



Healing Light Guided Imagery (HLGI) Summary of Interview with Paula Marie Jackson

Paula Marie Jackson
Certified Hypnotherapist
University of California, San Diego



Paula is a certified hypnotherapist who recently demonstrated what science calls "Proof of Concept" for a new type of therapy called Healing Light Guided Imagery (HLGI).

Paula was diagnosed w/ MS in 1999. She lost her vision, hearing, ability to walk, and was in bed w/ fatigue for an average of 18 hours a day. Using HLGI (healing light guided imagery), Paula regained her vision, hearing and ability to walk, and is now virtually symptom free.

1. Healing Light Guided Imagery (HLGI) is classified by researchers as an integrated mindfulness modality, which involves relaxation, hypnosis, and the use of creative imagination. It is a novel complementary modality for people with MS that works as a personalized 'empowerment tool' that you can use daily.
2. In a small study involving 12 patients with multiple sclerosis, this novel therapy led to improvements in depressed mood, fatigue, and physical and mental quality of life. Efforts are being made to further study this therapy in additional clinical trials.
3. Percent changes for the 12 patient study were as follows: a 76% decrease in depressed mood; a 28% decrease in fatigue; a 29.7% increase in physical quality of life; with a modest 12% increase in mental quality of life.
4. This therapy is not currently covered by insurance.
5. The cost is \$700 for the 10 session therapy.
6. Patients can either visit Paula at her office at the University of California, San Diego or if you live elsewhere in the country or world, she can use Skype for the sessions so you don't have to leave your home.
7. HLGI can be used by everyone regardless of his or her religious or philosophical ideologies and practices.
8. To register and get on the wait-list for HLGI you can visit www.guidedimagerypro.com
9. Mindfulness, Cognitive Behavioral Therapy (CBT), and Cranial Sacral therapy are not the same as HLGI, but are similar therapies that are currently available in different parts of the country.
10. You can email Paula at info@guidedimagerypro.info. Her office is located at the University of California, San Diego (9974 Scripps Ranch Blvd #326, San Diego, CA 92131, tel # 619.630.0652