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Conditions that Guided Imagery Has Effectively Impacted

- * Acute and chronic pain relief
 - Addictions
- Anxiety, phobias, and panic disorders
- Cancer treatment and life-threatening illness
- Chronic pain control and management
- Couples and relationship counseling
 - Depression
 - Family and parenting issues
 - Fertility, birthing, and delivery
 - Fitness training
 - Grief therapy
 - Headache management
 - Immune augmentation
 - Issues of aging
- Managing chronic illness and preventing acute exacerbations
 - Meaning and purpose
- * Medication compliance and adherence issues
 - Mind/body issues
- Post-traumatic stress disorders
- Preparation for surgery and medical procedures
 - Relaxation training
 - Sleep disorders
 - Smoking cessation
 - Spirituality
- Stress reduction and management
- Survivors of abuse and trauma
 - Teaching self-care
- Terminal illness and end of life care
 - Weight Management