

**THE AMERICAN INSTITUTE
FOR
MENTAL IMAGERY**

POST-GRADUATE TRAINING CURRICULUM



2005 – 2007

Gerald N. Epstein, MD
Director

Welcome

This is the catalog of the **American Institute for Mental Imagery**, a New York State Board of Regents provisionally chartered, post-graduate training institute for licensed or certified health care practitioners.

The Institute also offers Programs for the Public, to educate the public in the Western mystical traditions of imagination, Kabbalah, and mindbody medicine.

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INTEGRATIVE HEALTH CARE

BY GERALD N. EPSTEIN, M.D.

In integrative health care, the mind is a full partner with the body; mind and body form a unity. When we look at our illnesses and our troubles, we assign meaning to our symptoms. We acknowledge that our symptoms have value, that they alert us not only to a bodily problem but to broader social and moral issues confronting us in our life situations. Each organ of the body has meaning on an emotional and social level when we accept the mind and body as integrated, as the ancients did.

Integrative health care, also called mind medicine or spiritual medicine, is a medicine that moves us in the direction of spirit, of the invisible reality. It is a medicine of truth and love. The original text that inspires approach is the Bible, itself a living text of medical healing. The essential teaching of spiritual medicine is that we possess the means for healing ourselves through the use of our inner mental processes. We make of ourselves our own authority and take the responsibility for our health and well-being into our own hands. The ultimate aim of this effort is not only to attain a state of healing but eventually to bring ourselves to a state of longevity that presently may seem incredible.

In mind medicine we can link our individual will with Divine will, creating a shift in consciousness. The three elements that make this possible are truth, love and morality.

Healing begins and ends with truth. Illness is an outgrowth of untruth, and the movement from illness to wellness is the correction of untruth and becoming true to ourselves. The basic task of life is to seek after truth, the shortest route to finding God. God has given us images and signs by which we can discover who we really are and what we need to do to correct our errors; the Ten Commandments to allow us to act morally in accord with Divine truth; and resurrection, the possibility to live in the image and likeness of God, as immortal beings by replacing the will to power with the will to love.

From Healing Into Immortality

STATEMENT OF PURPOSE AND AIMS

Who we are

The American Institute for Mental Imagery is provisionally chartered by the New York State Board of Regents to offer post-graduate certification programs for **all health care practitioners**. Premised on the intrinsic connection between mind and body, these programs teach a new perspective on the roots of health and illness. Students learn techniques such as mental imagery, voluntary will, dream reading, and morphology which restore the Self to wholeness and health.

The Founder and Director of AIMI

Gerald N. Epstein, MD, the Founder and Director of the Institute, is a mindbody physician, author and educator. He holds the positions of Assistant Clinical Professor of Psychiatry at Mount Sinai Medical Center and Lecturer at Columbia University's School of Physicians and Surgeons in New York City. Dr. Epstein has attained national recognition as the leading expert in the use of the mind to heal emotional and physical illness. The author of five books, including *Healing Visualizations*, *Healing Into Immortality*, and *Climbing Jacob's Ladder*, he contributes articles to numerous alternative health publications and has recorded The Natural Laws of Self-Healing. He also conducts research into the physical effects of mental imagery, most recently in an asthma research project funded by National Institutes of Health, Office of Alternative Medicine. As an educator, he holds a wide variety of classes for the public. Dr. Epstein lives in New York City where he maintains a private practice.

Historical Background

This tradition of imagery and integrative education taught at **AIMI** originated with Colette Aboulker-Muscat, a renowned teacher and mystic recognized for her clarity of mind and great wisdom. Dr. Epstein met Mme. Muscat in 1974 in Jerusalem and apprenticed with her for over nine years, to master her unique therapeutic method based on the image.

Mme. Muscat was born in Algeria in 1909, the daughter of Professor Henri Aboulker, the most celebrated neurosurgeon of his time. She spent a large part of her early life as an assistant to her father and mastered many aspects of neurology and medicine. Even as a young girl of seven, people came to her for help with their emotional and physical difficulties. Drawing on her North African and Sephardic heritage, she originated and evolved a unique method of therapeutic treatment called Waking Dream.

After attaining degrees in psychology, sociology, philosophy and completing four years of training in physiology, she left Algeria for Paris. There

she studied and obtained her Master's degree in psychology. During World War II, she worked at hospitals in Algeria and France where she used her Waking Dream method to treat soldiers and fighter pilots given up as hopeless by physicians. Her work enabled many patients to heal, and others to die peacefully. Beginning in 1954, after she moved to Jerusalem, she taught people who came to her from all over the world. Mme. Muscat died in 2003.

What is Integrative Health Care?

