

1.	Record Nr.	UNISALENTO991000072749707536
	Autore	Chourmouzos, Aimilios
	Titolo	Konst. Theotokes : ho eisegetes tou koinonistikou mythistorematos sten Hellada : ho anthropos - to ergo / Aim. Chourmouzos
	Pubbl/distr/stampa	Athens : Hoi Ekdoseis ton Philon, 1979
	Edizione	[2. ed.]
	Descrizione fisica	172 p. ; 21 cm
	Collana	Kritike poreia ; 5
	Soggetti	Theotokes, Konstantinos (1872-1923)
	Lingua di pubblicazione	Greco Moderno
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910133841103321
	Autore	Ronen Tammie
	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 problems. Features case illustrations and guidelines for the use of imagery and metaphors for both adults and children.
