



Imagery Course with Ellen Whealton, MA, MT-BC

"I sat down for my session yesterday as, I admit it, a skeptic! But I can't tell you how amazed I am at the results. **You drew out of my mind things that I had been churning on but couldn't even articulate yet.** You not only gave me the courage and encouragement that I needed to take the next step in my life, but you made me feel authentically ready to do it."

~ Erin P., private client

"It is a privilege to work with Ellen and her **unique style that blends music, vibrational sound and guided imagery** into a gentle and supportive journey of self and group exploration. Ellen worked with our team, honoring both the individual needs of each member as well as the energy and needs of the group. She provided an experiential, safe dialogue that allowed each team member to feel comfortable expressing their internal journey while **creating a collective bond through group interaction and connection.** Many thanks to you Ellen for all you are and all you do to promote healing and to support the best in each of us."

~ Lori Rhoades, Nurse Manager, Sharp Hospital

Description: Music and imagery can be applied in a wide variety of clinical settings and help take clients deeper into their therapy experience. Imagery can be an effective way to add a wellness approach to your practice. When paired with music, the use of imagery is a powerful tool music therapists can use to create a meaningful and therapeutic experience for clients.

In this course, you will learn how and when to use imagery in your practice, facilitate imagery, pair imagery scripts with music, and use imagery to enhance sessions. Consisting of 10 chapters and videos, this course is designed to teach you how to create, process, and market imagery to build your practice and work with existing clients. In addition, Ellen Whealton offers bonus materials such as formulas for session planning, imagery scripts, pre-recorded music, and numerous other resources you need to succeed in effectively using music and imagery in your clinical practice.

Board Certification Domains:

1. Participants will express at least one way that imagery can address an intention of wellness with a client (BCD II.A.2.bd.).

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2. Participants will identify one way that they can employ music relaxation and/or stress reduction techniques with clients (BCD II.A.5.j.).
3. Participants will describe at least one strategy for providing a safe and contained environment (BCD I.D.8.).
4. Participants will demonstrate 2 ways that they can engage in collaborative work with colleagues (BCD IV.A.4.).

Prerequisites: Facebook profile is recommended, not required. The course forum is held in a Facebook group. In lieu of a Facebook profile, you are encouraged to interact with the instructor via email.

Instructor Qualifications: Ellen Whealton, MA, MT-BC, has developed an approach that combines Transpersonal counseling skills, meditation practices, somatic experiences, music and guided imagery. Her goal is to teach you how to use these techniques in your practice as a tool to help your clients recognize untapped potential and discover how to lead inspired, content and harmonious lives.

Video Course Format:

I. The Writing Process:

- Chapter 1: Before You Begin
- Chapter 2: The Opening Scene
- Chapter 3: Building a Thread of Intention and the Transitional Phase
- Chapter 4: Completing the Transitional Phase
- Chapter 5: The Transitional Image

II. Pairing the Imagery with Music:

- Chapter 6: How Music Affects the Psyche

III. Facilitating the Imagery Process: Video 3

- Chapter 7: Cultivating a Community of Support
- Chapter 8: The Psycho Educational Component
- Chapter 9: Introducing Your Imagery

IV. Marketing the Imagery Process

- Chapter 10: Marketing: The Many Ways
- Preparation Checklist

1. Bonus Video: Incorporating Bows, Working with Trauma, Working with Children, and Additional Information – (11 minutes)



2. White Light Relaxation #1 - (9 minutes)
3. White Light Relaxation #2 - (5 minutes)
4. Script Writing – (10 minutes)

Course Video Time: 97 minutes

Audio Clip Time: 25 minutes

Script-Writing Time: 10 minutes

Final Evaluation Time: 25 minutes

Total Course Time: 157 minutes

Number of CMTEs: 3 Price: \$85 Typical Access Period: 2 Months

Refund Policy: Within 30 days of your first VIP payment or any single course purchase, if you are not 100% completely satisfied with our ever-expanding library of stellar video courses, then we will gladly refund your money after a short exit interview. VIP subscription payments after 30 days are FINAL SALE ONLY. In other words, no refunds are available for subsequent subscription payments. Send an email to info@musictherapyed.com for more information.

Refund requests must be accompanied by a thorough explanation and completed course homework. Refunds are granted or denied on a case-by-case basis. No refunds are given after 30 days of purchase date.

By signing up for a VIP subscription plan, you understand that you may cancel your subscription at any time by sending an email to info@musictherapyed.com.

CBMT Relationship: Imagery Course is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. Sound Health Music, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.