Integrative Health Care views physical illness as a reflection of a person's life story: It unites all the dimensions that can be involved in illness: the physical, emotional, mental, social, moral and environmental. For example, a heart attack concurrently reflects problems in the physical condition of that organ and in the emotional sphere of love. Similarly, emotional depression emerges in the physical body through posture, facial expression, and metabolic changes. Regardless of the complaint, every illness represents a fragmentation of our Self, which manifests simultaneously in all spheres of our existence.

What is Mental Imagery?

Therapeutic mental imagery is the mind thinking in pictures. These images form the natural language of inner life that transcends the constraints of logical and lexical thinking. The process of mental imagery allows a return to wholeness.

Mental imagery offers a method for change that can occur in an instant. The image jolts the person's system, explodes the ingrained patterns, and permits new directions to emerge unimpeded. It alters physiology, perceptions, and philosophy. To practice imagery, one must experience it. For this reason, **AIMI's** programs require that the students learn through participation as well as through didactic study.

Through the practices of imagination, the students begin to turn to themselves for answers about life and to meet personal challenges with creative solutions. Students no longer compare themselves to external standards. They become their own authorities and impart this essential principle to their clients. Thus, health care providers become guides to their independent clients, and the therapeutic process becomes a self-directed movement of growth.

AIMI's programs teach students to understand the image as it appears in human experience in the phenomenology of the moment: In the external image of our face and body form, where it is called the science of morphology; in the internal image of our night dreams, called intuitive dream reading; in the exploratory dream image, called Waking Dream; and in the *formless* image, called the voluntary Will.

What are the basic premises of the AIMI model?

AIMI teaches from a phenomenological and holographic model. Phenomenology describes the study of the moment without subjective interpretation -- as occurs in psychology -- or objective experimentation -- as in science. In the experience of the present moment, the phenomenon reveals true information and contains answers without having a need to investigate the past or foretell the future.

The holographic model teaches that the part contains the whole just as a seed contains the information and potential realization of a tree. In healing, a holographic framework permits a single image, dream, or facial feature to encapsulate the whole life experience of the person. This principle aligns with phenomenology to expedite healing without extensive discussion or analysis.

Benefits of an AIMI Education

- Incorporates cost effective treatments into your practice
- Reduces office visits as it increases clinical effectiveness
- Brings immediate response and quick progress
- Applicable to situational, physical, and emotional disorders
- Uses non-invasive therapy
- Facilitates and complements other modalities
- Re-educates clients as active participants in healing
- Insures that client interactions are never repetitious

AIMI Facilities

The Institute is located on the Upper East Side of Manhattan, at 16 East 96th Street and 351 East 84th Street. It maintains a large library of reference books and periodical literature. The Institute's facilities accommodate people with disabilities.

All courses are open to applicants regardless of race, religion, or creed.

AIMI PROGRAMS FOR CLINICIANS

IMAGINATION, PHENOMENOLOGY & MENTAL IMAGERY FOR HEALTH CARE PROFESSIONALS

Images are the true and natural language of inner life as well as the direct route to emotional life. These mental pictures give messages for healing, new directions to take in life, and ways to break conditioned patterns.

This program trains mental health professionals in phenomenological and therapeutic imagination. It includes didactic, experiential, clinical and supervisory experience.

Format:

- Nine weekend modules, each comprising 21 hours of course work, for a total of 189 class hours for the year.
- Fifty Group Supervisory sessions for a period of 15 - 24 months.
- Individual Waking Dream therapeutic experience, with a therapist approved by the Director.

Admission Requirements:

Open to all licensed or certified health professionals, including:

- Physicians
- Psychologists
- Social workers
- Nurses
- Creative Arts therapists (Art, Music, Dance and Drama)
- Mental health, marital, and family counselors
- Pastoral counselors
- Lay psycho-analysts

The completion of the program at the Institute will lead to Certification in Imagination, Mental Imagery and Phenomenology.

Nine Weekend Modules

I Introduction to Imaginetic Science

- Scientific foundation of imagination
- Difference between the science of imagination and natural science
- Distinction between Imaginetic medicine and other forms of medical therapeutics
- Contrast of cause and effect methodology of traditional psychology and phenomenology

II Phenomenology of Imagination

- Imaginal process experienced through the works of Madam Colette Aboulker-Muscat, Gerald Epstein, Martin Heidegger, and Medard Boss
- Phenomenological, logical, and imaginal understanding of spatiality, temporality, human bodyhood, memory, living in a shared world, and death
- Use of imagination in a world view of "the presence of the present" as a viable therapeutic modality
- Introduction to the three major techniques of imagination: waking dream, guided exercises, short exercises

III The Form and Structure of Dreaming

- Imaginal and phenomenological understanding of the dreaming process
- Experiential approach to the nature of dreams
- Color, number, and directionality in the dream content
- Relationship between the dream realm of existence and waking life
- Application of dreams as the starting point for waking dream exploration

