

## INDEX

- Abdominal breathing  
 pain relief and, 14  
 suggestions for using, 53
- Achterberg, Jeanne, 15
- Active imagination  
 definition of, 6, 40  
 explaining to child, 61-62, 69-74,  
 84-85  
 suggestions for using, 14-16, 53-54,  
 72-73
- Affirmations, *see positive self statements*
- Anesthesia, 125, 195-196
- Anger, 95-97
- Appointments  
 activities while waiting, 108  
 imagery stories and, 110-122  
 positive attitude, 108-109
- Autoimmune diseases, 169
- Barasch, Marc Ian, 19
- Baroque music, 18
- Benson, Herbert, 9
- Biopsy, 125-127, 193
- Blood  
 chemotherapy effect, 174  
 circulation of, 172  
 tests, 126, 127, 172
- Bone marrow, 65, 125, 127
- Books, annotated list of children's  
 titles, 245-250
- Borysenko, Joan, 8
- Brain  
 communication center, 132, 159-161  
 laughter and, 20
- Calmness, 15-16, 51
- Cancer  
 explaining to child, 63-65  
 treatment of, 65-66
- Caregivers  
 insights from, 28-31  
 reassurances for, 26-27  
 role of coach, 6, 24-25  
 support for, 25-26
- Catheters, 127, 171
- Cells, 8-9, 64-65, 125-126, 172, 193
- Checkups, *see appointments*
- Chemotherapy  
 explaining to child, 174  
 imagery stories and, 176-192  
 side effects, 174
- Circulatory system, 172
- Clark, Elizabeth, 21
- Coaching, 24-26, 72
- Coaching Notes, 45, 50
- CT (computerized tomography),  
 123, 127
- Coping strategies  
 expressing feelings, 9-10  
 focusing on positive, 16-17, 32-33  
 for pain, 131  
 multi-modality approach, 12-13

- Cousins, Norman, 20
- Cross-reference guide of major topics, 244
- Diagnostic tests
- blood, 126-127
  - descriptions of, 127
  - explaining to child, 123-130
  - imagery stories for, 116-122
  - preparation for, 130
- Distraction, 14, 40, 53
- Doctors, *see physicians*
- Endorphins, 20
- Families
- helping members adjust, 6
  - reactions of, 25-26
  - coping patterns, 32-35
- Fear, 25, 32-33, 130
- Fight or flight response, 9, 18
- Finger sticks, 126
- Friends
- activities with, 227
  - telling about illness, 224-226
- Guided imagery, *see active imagination*
- Healing
- imagery and, 2-4, 180-182, 191-192
  - mind-body and, 8, 69
- Healing Images* CD, xi, 257-258
- Hirshberg, Caryle, 19
- Holden, Matthew, xi-xii
- Hope
- poem by Mary Soergel, 23
  - positive attitude and, 21-22
- Hospital
- reasons for admission, 98
  - staff members, 99-104
- Humor, *see laughter*
- Imagery, *see active imagination*
- Immune system
- description of for children, 169
  - effect of relaxation on, 8-10, 15
  - effect of stress on, 8-9
  - imagery stories and, 180-192
- IVs (intravenous), 171
- Jacobson, Edmund, 13
- Keller, Helen, 23
- Kushner, Harold, 10-11
- Language
- children's for emotions, 9-10
  - children's for pain, 38-40, 132-134
- Laughter
- jokes and riddles, 228-229
  - physical benefits of, 20-21
- Leukemia, 65
- Lumbar puncture, 125, 128
- MRI (magnetic resonance imaging), 123
- Medications
- imagery stories and, 176-192
  - maintaining schedule, 172
  - pain and, 125, 195-196
  - using relaxation techniques with, 40
- Metastasis, 65

- Mind-body interaction**  
 in control of autonomic body processes, 8, 9, 18, 20  
 influence on immune system, 8, 9, 69
- Muscle relaxation, *see progressive muscle relaxation***
- Music**  
 relaxation and, 18-19  
 suggestions for using, 55, 69-74
- Nausea, 159-161**
- Neuropeptides, 8**
- Optimism, 10, 16-17, 21**
- Organizations/Resources**  
 Asthma, 252  
 Cancer, 252  
 Congenital Heart Disease, 253  
 Cystic Fibrosis, 253  
 Diabetes, 253  
 Epilepsy, 253  
 Hemophilia, 254  
 Inflammatory Bowel/Crohn's Diseases, 254  
 Juvenile Rheumatoid Arthritis, 254  
 Kidney Disease, 254  
 Lupus, 255  
 Sickle Cell Disease, 255
- Pain**  
 breathing and, 14  
 distraction from, 40, 131  
 imagery stories for relief of, 135-158  
 laughter and, 20  
 medical treatment of, 125, 195-196  
 message from body, 132  
 rating scales, 39, 133  
 understanding and talking about, 38-40, 132-134
- Parents**  
 communication about diagnosis, 6, 32-34  
 developing a family approach, 24-25  
 insights from others, 28-31  
 reassurances for, 26-27
- Physicians, descriptions of specialists, 102-103**
- Positive self statements**  
 focus words and phrases, 16-18  
 listed with story titles, 239-243  
 suggestions for using, 73  
 suggestions for writing, 6, 54-55
- Progressive muscle relaxation**  
 definition of, 6, 13-14, 40  
 suggestions for using, 41, 52-53  
 whole body exercises, 42-44, 76-83
- Psychoneuroimmunology, 8**
- Rating scales for pain, 39, 133**
- Radiation**  
 explaining to child, 205-208  
 imagery stories and, 209-214  
 side effects, 208
- Reassurances**  
 for caregivers, 26-27  
 for children, 67-68
- Relaxation response, 9, 18**
- Relaxation techniques**  
 active imagination and, 14-16, 53-54, 70-71  
 basic elements of, 50-55, 69-74  
 breathing exercises for, 14, 53  
 effect of laughter, 20-21  
 music and, 18-19, 55

- progressive muscle, 13-14, 52-53, 75-83  
self talk and, 16-18, 54-55, 73
- School  
returning to, 36, 225  
telling classmates about illness, 224-226
- Sedation, 125, 195-196
- Self-talk, *see positive self statements*
- Seligman, Martin, 16
- Side effects  
medication, 170-171  
laughter, 20  
radiation, 205-208
- Simon, David, 14
- Simonton, O. Carl, 12, 14-15
- Sleep  
imagery stories and, 219-223  
stress and, 16  
suggestions for, 216-218
- Soergel, Mary, 23
- Stress  
immune system and, 8-10  
laughter in relief of, 20-21  
parental, 25-26
- Surgery  
explaining to child, 193  
imagery stories and, 198-204  
pain medication and, 195-196  
preparation for, 194-195  
recovery from, 196
- Tapes  
music selections, 55  
ordering information, 269
- Tests, *see diagnostic tests*
- Ultrasound, 123, 129
- Visualization, *see active imagination*
- Vomiting, 159-161
- Websites, 255-256
- X-rays, 123, 129