

Treating doctor

Dr. Reznik is a board certified family physician, Assistant Professor at OHSU department of Family Medicine, whose interest in the use of mental techniques for healing has led him to a nine year apprenticeship with a teacher of mental imagery. Dr. Reznik is certified by The American Institute for Mental Imagery (a post-graduate training center in New York City, which teaches this method). Mental Imagery is not a substitute for a regular medical examination.

Cost

Your insurance will be billed in the same way that we bill for the treatment of any medical problem, on the bases of time spent. Affordable sliding scale for cash paying patients.

Mental Imagery and Phenomenological Medicine of the Western Spiritual Tradition



Taking responsibility for your health and learning how to become your own authority is an essential step on the way to healing and fulfillment. Mental Imagery work teaches you how to become your own healer.

**Oleg I. Reznik, M.D.
Board Certified Family
Physician
Certified by The American
Institute for Mental Imagery**

**Oleg I. Reznik, M.D.
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**Call for an Appointment
503-314-5003**

**Mental Imagery
Oleg I. Reznik, MD
Board Certified
Family Physician
Certified by The
American Institute
for Mental Imagery**



Our mind is a powerful tool that can be used for healing of physical and mental illness, personal growth and spiritual development. Patients will be guided on the use of mental imagery, dream work, and directed will as the tools for transformation.

Individual Mind-Body Therapy
for Adults and Children

Tel: 503-314-5003



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What is Mental Imagery

Mental Imagery is an approach that is based on the millennia old healing traditions of the Mediterranean region.

It is a simple technique involving a certain pattern of breathing and the use of carefully selected imaginal experiences, which are specific to the person. Well selected mental images address the wholeness of a human being, the physical and the non-physical, as it is, always inseparable. Most, but not all, mental imagery exercises last one to two minutes and do not require a particular talent or skill. For those who have difficulties with imagining, there are exercises that will help develop this capacity. For rare persons who cannot see mental images, physical exercises, kinesthetic imaginal exercises and ritual can be used. The practice of mental imagery is rooted in the phenomenological healing arts of the West, all based in the spiritual traditions of Judaism, Christianity, Islam, and Hermetic tradition.

During a one on one session, the nature of your distressing symptom will be explored from phenomenological perspective. You will be offered one or several mental exercises for your particular condition. Phenomenology is an approach to

health and illness that regards all bodily and mental phenomena as meaningful expressions of the individual's state of existence.

Health Conditions That Can Be Treated

Mental imagery, dream work, and directed will are some of the tools that can be used for exploration, diagnosis, and treatment of most illnesses, for people of all ages. It is used for both physical and mental problems. As an example, the spectrum of physical problems can include conditions as diverse as Irritable Bowel, Crohn's disease, colitis, peptic ulcer, GERD, headaches, chronic pain, weight management, hypertension, asthma, arthritis, cancer. Mental imagery can also be successfully applied for a variety of mental disorders including anxiety, depression, PTSD, nightmares, addictions, ADD, chronic forms of psychosis. Conditions that cannot be comfortably fitted into either category such as bed wetting, chronic fatigue syndrome and fibromyalgia, also yield themselves to mental imagery and related phenomenological modalities.

The Basis

At the basis of Mental Imagery work is an understanding that physical and non-physical aspects of a human being are the modes of existing of an indivisible being. A human being is always expressing in the body, mind, and on other levels its particular state of self-fulfillment.

A human being is not only a whole being individually, but also lives inseparably in a shared world with other beings. Thus health and illness are always affected by our relationships with other people. This view, for example, permits the parents to do the work for an afflicted infant.

Exceptions to the use of mental imagery involve severely altered states of consciousness (i.e., drugs or acute psychosis). These need to be dealt with by other means, before mental work could be done.

Mental Imagery work is based on the principle that is similar to homeopathy, giving a micro stimulus to achieve a macro response.

What It Isn't

This work is different from the usual psychotherapy. The doctor does not need to know your chronological history, except when you feel you need to tell him about it. The work is always focused on the present state of being, which is seen as a hologram of the person's life. Talk therapy is not essential.

Usually NO MEDICATIONS will be prescribed, but you may be advised on taking certain vitamins and herbs.

Dreams

Dream work can lead to understanding of the person's current problem, and can also result in useful changes. Finding a relationship between the dream and waking life is the key to understanding and using the dream for healing.

Will

Voluntary will is most often used in three ways. A type of effort of will called *concentration without effort*, exercises of will called *stopping exercises*, and a technique for using will to stop the false experience of an emergency by awareness. These exercises can be used to redirect destructive or wasteful impulses toward constructive purposes, and to find peace in the midst of stress.

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