IV Morphology: The Science of the Form and Structure of the Face and Body

- Morphology as the foundation for understanding human emotional and physical life: temperament, personality and character
- The biological basis of morphology: embryology, anatomy and physiological functions
- Clinical uses of morphology in physical and emotional disorders
- Morphological direction for individualized treatment in the therapeutic process

V Will and Intention

- Nature of will and intention -- the "formless form" of Imagination

- The "Watcher" – making space to change
- The therapeutic use of life plan, reversing, stopping, and chanting exercises

VI The Experience of the Imaginal Guide

- Nature of the therapeutic relationship
- Role of the guide as facilitator/advisor
- Special role of the guide in waking dream therapy
- Conducting a waking dream session
- How to compose imagery exercises

VII The Imaginal Approach to Child, Adolescent, and Family Processes

- Application of imagery processes for these three groups
- Special approaches and attention within the imaginal framework
- Clinical examples that illustrate the principles
- How to create imagery appropriate to these groups
- Evaluation of students' own clinical experience

VIII Imaginal Case Experience

- Application of the philosophy of phenomenological therapy
- Case presentations as teaching tools

IX Imaginal Group Therapy

- The use of imagery in/as a group therapeutic healing process
- Integration of student's imaginal experience within the group context
- Mental imagery as a shared inner language and its social consequences
- How to lead an imagery group

Supervisory Sessions

Each student must complete 50 one-and-one-half hour group supervisory sessions over 15 - 24 months. A student will provide his/her own private clients for these sessions. Each student must present four cases during this period.

Tuition and Fees

\$	60	Application Fee (non-refundable)
\$	4,500	Weekend Modules (\$500 x 9 weekends)
\$	4,000	Group Supervision (\$80 x 50 sessions)

\$ 125 - \$200/hr For personal Waking Dream Therapy, hourly fee and number of sessions determined individually. The average cost for personal therapy comes to approximately \$4,500 completed.

Total tuition for the nine weekend modules and supervision is \$8,500, payable in four equal installments of \$2,125 each, to be paid at first, third, fifth and seventh modules. Fees for personal Waking Dream Therapy are paid individually to the therapist.

Call the Director concerning scholarship availability.

Refunds

Refunds for withdrawal or dismissal will be granted in the following manner:

- Tuition less 10% refunded before course work commences.
- Tuition prorated for both course work and supervision through module number 3.
- No refunds for either course work or supervision beginning with weekend module number 4.

Standards for Graduation from Program

The participation of students is reviewed on an ongoing basis. The specific requirements for certification are as follows:

- Each student's progress will be reviewed and evaluated after every three modules.
- Grades for modules use the standard "satisfactory" or "unsatisfactory". An unsatisfactory grade brings a warning, and the module(s) must be repeated satisfactorily. A second unsatisfactory in the same module requires the student to withdraw.
- Completion of all course work, i.e. all 9 weekend modules.
- Attendance at a minimum of 50 supervisory sessions.
- A personal waking dream therapy experience. Completion of this experience is not required for graduation from the Institute.
- The Executive Director of **AIMI** recommends that a Certificate of Completion be granted upon the approval of the Board of Trustees. All students, regardless of credentials or licensure, receive the same certificate.

INTEGRATIVE MEDICINE/HEALTH CARE FOR PHYSICIANS AND NURSES

The certification in Integrative Medicine presents the opportunity for medical and osteopathic **physicians** and registered **nurses** to integrate the mindbody perspective into their clinical practice. Since one can only understand this integrated perspective through personal experience, the program includes didactic, experiential, and case review. Each topic includes a syllabus of selected readings and exercises.

Classes include clinical case presentations.

Format

- The course meets on Thursdays, 7:00 PM - 9:00 PM, September through June. The program consists of nine modules, for a total of 72 class hours.

Admission Requirements

Open to physicians and nurses

The completion of the program at the Institute will lead to Certification in Integrative Medicine.

Monthly Modules

I Integrative Medicine/Healthcare

- An overview and history of integrative medicine from Egypt to Descartes
- What is Mind? What is Body?
- The Mindbody Mirror: The Hologram of Health
- The differences between the integrative and conventional models of medicine: Patient intake, diagnosis, prognosis and treatment
- Alternative treatments and how they differ from this approach

II The Meaning of Illness

- The mind's role in illness and health
- The emotional, mental, social, and moral components of illness
- The family system and its role in health and disease
- The secret language of the body; emotional correspondences of physical disease
- Illness as messenger and awakener

III The Clinician-Patient Relationship

- The healing relationship; taking your attention away from the result
- From power and paternalism to self-authority and self-reliance
- Restoring communication between clinician and patient
- Placebo and nocebo effects

IV Holographic Diagnosis 1: The Hologram of Imagery

- Introduction to different types of imagery, the inner language of the mind
- Difference between imagery and other forms of mental feedback modalities
- From imagery to action - bringing the seeds to fruition
- Imagery as a tool for diagnosis and treatment of physical and emotional disorders
- How to create imagery exercises

