

Guided meditation training, clinical applications, and research

Compiled 2017

By Gale Lyman, RN, BSN, HNB-BC

Gale Lyman, the TLC Resource Center, and The Lyman Center are not responsible for the claims of resources, references, external websites and companies. Gale Lyman receives no consideration, financial or otherwise, from any of these resources, except of course from her own website, www.LymanCenter.com.

The Academy for Guided Imagery

Training for healthcare professionals, resources, and memberships available

<http://acadgi.com/>

The National Center for Complementary and Integrative Health

Papers on meditation, relaxation, stress and anxiety, research spotlights, clinical digests on mind/body approaches and relaxation techniques, and clinical practice guideline for PTSD

www.nccih.nih.gov

Institute of Noetic Sciences

Considerable amount of information about meditation including the IONS Meditation Bibliography (1997-2013). <http://www.noetic.org/meditation-bibliography>

American Holistic Nurses Association

Memberships and a wealth of information about holistic nursing, a script for progressive or deep muscle relaxation, and two guided imagery scripts: Beach Imagery and Forest Imagery.

<http://www.ahna.org/Home/Resources/Stress-Management>

Health Journeys / Belleruth Naparstek

Blogs, resources, books, and audios for purchase

<http://www.healthjourneys.com/>

US Department of Veterans Affairs/VA Medical Centers

Center for Integrative Healthcare

Extensive collection of patient teaching handouts including scripts for guided breathing meditation, guided muscle relaxation meditation, and guided imagery meditation.

http://www.mirecc.va.gov/cih-visn2/clinical_resources.asp

Huntington Meditation and Imagery

Bonney Gulino Schaub and Richard Schaub

Books, articles and a certificate program for health care providers

www.Huntingtonmeditation.com

Imagery International / Beyond Ordinary Nursing

Membership, certification program, literature survey

www.imageryinternational.org

Beaumont Health Care

Description of guided imagery offered outpatient through an integrative medicine center, and guided imagery CDs available online for patient purchase.

<http://www.beaumont.edu/centers-services/integrative-medicine/guided-imagery/>

TLC Resource Center

www.LymanCenter.com

Info@lymancenter.com

Copyright © 2018 The Lyman Center - All Rights Reserved.