



# The Art & Science of Transformational Change

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## Using Guided Imagery to Heal Transgenerational Trauma

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# Guided Imagery

Guided imagery also known as creative visualization, is a mindfulness tool that offers relaxation at deeper levels through imagery and imagery rescripting.

Practiced by ancient Greeks and Romans, guided imagery can be helpful to anyone who is free from hallucinations or visual disturbances. A practitioner can lead an imagery meditation as part of a therapy session or as a stand-alone healing treatment.

# Guided Imagery

- Uses words to describe images, sounds, scents and sensations
- Uses imagination to create mental picture
- Imagination is one thing that distinguishes human from animals.
- Children benefit from guided imagery

# Assessing for Racially Induced Trauma

- Many practices and agencies provide services for a variety of clients.
- Consider age, culture/ethnicity/race, where the client is on the scale of poverty to comfort or privilege.
- Cultures are created by people.

# Assessing for Racially Induced Trauma

- Become familiar with common racial and ethnic stressors
- Become aware of the client's chosen spiritual practice or lack of.
- Listen to the client's story on different levels about how they move in the world.

# Healing Racial Trauma

Look to your left and to your right to see who in your family or circle is from a different culture/ethnicity/race than yours. How long have you known them? Do you have a healthy relationship with them?

Yes- think about how alike or different they may be from your new client. You may reach a comfort zone very soon. Be observant and speak with humility because you are learning.

No-Become familiar with *implicit bias* to help guide you on your journey to learning how to use your energy tools and strengths to heal and comfort someone experiencing racial trauma at their workplace, in their community, educational institution, family.



# Healing Racial Trauma Protocol

- Developing and using an ‘empathy centered’ CBT approach is recommended
- Approach with empathy and be antiracist
- You are successful if you can help your client heal, become stable and feel empowered and entitled