V Holographic Diagnosis 2: The Hologram of the Dream

- Introduction to dreams, what they reveal about health
- The meaning of numbers, colors and directions in dreams
- Reading the universal themes of dreams
- Applying the message of the dream to the treatment for healing

VI Holographic Diagnosis 3: The Hologram of Morphology

- Introduction to Morphology, what the face reveals about health
- The biophysiology of the four body types – weaknesses and strengths
- The Morphological snapshot: A diagnostic tool
- Using Morphology to maximize treatment success

VII The Keys to Successful Healing

- The contrast between "to cure" and "to heal"
- Seven keys to healing: Cleansing, Faith, Forgiveness, Pain, Quieting, Reversing, Sacrifice

VIII Health Maintenance and the Prevention of Illness

- New directions and research in the phenomenological model of medicine
- Integrating alternative modalities into a conventional medical practice:
When to engage other health care practitioners
- Lifestyles and value systems

IX A New Education: The Spiritual Dimensions of Health

- Millennial Medicine: A new perspective on living and dying
- Awakening Osiris: Life Extension versus Resurrection
- "Death, thou shalt die": The fusion of science and spirit

Tuition and Fees

Total tuition is \$3,000 payable in three equal installments of \$1,000 each, to be paid at the first, fourth, and seventh modules.

Call the Director concerning scholarship availability.

Refunds

Refunds for withdrawal or dismissal will be granted in the following manner:

- Tuition less 10% refunded before course work commences.
- Tuition prorated for course work through module number 3.
- No refunds for course work beginning with weekend module number 4.

Standards for Graduation from Program

The participation of students is reviewed on an ongoing basis. The specific requirements for certification are as follows:

- Each student's progress will be reviewed and evaluated after every three modules.
- Grades for modules use the standard "satisfactory" or "unsatisfactory." An unsatisfactory grade receives one warning, and module(s) must be repeated satisfactorily. A second unsatisfactory in the same module requires the student to withdraw from the school.
- Completion of all course work.
- The Executive Director of **AIMI** recommends that a Certificate of Completion be granted upon the approval of the Board of Trustees. All students, regardless of credentials or licensure, receive the same certificate.

INTEGRATIVE IMAGERY FOR BODY THERAPISTS

Although most body therapies implicitly understand the role of the mind in health and illness, none of the many body disciplines teach the way to synthesize these components.

Physical complaints arise from the whole being of a person, not separate from one's emotional or social life. The body speaks its own language through its aches and pains. This course teaches students to understand these messages of the body.

The **AIMI** program explores the unity of the mind and body through the use of mental imagery, dreams, intuition and morphology. The course expands the participants' ability to diagnosis and treat the *whole* person, not just the ailment. Clinical case studies and individual imaginal experiences form an integral part of the course. This course welcomes practitioners of the musculo-skeletal therapies, energetic systems and psycho-physical reeducation.

Admission Requirements

This course is open to certified or licensed body therapists, such as these:

- Acupuncture
- Alexander Technique
- Chiropractic
- Cranio-Sacral
- Feldenkrais
- Physical Therapy
- Polarity
- Reiki
- Rolfing
- Shiatsu
- Swedish Massage
- Therapeutic Touch
- Therapeutic Massage

Format

- The course meets on Wednesdays, 10:30 AM - 12:00 PM, September through June. The program consists of nine modules for a total of 54 class hours.
- The completion of the program at the Institute will lead to Certification in Integrative Medicine.

I The Integrative Perspective on Healing

- Ancient notions of mind and body
- The Split between the Mind and Body: Descartes and the allopathic model of medicine
- Re-Membering YourSelf: Putting the pieces back together
- The Mirrored Universe: The Hologram of Health

II Body Talk

- Messenger from within: The meaning of illness
- The role of the emotions in illness and health
- The social and moral context of 'bodyness'
- A mind of its own: The idiomatic language of body parts and organs

III "No Agenda": The Healing Framework

- The client knows best: The health practitioner as guide
- Hidden messages: Nocebo and the belief system of illness
- The Pleasing Placebo
- Separation of intention (direction) from attention (process)

IV The Imaginal Body

- Introduction to mental imagery: its history, uses and efficacy
- How imagery works: The pictorial language of the mind
- Emotions, sensations and images
- The vertical axis of imagery
- The body of light

V The Imaginal Body In Your Practice

- How to construct imagery exercises
- How to read the image
- How to integrate imagery into a body therapy practice
- Imagery to address common concerns in a body therapy practice

VI The Dream Body

- The dream reality
- What dreams reveal about the physical body and the Self
- Repairing the dream body
- Using the dream message to correct the body's imbalances

VII Morphology: The Science of Body Form

- The four temperaments: A constitutional map of body types
- The embryological foundations of body types
- Morphologic diagnosis in clinical practice
- Rhythm, pace, measure and proportion according to type
- Cut and paste your face: Seeing your past and future

VIII Intuitive Diagnostics and Treatments 1

- Listening to the first voice
- Exercises to increase intuition
- Prayer: Speaking to the Healer on High

IX Intuitive Diagnostics and Treatments 2

- Remote viewing
- Therapeutic Touch
- Psycho-energetic instruments

Tuition and Fees

Total tuition is \$2,160 payable in three equal installments of \$720 each, to be paid at the first, fourth, and seventh modules.

