

**VHA Guided Imagery Certification Course: Session One of Six**  
**TMS ID 131001061**  
**Study Guide**

Areas of Concentrated Learning	Reference	Objective #
Major finding when using Guided Imagery before surgery	Guided Imagery Video: 1:18:40	6
Benefits of Guided Imagery	Guided Imagery Video: 11:33	1
Ease of Guided Imagery	Guided Imagery Video: 14:48	1
Security priming	Guided Imagery Video: 15:40	1
Core element of Guided Imagery	Guided Imagery Video: 16:15	1
Research literature	Guided Imagery Video: 17:00	1
Guided Imagery and Senses	Guided Imagery Video: 17:34	1
Guidance	Guided Imagery Video: 18:00	1
Define trance	Guided Imagery Video: 19:44	6
Common myths about Guided Imagery	Guided Imagery Video: 24:07	1
Different types of Guided Imagery	Guided Imagery Video: 27:04	2
Perception of Guided Imagery	Additional Learning- Chapter 2: Page 64	2
Guided Imagery and Whole Health	Guided Imagery and Scope of Practice in Whole Health Video 00:50:00	1
Feeling State Imagery	Guided Imagery Video: 27:30	2
Guided Imagery and the physical state	Guided Imagery Video: 32:00	5
Guided Imagery and the physical state	Guided Imagery Video: 42:38	5
Guided Imagery and mood change	Additional Learning - Chapter 2: Page 48	2
Guided Imagery in the VHA	Guided Imagery Video: 46:10	5
Guided Imagery in the VHA	Guided Imagery and Scope of Practice in Whole Health Video 2:20:00	1
Population best served with Guided Imagery	Guided Imagery Video: 49:23	5
Population that should not be used with Guided Imagery	Guided Imagery Video: 57:07	5
Automatic intervention	Why Guided Imagery Works: Mom, Binkies, Blankies & Peek-A-Boo Video 00:20	5

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Image we take in and possess	Additional Learning Video (Why Guided Imagery Works: Mom, Binkies, Blankies & Peek-A-Boo) 15:00	1
Impact on trauma on the brain and how Guided Imagery helps	Chapter 9: How and Why Imagery Heals Trauma Page 157	5
Effectiveness of Guided Imagery	Chapter 9: How and Why Imagery Heals Trauma Page 150	5