

A man with a beard and mustache, wearing an orange hooded jacket, is looking down with a thoughtful expression. His hands are clasped together near his chin. The background is a blurred green, suggesting an outdoor setting. The overall mood is contemplative and serene.

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Proven Therapeutic Treatment
Guided Imagery for Mental Health

Why Guided Imagery

Guided Imagery directs a patient's thoughts and imagination toward a specific goal with a voice track delivered by a trained psychological facilitator.



- Excellent adjuvant treatment tool for most mental health concerns
- Enables the mind to influence the body
- Is a low-cost treatment that allows the patient to be more proactive in his or her own health care
- Can be self-administered by the patient with minimal guidance
- Has no known side effects for most patients

“Listening to guided imagery 1 time a day, 5 times per week for 6 weeks, significantly reduced the average Clinician-Administered PTSD Scale (CAPS) score by 30 points.”

This is a significant drop in CAPS score. The lower score indicates less presence of PTSD symptoms felt by the troops and veterans.

- The DoD funded trials with Duke Medical Center and Durham VAMC

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Therapy That is Tested + Effective

Over 200 studies have been conducted in the past 30 years demonstrating the ability of guided imagery and other mind-body techniques to*:

- Increase control
- Decrease depression
- Decrease stress and anxiety
- Decrease pain
- Decrease side effects
- Enhance sleep
- Enhance quality of life
- Increase relaxation
- Decrease nausea
- Decrease blood pressure
- Enhance healing
- Improve immune system
- Decrease respiratory difficulties
- Decrease hospital length of stay
- Enhance self-confidence

Guided Imagery on Playaway

The best way to deliver Guided Imagery to Veterans struggling with PTSD, TBI, Depression, and Chronic Pain.

- Pre-loaded with proven wellness programs
- No CDs, DVDs, downloading or internet needed
- Just press power and play
- Easy to administer in hospitals and at home
- Extends critical treatment and improves results
- No interruptions from text messages, phone calls, emails or other push notifications that can distract progress and overall impact
- Immediate and available when and where veterans need it most, at home and in public



A person is sitting outdoors, possibly on a beach, wearing a smartwatch and using a portable music player with earbuds. The background is a blurred view of the ocean and sky. The text is overlaid on the image.

Playaway Therapy Solutions
offer a robust catalog of guided
imagery and meditation
treatments.

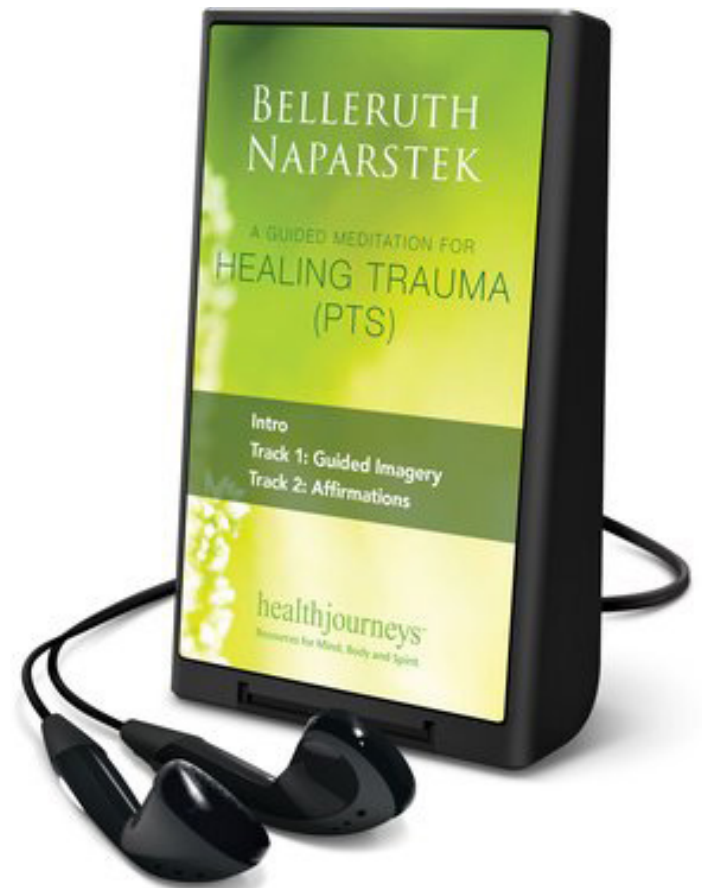
Therapeutic Solutions for Healing Trauma

Designed to renew a positive connection with the body and emotions, therapeutic solutions on Playaway can reduce isolation, terror, shame, and despair, restore a person's sense of inner goodness, replenish self esteem, and help develop a sense of spiritual connection and protection.