Call the Director concerning scholarship availability.

Refunds

Refunds for withdrawal or dismissal will be granted in the following manner:

- Tuition less 10% refunded before course work commences.
- Tuition prorated for course work through module number 3.
- No refunds for course work beginning with weekend module number 4.

Standards for Graduation from Program

The participation of students is reviewed on an ongoing basis. The specific requirements for certification are as follows:

- Each student's progress will be reviewed and evaluated after every three modules. Grades use the standard "satisfactory" or "unsatisfactory." An unsatisfactory grade brings one warning, and the module (s) must be repeated satisfactorily. A second unsatisfactory in the same module requires the student to withdraw from the school.
- Completion of all course work.
- The Executive Director of **AIMI** will recommend that a Certificate of Completion be granted upon the approval of the Board of Trustees. All students, regardless of credentials or licensure receive the same certificate.

AIMI FACULTY

Gerald N. Epstein, M.D., the Director of the Institute, is a mindbody physician, author and educator.

Dr. Epstein is nationally recognized as a leading expert in the use of the mind to heal emotional and physical illness. He holds the position of Assistant Clinical Professor of Psychiatry at Mount Sinai Medical Center in New York City and Lecturer at Columbia University's School of Physicians and Surgeons.

Dr. Epstein has authored five books including *Healing Visualizations*, *Healing Into Immortality*, and *Climbing Jacob's Ladder*. (He recently recorded The Natural Laws of Self Healing.) He has also written numerous articles for alternative health magazines and has been the subject of many interviews, appearing on national television and radio shows such as Geraldo Rivera.

Dr. Epstein lectures and teaches throughout the United States, Canada, South America, Europe, and Israel.

He lives with his wife and two young children in New York City, where he maintains a private practice. In his words, the goal of his work is to establish "a Community of Learning devoted to living in attunement with Spirit."

Elizabeth Ann Manhart Barrett, RN, PhD, FAAN, is Professor Emerita, Hunter College, City of New York. Author of four books and over 80 articles on a wide variety of subjects, she teaches and lectures throughout the country on her theory of *Power as Knowing Participation in Change*. In 1995, Dr. Barrett graduated from the American Institute of Mental Imagery. Along with Dr. Epstein, she pioneered a seminal research project on the effects of guided imagery on treatment outcomes for asthmatics, under a grant from the National Institutes of Health Office of Alternative Medicine.

Dr. Barrett has earned a reputation as one of the most honored nurses in America. At present she conducts a practice of Therapeutic Touch and Mental Imagery.

Celia Beth Blumenthal, M.D. is a Diplomate of the American Board of Psychiatry and Neurology in Child Psychiatry, General Psychiatry and Medicine. Dr. Blumenthal, a graduate of Columbia University's School of Physicians and Surgeons, now works for the Board of Education and St. Vincent Services for Children, Brooklyn, in addition to conducting a private practice.

Dr. Blumenthal has also achieved certification in Acupuncture, macrobiotics and Hypnosis. She has co-authored a number of articles on

acupuncture techniques. She is a graduate of the American Institute for Mental Imagery and primarily uses this treatment method.

Linda Caigan, A.C.S.W., holds a Master's degree in Social Work from Columbia University and a Post-Graduate degree from The American Institute for Mental Imagery. She serves as a consultant and a volunteer staff member for the Women's Center of the Westchester Jewish Community Services organization. Ms. Caigan works as an imagery therapist with cancer patients, adults, and families in her private practice. She has also coordinated mental imagery into the program at the Center of Holistic Medicine of the United Hospital in Port Chester, NY, and currently serves as a consultant in mental imagery to the Oncology Service of White Plains Hospital.

Lydia Craigmyle, Ph.D., a licensed New York State psychologist, practices integrative mindbody therapy with an emphasis on mental imagery. She worked at Washington Square Institute and conducted research at Harvard University's Maclean Hospital. Dr. Craigmyle specializes in the mother-daughter relationship. She also incorporates a natural breathing method, developed by Carl Stough, to reduce anxiety and depression. A graduate of The American Institute for Mental Imagery, Dr. Craigmyle will conduct innovative research into the effects of mental imagery on the sympathetic nervous system and the *locus caeruleus* (Blue Nucleus) under the auspices of **AIMI**.

