



**Jane Ehrman, M.Ed., RCHES, ACHT**

**Owner  
Images of Wellness, LLC  
Napa, California**

Jane retired from the Cleveland Clinic, having served 16 years in integrative and preventative medicine as a mind-body and behavioral health specialist. She is the owner of Images of Wellness, LLC. Her focus is to help clients transform their health and life challenges into opportunities for healing and personal growth. She works with adults and children on a variety of issues. Jane has been an international speaker for over 25 years on a variety of topics related to health and wellness, including mind-body medicine in daily living, resilience and peak performance in worksite wellness, mind-body practices to navigate menopause effectively, and addressing compassion fatigue and burnout in the helping professions. Jane has a M.Ed. degree from Pennsylvania State University, focused on mind-body medicine as well as a B.A. degree in health education from Youngstown State University. She completed her post-graduate training at the Harvard Medical School Mind/Body Medical Institute in Boston, Massachusetts. Jane is certified in Interactive Guided Imagery™ through the Academy for Guided Imagery in Malibu, California, and she is an advanced practice clinical hypnotherapist, trained in heart-centered hypnotherapy. Jane is also an end-of-life doula through INELDA and a retired Certified Health Education Specialist. She currently resides in Napa, California.