

given exercises designed to heighten awareness of stressors and receive assistance in the development of strategies that are self generated and maintained.

The foundation of the stress management program is education. Clients learn how: stress is perceived and handled by the body; the different stages of stress affect the body; to identify and measure stressors, and to develop specific strategies for specific needs. Long term stress management through the development and application of effective coping skills are the goals of this program.



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VAN ELSLANDER  
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CENTER

## Guided Imagery, Hypnotherapy & Stress Management

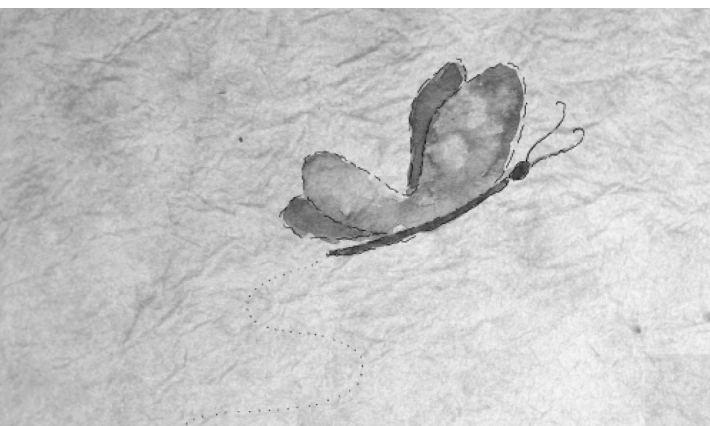
We welcome the chance to help  
you live a healthier life

## Guided Imagery

Guided imagery is an easy and effective way to assist the body's natural ability to repair and heal. Studies have indicated that the use of guided imagery has a direct effect on physiology. Blood pressure is lowered, pain and stress are reduced, the immune system is enhanced and clients experience an increased sense of overall well-being.

Imagery is the language that joins the mind and the body. All guided imagery sessions conducted at the Healing Arts Center begin with relaxation of the body and mind. Healthful, positive images are then introduced to the client encouraging them to use all of their senses to form mental and emotional images. These images influence the body and the cycle of perceptual changes has begun.

Guided imagery allows the client to experience their situation in a different and more positive way. This enables them to gain a sense of mastery over their situation encouraging them to take a more active role in their healing process. One-hour service.



## Hypnotherapy

Hypnosis is a completely natural state in which the body and the mind are relaxed while the subconscious mind remains awake and receptive. When the subconscious mind is in this receptive state it is very suggestible and the process of change can begin. Old, outdated and undesirable habits and patterns can be replaced by newer and more accurate information that will form the basis of more productive and fulfilling behavior.

Recognized by the American Medical Association in the 1950's hypnotherapy is successfully used at the Healing Arts Center for weight control, smoking cessation, stress reduction, pain management, alleviation of fears and phobias and enhanced well being and performance. Hypnotherapy is also used at the Healing Arts Center to effectively reduce anxiety surrounding medical procedures, surgery and childbirth. When used in this way clients experience a greater sense of ease and relaxation prior to the procedure, less discomfort during and after the procedure as well as faster and more comfortable recovery time. One 1/2-hour service.



## Stress Management

It is well known that just day-to-day living can be a stressful event but what are we to do? This is a question that many people are asking and the Healing Arts Center has responded by offering a stress management program. This program is conducted one-on-one for personalized attention that addresses individual needs. Clients are