Steven Hahn, M.D. is an Associate Professor of Medicine at Albert Einstein College of Medicine and a Clinical Instructor in Psychiatry. A graduate of Yale School of Medicine, he holds certification by the American Board of Internal Medicine. He currently has the position of Director of the Behavioral Science Curriculum of the Categorical and Primary Care Internal Medicine Residency Programs at Jacobi Medical Center. Dr. Hahn is also President of the Association for Behavioral Sciences and Medical Education. He has authored nearly 50 articles in his field of Behavioral Medicine.

Viviane Lind, M.D. is Director of the Child and Adolescent Outpatient Psychiatric Clinic at Metropolitan Hospital in New York City. She attended medical school in Morocco and graduated from Tel Aviv Medical School in Israel. Dr. Lind is a Diplomate of the American Board of Psychiatry and Neurology in Child Psychiatry and General Psychiatry. She studied with Mme. Colette Aboulker-Muscat of Jerusalem and worked with Dr. Epstein to develop imaginal work for children. She employs Mental Imagery in her work with children, adolescents and adults.

Sharon J. Parish, M.D. is Director of Psycho-social Training at Montefiore Medical Center and a Board Certified Diplomate in Internal Medicine. An Assistant Professor, she develops the behavioral science training curricula for the Internal Medicine house staff. She has earned a national reputation in this field. Dr. Parish is a graduate of The American Institute for Mental Imagery. She maintains a private practice in Internal Medicine with a special interest in Women's Health.

Joyce Reinitz, A.C.S.W., is a New York State Certified Social Worker who graduated from Columbia University's School of Social Work. She co-founded the Center for Integrated Recovery and remains the Director of this institution. Mrs. Reinitz worked for the Jewish Family Services and for the Neurological Institute of Columbia Presbyterian Hospital.

She has combined the Rubenfeld Method of body work with her approach to integrative imaginal therapy. She is a graduate of The American Institute for Mental Imagery. Mrs. Reinitz is a graduate of the Rabbinical Program of the Academy for Jewish Religion.

Peter Reznik, M.S.W., Ph. D., formerly of the Soviet Union, earned a Master's degree in linguistics from Odessa University. He trained in clinical Hypnosis at Odessa Medical School. Upon his emigration to the United States, he graduated from Fordham University's School of Social Work and subsequently achieved his Doctorate from Columbia Pacific University. He is a graduate of The American Institute for Mental Imagery.

Dr. Reznik holds a staff position at The Schachter Center for Complementary Medicine in Suffern, New York, and practices his own Mindbody Integrative approach to healing. He teaches a wide variety of classes for the public, such as Morphology, Dream Work and Mental Imagery. He maintains a private practice in New York and Montclair, New Jersey.

**AIMI Publications Production Manager
Sheryl Anne Gura Rosenberg**

AIMI WEEKEND

MENTAL IMAGERY FOR CLINICIANS

This three-day weekend introductory workshop, open to all health care professionals, is an opportunity to learn the principles and the practice of mental imagery. Premises on the unity of the mind and the body, mental imagery brings efficient and lasting therapeutic and educational benefits in all forms of clinical work. Imagery complements all types of clinical practice since it permits the patient to discover the relationships between physical and emotional disorders.

The course is offered three times per year, during the first full weekends of February, June and October.

Please call for a **Schedule of Courses** for dates and fees.

Completion of this workshop can be applied as credit toward all of the certificate programs.

Friday

9:30 AM – 1:00 PM: Personal Imaginal Experience

- An introduction to mental imagery through direct personal experience: "Doing first" is the initial step to knowing.

11:00 AM – 1:00 PM: Introduction to Imagination and Mental Imagery

- Theory and practice of Imagery
- History of Imagination
- Differences between imagery, hypnosis, daydreaming and other mental states
- Various schools of imagery techniques
- Contrast of imagery with conventional treatment approaches

1:00 PM – 2:00 PM: Lunch

2:00 PM – 5:00 PM: Imagery Techniques

- Descriptions and demonstrations of the three fundamental techniques of imagery – Waking Dream, Guided Exercises, Short Exercises
- Appropriate usage of imagery techniques in clinical practice.
- Discussion of when-to and when-not-to use imagery.

5:00 PM – 6:30 PM: The Role of the Imagery Advisor

- Exploration of the nature of the therapeutic relationship, especially the differences between the role of the advisor/guide and the traditional clinician.
- Supervised practice.

