



Guided Visualisation

Traditional Therapy Training

Short course - 1 day

Pre requisites: None

Price: £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



Guided visualisation is a form of meditation that promotes a calmer state of mind and develops coping mechanisms. This session explores the senses and guides the learner in the use of description to carry the receiver to a peaceful place where relaxation can be experienced.

Theories:

- What is visualisation
- The impact of words
- The use of tone and pace
- Describing the senses
- Connecting with the subconscious
- Structuring suggestion
- Creating a guided visualisation
- Safety

Outcome:

By the end of the session you will have reviewed the use of words, tone and pace. You will have practised descriptive language to provoke the imagination and induce relaxation. These skills can be put into use during visualisation and general communication. You will have the opportunity to create a visualisation and present it.

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