

# AIMI Oregon



The American Institute for Mental Imagery  
A Training Center in Phenomenological Medicine

## Syllabus and Class Sequence

Courses totaling about 130 hours will be offered in variety of subjects related to phenomenological medicine of the West (based in the Western spiritual tradition).

The subjects include the therapeutic use of mental imagery, dream work, facial and body morphology, use of will, storytelling and ritual.

Some of the basic courses will be open to the general public, while advanced courses will be offered to health professionals licensed to do clinical work in their own fields of health practice (MD, DO, DC, NP, PA, LAC, ND, RN, PsyD, MSW, CSW, Licensed Massage Therapists).

Completion of training will be rewarded with a certification from The American Institute of Mental Imagery.

The requirements for certification, class schedule and tuition will be listed in this document at a later time, and will involve both small group learning as well as clinical supervisions.

Tentative Course Structure and Class Sequence given below, a brief course description is from the founder of AIMI in New York City, Dr Gerald Epstein:

1) Dream work 1; (Open to General Public) **14 hours**

- The Form and Structure of Dreaming
- Imaginal and phenomenological understanding of the dreaming process
- Experiential approach to the nature of dreams
- Relationship between the dream realm of existence and waking life
- Application of dreams as the starting point for waking dream exploration

2) Mental Imagery 1; learn to heal oneself (Open to General Public) **14 hours**

- Use of imagination in a world view of "the presence of the present" as a viable therapeutic modality

3) Morphology 1; Class of understanding body and facial types, temperaments and personalities by the shape of face (Open to General Public) **10 hours**

- Morphology: The Science of the Form and Structure of the Face and Body
- Morphology as the foundation for understanding human emotional and physical life: temperament, personality and character
- The biological basis of morphology: embryology, anatomy and physiological functions
- Clinical uses of morphology in physical and emotional disorders
- Morphological direction for individualized treatment in the therapeutic process

4) Phenomenology, an overview of philosophy and paradigm of healing; (For Post Graduate Health Professionals) **3 hours**

- Philosophical Bases of Medical Phenomenology and Healing Arts— Phenomenological understanding of a symptom; contrasts with dualistic model of medicine and psychology (psyche and soma etc); Phenomenology of Imagination;
- Imaginal process experienced through the works of Madam Colette Aboulker-Muscat, Gerald Epstein, Martin Heidegger, and Medard Boss Introduction to Imaginetic Science
- Scientific foundation of imagination
- Difference between the science of imagination and natural science
- Distinction between Imaginetic medicine and other forms of medical therapeutics
- Contrast of cause and effect methodology of traditional psychology and phenomenology

5) Dream work 2; (For Post Graduate Health Professionals) **14 hours**

6) Mental Imagery 2; the course focuses on using mental imagery to heal others, part one for oneself; (For Post Graduate Health Professionals) **14 hours**

- Introduction to the three major techniques of imagination: waking dream, guided exercises, short exercises for the practitioner;

7) Morphology 2; (For Post Graduate Health Professionals) **14 hours**

- Features, Muscles of facial expression, Gaze, Clinical correlates;

8) The Imaginal Approach to Child, Adolescent and Family Processes; (Open to General Public) **3 hours**

- Application of imagery processes for these three groups
- Special approaches and attention within the imaginal framework
- Clinical examples that illustrate the principles
- How to create imagery appropriate to these groups
- Specific techniques for bed wetting and night terrors
- Story-telling;

9) Will and Self-discipline; (Phenomenological Exercises of Will, stopping, observer); (Open to General Public) **3 hours**

- Nature of will and intention;
- The "Watcher" – making space for change;
- The therapeutic use of life plan, reversing, stopping, and chanting exercises

10) Numbers, Colors, Directions in Space; (Open to General Public) **6 hours**

11) Phenomenological Approach in the Conventional Medical Setting; (For Post Graduate Health Professionals);

**3 hours**

- Hermeneutical phenomenology in healing practice (poetry, parables, story-telling, the microcosm reflecting macrocosm, the above and the below, the inner and the outer);
- Phenomenological intervention via a mirror-statement as a verbal micro-shock, counter-suggestion, art, the why-not of daseinsanalysis;
- Phenomenological Therapeutic Lifestyle Change (the phenomenological response to the message, and the phenomenological “why not?”)
- Phenomenological, logical, and imaginal understanding of spatiality, temporality, human bodyhood, memory, living in a shared world, and death

12) Therapeutic relationship, Selecting the appropriate phenomenological intervention; a class with examples and case histories; (For Post Graduate Health Professionals) **6**

**hours**

- Nature of the therapeutic relationship
- Role of the guide as facilitator/advisor
- Special role of the guide in waking dream therapy

13) Phenomenological Understanding of Spiritual Life weekly class for addiction; (Open to General Public) **26**

**hours series**

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- This class is regularly attended by persons battling addictions. It is based on the 12-steps of Alcoholics Anonymous and work of Robert Rhondell Gibson;
  - The lives of most “non-addicts” are preoccupied with the habitual practice of avoiding the present moment and excluding the “Higher Power” from intervening; this class offers tools for inviting the “Higher Power” back into every moment of our lives where the spiritual revelatory process is happening unceasingly;
  - Recommended but not required for certification process;
- 14) Clinical supervisions local and non-local (telephone conference with Dr Epstein);

**Total curriculum 104 hours with an additional, optional, 26 hours**

Oleg Reznik, M.D.