Saturday

9:30 AM – 1:00 PM: Personal Imaginal Experience

11:00 AM – 1:00 PM: Applications of Imagery in Clinical Practice

- Clinical settings: individual, couple, group, family, etc.
- Mindbody issues, including pain; insomnia; stress; digestive disturbances; ulcer; ulcerative colitis; rheumatoid arthritis; asthma; addictions such as alcohol, food, drug; clinical disorders such as depression, anxiety disorders, traumas; chronic illness such as cancer, venereal problems, emphysema and cardiac disease, amongst others.
- When and how to incorporate mental imagery into treatment

1:30 PM – 2:30 PM: Lunch

2:30 PM – 4:30 PM: Creating Imagery Exercises: The Art of Imagination

- Basic steps to constructing and creating imagery exercises
- Demonstrations of imagery experiences by the participants

4:30 – 6:30 PM: Conducting Clinical Imagery

- Supervised experience with the three types of imagery experiences
– Waking Dream, Guided Exercises, Short Exercises
- Practice with other workshop participants in small groups

Sunday

9:30 AM – 1:00 PM: Personal Imaginal Experience

- The full circle conclusion of the teaching and experiential work of the weekend
- Personal integrative imagery event

11:30 AM – 12:30 PM: Creating a Clinical Imagery Practice

- Examination of the ethical and practical considerations of imagery practice, including: setting limits on the length of treatment; deciding who is and is not appropriate for this work; medical-legal implications; and record-keeping.

12:30 PM – 1:30 PM: Questions and Answers

- An open forum of interchange.

PUBLIC PROGRAMS

*Educating the public in Western spiritual practices.
The themes of the classes touch every facet of life-relationships,
occupation, health, habits and happiness.
Participants learn to use the imagination and the will
to bring the sacred into everyday life.*

Please call for a Schedule of Classes for times, fees, and location.

GROUP CLASSES

GROUP COURSES

GROUP IMAGERY

The practice of mental imagery bypasses habitual thought to reveal new possibilities. This method of healing can bring practitioners instantaneous shifts in physiology, perceptions and philosophy that lead to self-integration. Each series focuses on a different theme.

GROUP DREAM READING

In this class we enter into the very depths of self to unlock the secrets of one's life via the way of the dream, the paradimensional reality containing the knowledge of who and what we are.

The introductory Dream Reading one-day class is required for participation.

ONE-DAY CLASSES

FINDING THE JOSEPH WITHIN: MASTERING THE ART OF DREAM READING

Throughout history, dreams have offered revelatory knowledge about ourselves and our relationship to life. This course provides an overview of the common dream language shared by all people in the world. This Biblical method reveals hidden truths that contain answers for our physical health, our social relationships, our creative potential and our spiritual growth. It is the prerequisite for the Group Dream Reading course.

MORPHOLOGY: THE ART AND SCIENCE OF FACE READING

Faces reflect our emotional and physical qualities. Although each is unique, features and structures share meanings common to all. This course offers a practical guide to understanding what the face reveals about an individual's personality, relationships and health.

ONE SEMESTER COURSES

THE ART OF LOVE: SPIRITUALITY AND RELATIONSHIPS

Love, together with law, is a central and seminal force of Western spirituality. This class shall serve as a platform on which to build and teach our understanding of the special way this spiritual tradition unfolds the universal life force of love through the many sorts of relationships we live daily. We shall cover, amongst many others, how to read the “truth” of the relationship, courtship, friendship, settling of arguments, the real nature of love.

THE ROOTS OF ALL ILLNESSES AND THEIR REMEDIES

This class will explore Gerald’s original discoveries of the 16 sources of illness and the 18 remedies that bring balance, well-being, and health, bringing one from the abyss of physical, emotional, and social decay to the peak of integration and wholeness. All of this original conception defines and unfoldment of Western spirituality as a unitary health care system allowing us to take the personal power and responsibility to become our own healer. For, who knows more about us than ourselves?

TWO SEMESTER COURSES

BUILDING A SPIRITUAL BODY OF LIGHT

By increasing our awareness, we gradually build a spiritual body of light. This new body, freed from habitual conditioning, allows us to unlock a life of love, intuition, faith and imagination. To observe and reverse limiting patterns, this course uses Alone with the One, a collection of spiritual poetry by **Colette Aboulker-Muscat**, the teacher of the Kabbalah of Light tradition.

THE SCIENCE OF MAN

Through the remarkable spiritual practice advanced in the work of Dr. Robert Gibson this course is designed to clear away and clean out the obstacles blocking our way to truth, enlightenment and union with our source of Be-ing.

THE KEYS TO SPIRITUAL HEALING: MORPHOLOGY, NUMBERS, COLORS, AND MUCH MORE

This course presents essential elements of the Western Spiritual tradition that contribute to the healing process. Knowledge of the inherent meaning of facial types, numbers, colors, and other attributes permits everyone to achieve growth and health.

The introductory Morphology one-day class is required for participation.

MEDITATIONS ON THE TAROT: THE UNION OF KABBALAH AND HERMETICISM

This book stands as the basis for exploring one of the most profound spiritual forms of training and practice, given to us in this extraordinary text, written by an Unknown Friend. It provides the most significant set of practices to accomplish the task of putting our fragmented selves in order and to discover unitary consciousness.

