIGIT BROCHURE CODE FROM MAIL PANEL: UW#

### Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE ( )

EVENING/CELL PHONE

E-MAIL

### Payment method

Please bill my organization at the address above.

Enclosed is my check payable to UW-Madison.

Please charge to the following account:

MasterCard VISA Am Ex Discover

CARD NO.

EXPIRES

CARDHOLDER'S NAME

**Mail to:** UW-Madison Cont. Studies Registrations  
Pyle Center, 702 Langdon St.  
Madison, WI 53706-1487

**Call:** 608-262-2451 or 800-725-9692  
(Wisconsin Relay 711)

**Fax:** 608-265-3163 or 800-741-7416

**Online:** [www.dcs.wisc.edu/pda/mental-health](http://www.dcs.wisc.edu/pda/mental-health)  
Phone, fax or online registrations must include  
payments by credit card or purchase order.

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.

DCS-MAC-095-10/11

# Integrating imagery into your psychotherapy practice: theory, exercises and practice

Tuesday, February 7, 2012

9 am-4 pm, 0.6 CEU, \$150

This one-day workshop for new and seasoned clinicians will share current evidence-based application for the use of imagery in a range of cognitive and behavioral therapies.

## You will discover

- Receptive visualization
- Programmed and guided visualization
- Mental rehearsal
- Incorporating imagery work in the treatment of common problems

## Workshop topics

- What visualization is: definition and types
- Images for relaxation and stress reduction
- Listening to symptoms
- Imagery for trauma
- Imagery rescripting and EMDR
- Creating healing images
- Self-esteem enhancement
- Body image acceptance
- Healthy body imagery
- Imagery for pain relief
- Imagery and habit control
- Imagery for changing lifestyle patterns
- Imagery for sports and other performance enhancement
- Dream and daydream imagery



## Faculty

**Melinda Bailey, PhD**, is currently assistant professor at Edgewood College and is in private practice in Madison. Formerly she held positions as a staff psychologist at Group Health Cooperative and coordinator of

psychological services at Beloit College. She teaches in the marriage and family therapy program and has a general adult practice with special interests in anxiety, stress, pain, and couple therapy. She has used hypnosis, stories, and imagery in her clinical practice for more than 25 years, and has extensive experience working with a broad range of problems.

## Comments from past participants

*"Melinda was excellent! She engaged the group, she was easy to follow and understand. I would recommend her as a speaker, and also this workshop to others."*

*"Melinda Bailey is a natural with imagery. It was very easy to visualize what she taught."*

*"Very informative and easy to relate with."*

