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Titolo	The positive power of imagery : harnessing client imagination in CBT and related therapies // Tammie Ronen
Pubbl/distr/stampa	Hoboken, N.J., : Wiley-Blackwell, 2011
ISBN	0-470-97997-6 0-470-97996-8 1-283-23960-4 9786613239600
Descrizione fisica	1 online resource (340 p.)
Disciplina	616.89/14
Soggetti	Imagery (Psychology) - Therapeutic use Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 297-312) and index.
Nota di contenuto	Theoretical background -- Introduction : on becoming a therapist -- Thinking like a cognitive behavioural therapist -- On being a positive therapist -- Creativity : who needs it, and for what? -- Applying developmental CBT with children -- The positive power of imagery -- Major concepts regarding imagery -- Using imagery in psychotherapy : how, why, and what for? -- Using metaphors in therapy -- Preparing to apply therapy through imagery -- Getting ready to start : relaxation -- Basic guidelines for conducting imagery therapy : from setting to termination -- Adapting relaxation and imagery to children -- Using imagery while assessing and treating clients -- Using imagery for assessing clients throughout the treatment process -- Applying imagery to treat past events (fears, trauma, posttrauma) -- Imparting assessment and awareness skills for changing present behaviour.
Sommario/riassunto	The Positive Power of Imagery presents the theory and practice of imagery therapy as a creative intervention that challenges therapists to learn the skills for creatively designing personalized exercises to match clients' specific needs, problems, and personalities. Presents a unique integration of imagery therapy with CBT and positive psychology Challenges therapists to develop imagery therapy

techniques tailored to fit their individual clients' personalities and problemsFeatures case illustrations and guidelines for the use of imagery and metaphors for both adults and chi