THE PHOENIX PROCESS OR THE DEFEAT OF DEATH

In this era heralding the “end of days”, the time of the advent of the Messiah, a great deal of attention is to be paid to the central phenomenon of this time, namely, the resurrection of the dead souls back to life. In the Western mystical tradition this possibility is considered to be a concrete fact, not a metaphor. This course explores the spiritually logical actuality of resurrection and immortality and penetrates the deep mysteries surrounding the symbolism of resurrection – the Phoenix – who returns to life out of the ashes of its own destruction.

COURSES BY ORI Z. SOLTES, Ph. D.

DEATH, THE SOUL AND THE AFTERLIFE IN THE PAGAN, JEWISH AND CHRISTIAN TRADITIONS

This seminar will consider how the ancient Pagan traditions variously viewed the survival of some part of us after death as terrible and wonderful; how the Hebrew Bible offers little detail and no sense of a negative afterlife; how Judaism and Christianity variously draw from and reject aspects of the pagan and biblical traditions, yielding radically different senses of what happens after death – and what views have emerged in the somewhat secular modernity of our own era.

SPIRITUAL LUMINARIES IN THE ANCIENT PAGAN, JEWISH AND CHRISTIAN TRADITIONS

This seminar will offer an introductory, comparative exploration of the fundamental teachings of Pythagoras, Socrates and Plato, Aristotle, Epicurus and Zeno the Stoic, as well as Hillel the Elder, Jesus of Nazareth, Philo Judaeus and Plotinus. Our purpose will be two-fold: to examine some of the key concepts set forth by the pagan thinkers; and to consider how the Judaeo, and early Jewish and Christian thinkers sought to synthesize what they considered important from such thinkers with their own non-Pagan traditions.

Ori Z. Soltes is Professorial lecturer in the Theology and Fine Arts departments of Georgetown University, Washington, DC.

COURSE BY BARBARAH FEDOROFF & CHAYA DEYO

IN SEARCH OF THE DIVINE FEMININE

Through this monthly ritual, participants discover and nourish the qualities of the Divine Feminine that rest within each of us. Each session begins with mental imagery. Then the group concentrates on a major Tarot card and the members share their experiences. We conclude with sacred music. One session occurs at the Metropolitan Museum.

Barbarah Federoff, author of *Using Beneficial Images to Empower Children*, is a graduate of **AIMI**.

Chaya Deyo is a retired special education teacher and a student in **AIMI**.

COURSE BY LYDIA CRAIGMYLE, Ph.D.

SACRED SONG BLESSINGS

A person's name contains the vibrational blueprint of his/her heart and soul. Singing the name blesses the unique nature of the person's being. This process promotes remembrance of the connection to the Divine. The name's song releases images and feelings that prompt healing, growth and peace. Participants do not require any singing ability.

Lydia Craigmyle, Ph.D., is a psychologist, imagery practitioner and an **AIMI** graduate and faculty member.

COURSE BY JILL BERKE, M.A.

RUMI WORKSHOP

LET'S GO RUMI—NG: SOUL WORK FOR CREATIVE MINDS

We use the rich imagery and timeless wisdom found in the 13th century poetry of Rumi as a platform for our own fulfilling spiritual journey. *Rumi—ng means to take bold mind-leaps together, to dive off and into Rumi's ecstatic spirit and truths.* Using short mental imagery exercises and intuitive thought drawn from Rumi, we can move mountains beyond our own self-set limits. Soul work is boundless, says Rumi, and so are the joy and wisdom he can help us discover.

Jill Berke is writing her masters thesis on the rhetoric of terrorism and studies Mental Imagery with Dr. Gerald Epstein. She is the Assistant Director of the Center on Terrorism, John Jay College of Criminal Justice, NYC.

COURSE BY ELIZABETH BARRETT, R.N., Ph.D., F.A.A.N.

THERAPEUTIC TOUCH

Therapeutic Touch is a contemporary interpretation of several ancient healing practices. The practitioner uses the hands to intentionally direct energy modulation that facilitates the healing process. The first session develops beginning Therapeutic Touch practitioner skills and the second session provides further opportunities to experience and perform the technique.

Elizabeth Barrett, RN, PhD is a Health Patterning Therapist, an **AIMI** graduate, and Professor Emerita, Hunter College, City University of New York.

SATURDAY NIGHT SALONS

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Dr. Epstein and guest presenters speak on various themes, books, or works in progress. A collation follows. Free admission.

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PUBLICATIONS AND RECORDINGS

BOOKS AND RECORDINGS BY GERALD N. EPSTEIN, M.D.

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By climbing our own ladder of self-mastery, we can become a light to the nations; bring an end to evil; defeat death; and make union with God.

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BOOKS BY COLETTE ABOULKER-MUSCAT

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A manual of discovery of your inner being written in poetry form by the master of Western wisdom.

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CREATION

I change all the time
And you change also.
Every thing existing
Is changing too –
And we depend
On each other.
God has created us
And constantly
We recreate Him.
Without beginning
Without end,
We create.