

IMAGERY  
INTERNATIONAL



# ImagiNews

The Journal of Imagery International

March 2010, Vol 14, No. 1

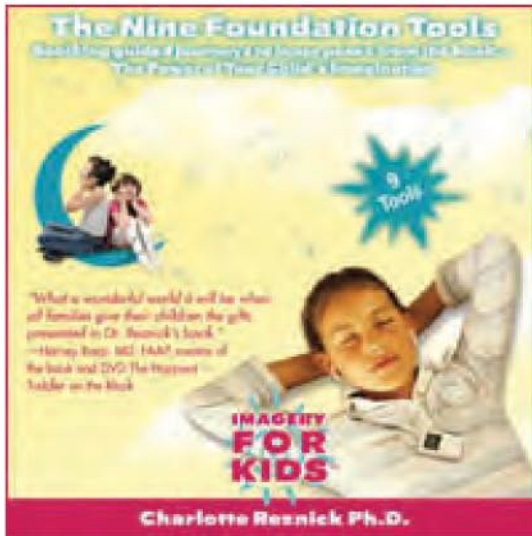


*Joy*

# CD Review: Nine Foundation Tools

**By  
Linda Sleeter,  
HN-BC**

It was a privilege to listen to Dr. Charlotte Reznick's "The Nine Foundation Tools", Imagery for kids. The CD is thoughtfully structured to build Imagery skills with children. "The Balloon Breath" is easy to follow to teach the art of the breath. Charlotte's soothing voice and gentle pacing provide an Imagery experience that feels safe and allows space for Imaging and calmness. Her use of descriptive language and invitation to all of the senses will allow children to develop their skills.



The Imagery sessions are approximately three to five minutes in length so they will keep the attention of a child. I love this CD as a gift for children, but parents, grandparents, and caregivers can listen and learn from this CD. We can learn how to present these simple yet provocative Imagery exercises, to children

by listening and learning from Charlotte's experience.

My personal favorite is "Encountering Your Personal Wizard." It is such a wonderful way for children to find their own intuitive answers. I have used this and other segments with my grandsons. This is a great way to help children develop confidence and relaxation. I hope many people will use this CD to enhance children's lives. Thank you for all your work, Charlotte! It is a privilege to share your "vision."

---

*As a Board Certified Holistic Nurse with over 30 years of practice, Linda Sleeter has worked with individuals at many different stages of life, as well as various levels of health. Most of her professional career was in San Diego, California, working at prestigious hospitals such as Sharp Memorial and Scripps Memorial Hospital in La Jolla. Her clinical experience includes working with newborns and infant trauma; adolescents and adults with traumatic histories including emotional, physical, and sexual trauma and educating individuals with chronic pain syndromes. Her private practice, as a Holistic Nurse Advocate, is located near San Luis Obispo, California and is devoted to integrated health. As a Somatic Experiencing Practitioner, she assists individuals who have experienced any type of trauma to re-negotiate the trauma through the safe, supportive, healing process of Somatic Experiencing (SE) developed by Dr. Peter Levine.*

*As a graduate of the esteemed Academy of Guided Imagery, Linda uses Imagery, SE, mindfulness, sound, and aromatherapy to support the healing journey towards wellness.*