Healing Trauma

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

[https://therapy.playaway.com/products/healing-trauma-\(pts\)](https://therapy.playaway.com/products/healing-trauma-(pts))



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Therapeutic Solutions for PTSD

Guided imagery on Playaway can help people while they are healing from post traumatic stress. Programs offer exercises to effectively manage intrusive thoughts and feelings, reduce anxiety, and reframe negative thoughts. They can even help people develop insight meaning and meaning after painful life experiences.



Guided Imagery Program to Heal Trauma, A (2016)

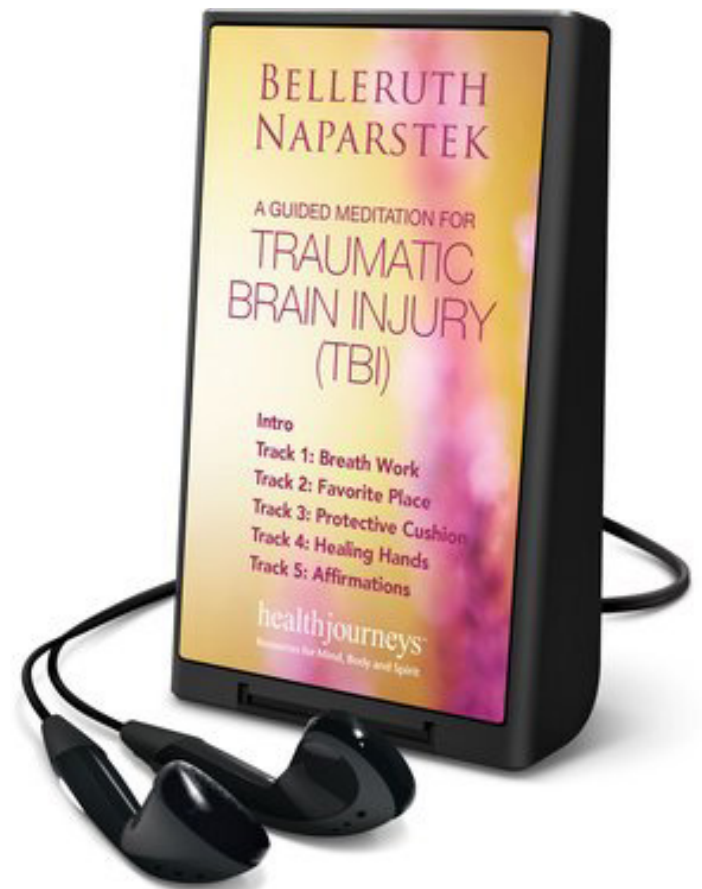
Author: Jane Ehrman Narrator: Jane Ehrman

[https://therapy.playaway.com/products/guided-imagery-program-to-heal-trauma,-a-\(2016\)](https://therapy.playaway.com/products/guided-imagery-program-to-heal-trauma,-a-(2016))

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Therapeutic Solutions for Traumatic Brain Injury

Therapeutic solutions on Playaway can provide extra tools beyond standard care for people dealing with a wide range of frustrating concussion symptoms including challenges with coordination, balance, memory, concentration, word retrieval, fatigue, headaches, and light sensitivity. Additionally, they can help even out mood swings, alleviate depression, soothe agitation, instill hope, and inspire the return of confidence and self-esteem.



Guided Meditation for Traumatic Brain Injury, A

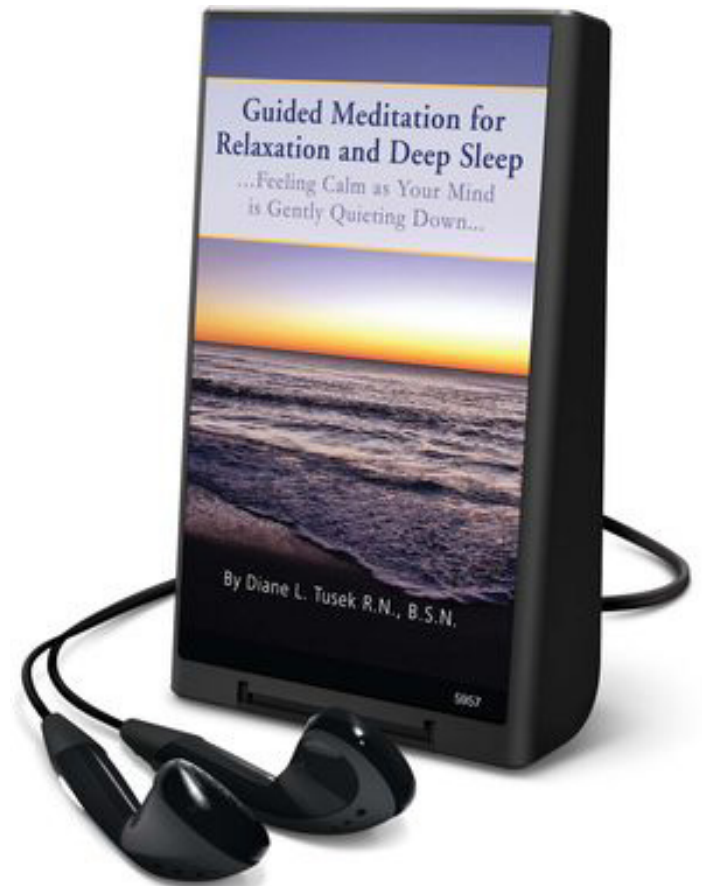
Author: Belleruth Naparstek Narrator: Belleruth Naparstek

