GUIDED IMAGERY (GI) AND CREATIVE EXPRESSION INTERVIEW/ACTIVITY:

Give yourselves about 1.5 hours:

15 min. prep

5-10 min. reminders/intro

15 min. guided imagery

15-30 min. creative expression

15-30min. discussion/reflection

**Preparation:**

This is a one-with-one interview.

Choose a quiet room.

Prepare the space with supplies needed:

-comfortable chairs/seating options

-water or tea to drink

-an assortment of art materials to choose from (markers, pencils, pens, watercolor, water, brushes, a variety of paper, collage materials, glue) – neatly presented on table.

-project flyer accessible (I had it hung up on the wall)

**Step 1 - Reminder**

-Remind your interviewee why we are doing this (may refer to flyer)

-Ask them if they have any questions

**Step 2 – Introduction to GI**

-Move into the guided imagery

-Invite interviewee to sit comfortably with both feet on the ground, arms where they’re comfortable, back upright, provide option to gaze at a neutral spot (at eye level or lower) and if comfortable they may close their eyes at any time.

-let them know what you’ll be doing so they can be comfortable (ie., I will be seated and I plan to keep my eyes open and while I’ll periodically look over at you to see how you’re doing, I won’t be staring at you… I also set my position slightly angled so I’m not directing my energy at them).

**Step 3 – GI**

-“Let’s start by paying attention to our breathing. Notice your breath…..”

-“Now take 3 deep breaths. Inhale through your nose for 3 counts (count slowly), and exhale for 4 (count slowly outloud) x 3. Now take a final deep breath on your own and exhale.”

-“Now imagine a light, any color of your choosing that invites a feeling that you may want to feel like comfort, strength, serenity, peace, etc.”

-“Imagine that light shining in your head, behind your face, and expanding, moving around your brain and down into your next. Feel the light move to your shoulders and down your arms into your hand and shine beyond your fingertips, you may wiggle your fingers if you like. Now let the light travel to your chest, throughout your torso, surrounding your heart and other vital organs and continue down your legs, feeling the light swirl around your lower legs, across your heels, the arches of your feet and into and beyond your toes. You may wiggle your toes.”

-“Continue allowing the light to move throughout your being.”

-“Now at this time, with this feeling, imagine a place that brings you comfort or serenity, or peace or whatever it is that you’re seeking. This may be indoors or outdoors or a make-believe place.”

-“Allow yourself you explore this place. How do you feel? What do you notice? Sights? Smells? What’s behind you, what’s under your feet? What’s above you? What is the temperature?”….

-“Now continue to explore. I’m going to stop talking so you can take a few moments to explore without the noise of my voice. Take your time.”

-give them a couple minutes to explore on their own.

-“Stay there. Continue breathing.”

-“In a moment I’ll invite you to slowly open your eyes and without talking move into the creative expression portion of this activity.”

**Step 4 – Creative Expression**

-“Slowly come back to this room. Notice the art supplies around you and use whatever supplies you’re drawn to.”

-“With the supplies, create an image to reflect what you experienced. It doesn’t have to be an exact image of what you saw, it can be abstract or realistic. You can use shapes and colors to reflect your experience in the guided imagery.”

-Allow what naturally occurs – some people will want to talk sooner than others and some will dive into the art making.

**Step 5 – Discussion/Reflection**

-Invite the interviewee to talk about their art and/or the experience.

**Step 6 – Transition**

-Acknowledge that returning to work or the real world in general can be challenging after such an activity.

-Ask them if they need anything before they leave.

-Thank them for sharing.