

**Nancy Clark**  
**ISD 613**

## **Strategy Scenario**

**Strategy:** Hypnosis/Guided Imagery

**Content:** Self Actualization

**Title:** The Graduation River

**Time Required:** 15 minutes

**Number of Participants:** 10-50

**Target Audience:** IDD Doctoral Students

**Goal of Activity:** To build collegiality among classmates and reduce the stress of this graduate program so that the graduate students can study and not have a nervous breakdown.

**Purpose of Script:** To illustrate the use of guided imagery and mild hypnosis as a tool to reduce educational stress.

**Learning Outcome(s), Gagne's Taxonomy:** Attitude

**Learning outcome(s), HEO Taxonomy:** Application

**Learner Characteristics:** Stressed out, overworked doctoral students in the USA IDD program, ages 25-55.

**Entry Skills:** None

**Setting:** Classroom or auditorium

**Media:** Tape player with soothing mood music.

### **Process:**

As a part of IDE 710, the first class attended by those who have just completed their residency requirement would participate in an initiation ceremony. A leader gives the following introduction:

"Guided imagery or creative visualization is a special way of meditating. It has been demonstrated to help us relax, to alleviate stress, to improve performance and to rejuvenate our spirits. I want to remind you that taking care of yourself and your spirit is important and worthy. I believe that you, the you you are today is important and worthy. You deserve to be here. Today I invite you to join in this visualization I have adapted to suit our common purpose. I hope you will find it refreshing and uplifting. As we proceed, form mental impressions. Involve all of your senses: sight, hearing, smell, touch, and taste."

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(Music.....) "Please get comfortable in your seat. Notice the room becoming quieter. Close your eyes softly. Notice how you are feeling. Are you tense? Relax as much as you can. Take a deep breath. Hold it. Now let it out slowly. . . Picture yourself floating down a quiet river through the middle of our campus in a big rubber raft. You know that the river will take you to your graduation. The riverbed is just a few feet below you. If you look over the side of the raft, you can see Dr. Dempsey, Dr. Tessmer, Drs. Davidson and Tucker on the river banks just a few feet away. You can almost reach out and touch the campus—the UCOM, the Library, the bookstore, and the Administration building all at the rivers edge. See the beautiful landscaping. Lie Back. Relax, and go with the flow. You are pillowed by a life jacket and the raft that is carrying you, carrying you down the river. Look around you. See other rafts in the water. In these are your classmates. You are each part of the flow. You each move with the current. The current moves you naturally. You are in harmony. You are on schedule. All you need will come to you in its own time--the right thought, the right word, the right action. You will find inspiration and guidance. You will make decisions. The river will bring you to the right people, the right situations, the right events. All will come to you. You will be where you need to be when you need to be there. Don't strain. Meanings will become clear in their own time. The river is moving on.

You are moving with it. Let go of timing. Trust good things to come to you. They will come, naturally. Go with the flow. Let the river take you wherever you need to be. Life is easy, effortless in the flow. Sometimes the flow carries you on swift moving waters--there are forms to fill out, classes to attend, exams, papers, personal challenges, comps and the dissertation--these are all a part of the flow. Trust that all is well. Things will work out. You will know what you need to do. Let your fears go. Breathe deeply. Invite peace to flow through your body. Even if you fall in the water you are safe. You are wearing a life jacket. Your classmates are all around you. You are part of the flow. Sometimes we fight the flow by hanging on to an overhanging branch or trying to paddle against the current. Surrender to the current. Set yourself free. Go with the flow. Set yourself free to receive all the good that is coming. Feel your desires. Let them go. Feel peace and gratitude. Trust that you are being cared for. For today, there is beauty around you. There is beauty in you. There is meaning now. There is importance now. Be open to it all. Let this day happen. Feel the feelings of this moment. Solve today's problems. Enjoy today's gifts. Absorb all the healing and love of this moment. When it is time for something to happen, it will. When it is time to do something you'll know. Go with the flow. Embrace your life. Handle situations as they come. Everything you need will come to you. Relax, and have some fun. Let yourself be "fully" alive in THIS moment. The present is enough. This moment is enough. All that is yours will come to you naturally in many ways. You will be brought to it or it will be brought to you. Go with the flow . . . towards your wonderful future."...(music).....(fades).

"Open your eyes and join us in the Meditation Response in your program."

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Meditation Response: **This or something better is now manifesting itself for the greater good of all concerned.**

**Strategy Assessment:** We could do a survey after two quarters and see how many of the participants in this ceremony had dropped out compared to the drop-out rate of those doctoral students not attending the ceremony.

**Author:** Nancy B. Clark

**References:**

West, C., Farmer, J., & Wolff, P. (1991). *Instructional Design: implications from cognitive science*. Englewood Cliffs, NJ: Prentice Hall.

Naparstek, Bellerith, (1994) *Staying Well With Guided Imagery*. New York, NY. Warner Books, Inc.

Visualization of passing the hurdles and achieving graduation. Adapted from Melodie Beattie "The Language of Letting Go"