

Self & Society

2015 Event Series

The Vision Your Future - The Therapeutic Uses of Imagery:

with **Dr Dina Glouberman**

Friday 20 February 2015
18:45 - 21:30

**Location: 7-9 Breems Buildings,
London EC4A 1DT**

Nearest Station: Chancery Lane

Book here:

<http://www.ahpb.org>



Imagework pioneer **Dr Dina Glouberman** gives an opportunity to learn about the wide-ranging therapeutic and personal applications of imagery, and to experience its power first hand.

Imagery and metaphor are key to personal development and transformation, both within therapy and in everyday life, and they enhance the depth and effectiveness of learning and problem-solving of any kind, from trauma resolution to visioning and achieving goals. Participants will have the opportunity not only to get a taste of various imagery methods but to experience a remarkable visioning session which will show you two possible futures and how to get there. This workshop is suitable for anyone with a professional or a personal interest.

Dr Dina Glouberman

co-founder/ director of the world-famous Skyros Holistic Holidays, has pioneered Imagework, the interactive imagery process that harnesses and develops the imagination for therapeutic and self-help applications; unlike with guided visualization, the client, group or audience can participate actively in the imagery session. She is the author of the classic, widely translated books *Life Choices*, *Life Changes*, *The Joy of Burnout* and *You Are What You Imagine*, an international trainer, coach, keynote speaker, and psychotherapist, and a member of the AHPB Board. www.dinaglouberman.com / www.skyros.com

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