

Covenant Health Research Conference 2016: Resilience and its Impact on Health Outcomes.

Tools and other ancillaries that help promote resilience.

Abstract submission for a 15-30 min presentation on:

Guided Visualization: A Complimentary Technique to Facilitate Resilience and Healing in Patients within a Hospital Setting.

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This research is a psychotherapeutic practitioner's inquiry into both the immediate and the long term effects of guided visualization techniques as a positive psychological tool to improve hospitalized patients' well-being on a physical, psychological and spiritual level. Particular interest is placed on guided visualization's potential to uncover and foster patients' hidden abilities and strengths such as self-assurance, resourcefulness, and resilience. Those abilities can then support medical interventions, to lessen the patients' pathological and psychological symptoms.

I am interested in guided visualization as a tool towards healing within a hospitalized setting. As a therapist specializing in grief and trauma recovery, with over 25 years of extensive experience in the application of guided visualizations in a variety of settings, I discovered on a personal and professional level the invasive and traumatizing nature of pre-surgical preparations and post-surgical recovery.

There is particular value in the presence of a guided visualization practitioner. Personal interactions significantly increase the effectiveness of this modality beyond the use of only a guided visualization tape. When a person is highly stressed he/she does not have the capacity to hear and respond to the voice on a tape. The practitioner has the ability to bring the patient to the point of focus.

Guided visualization techniques have the ability to address patients' healing at a soul level. This is consistent with the growing interest in the existential and spiritual aspects of health and healing, thus enriching and transforming our understanding of medical care as a co-operative effort between the clinical, holistic and spiritual domains.

This research is responsive to the context of our ethnically diverse society. It raises awareness and invites conversation about different paradigms of healing and potentially offers more accessible choices when journeying from illness to well-being.

Key words: Guided visualizations and hospitals, positive psychology, pre-and-post surgical recovery, spiritual health, soul-healing, patient empowerment, resilience and healing.