<https://therapy.playaway.com/products/guided-meditation-for-traumatic-brain-injury,-a>

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Therapeutic Solutions for Relaxation and Sleep

Stress and lack of sleep contribute negatively to many conditions from PTSD to chronic pain. Therapeutic solutions on Playaway can help a patient achieve sleep and are great for use at home. They can release muscular tension in the body, clear the mind of worry and obsessive thinking, heighten a sense of protection and support, and even reduce use of Ambien and opioids.



Guided Meditation for Relaxation and Deep Sleep

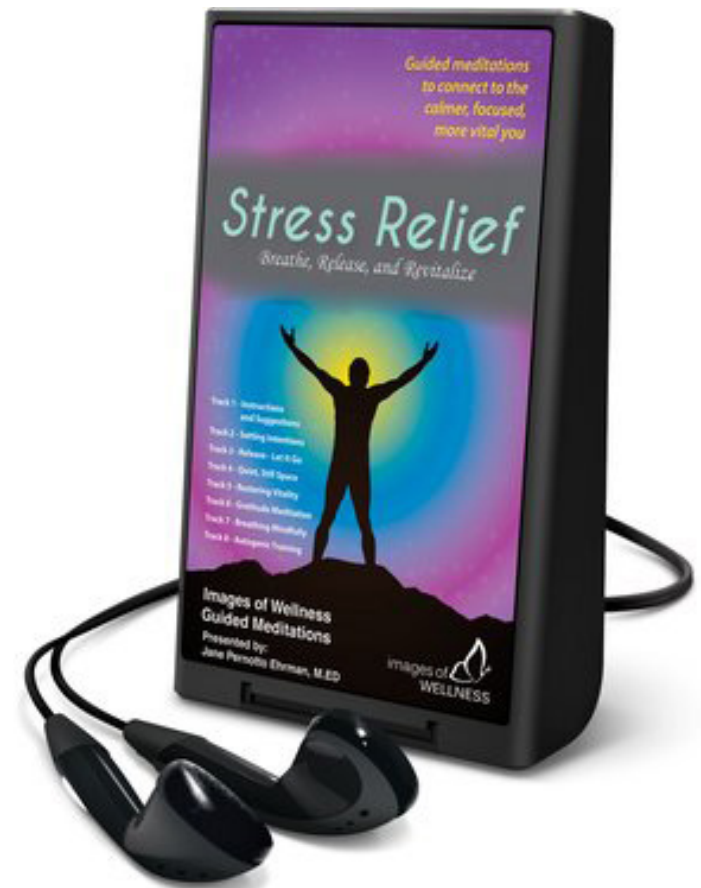
Author: Diane Tusek Narrator: Diane Tusek

<https://therapy.playaway.com/products/guided-meditation-for-relaxation-and-deep-sleep>

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Therapeutic Solutions for Stress

Guided meditations on Playaway can provide a variety of mindfulness and relaxation practices to enable the listener to move through the day more meaningfully, relieve stress more effectively, and restore energy to the mind, body, and spirit.



Stress Relief

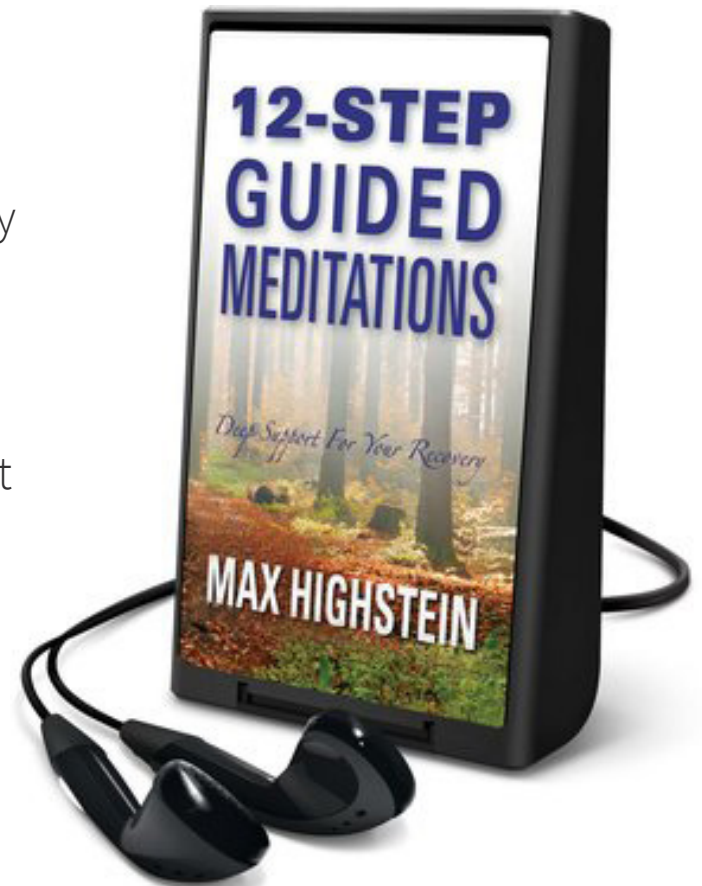
Author: Diane Tusek Narrator: Diane Tusek

<https://therapy.playaway.com/products/stress-relief-1>

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Therapeutic Solutions for Addiction

For the recovering addict, therapeutic solutions on Playaway can help handle the stress, anxiety, and sleeplessness that comes with the first weeks of sobriety. Guided imagery can also diminish craving for drugs and alcohol, reduce amount of opioids given and the likelihood of addiction, and support people in 12 Step and other programs as they are trying to achieve sobriety and abstinence.



12-Step Guided Meditations: Deep Support for Your Recovery

Author: Max Highstein Narrator: Max Highstein

<https://therapy.playaway.com/products/12-step-guided-meditations-deep-support-for-your-recovery>

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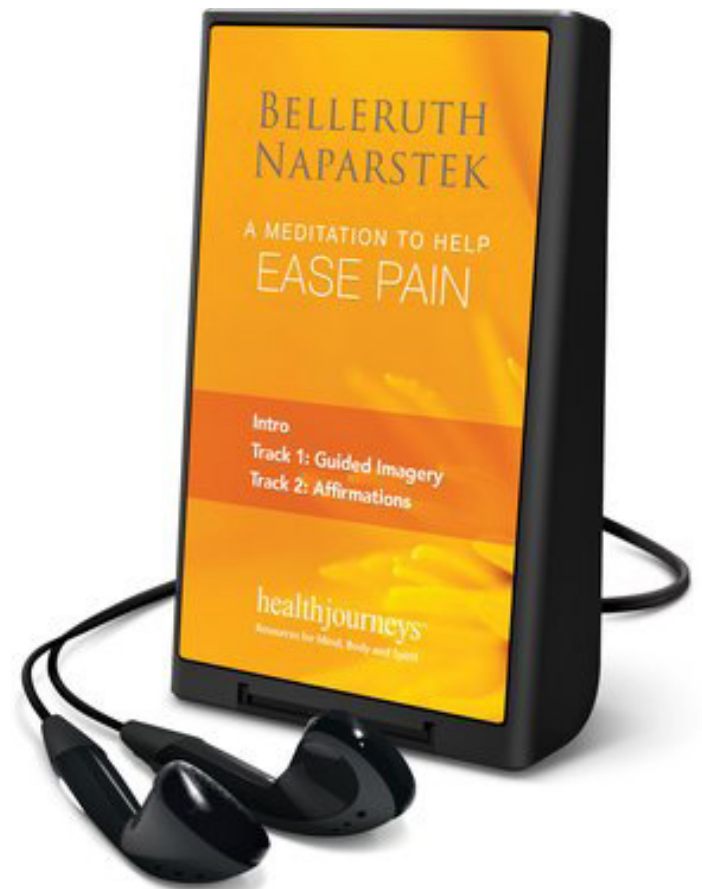
Therapeutic Solutions for Pain Management

Guided imagery and meditation can teach patients how to take control over pain. They can reduce the pain signal, help divert attention away from the source of the pain, and even create feelings of empowerment and control over the helplessness that pain creates. In addition to dealing directly with pain, guided imagery can help manage outside factors, including depression, anxiety, and stress, that can increase the body's sensitivity to pain.

Ease Pain

Author: Belleruth Naparstek Narrator: Belleruth Naparstek

<https://therapy.playaway.com/products/ease-pain>



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