

# Oxford Guide To Imagery In Cognitive Therapy

## Review

Oxford Guide to Imagery in Cognitive Therapy

by Ann Hackmann, James Bennett-Levy and Emily A. Holmes, 2011, Oxford University Press

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Mental imagery is defined as 'the experience of "seeing with the mind's eye", "hearing with the mind's ear" and so on' (Kosslyn, 2001). In his foreword to this book, Aaron T. Beck highlights the contribution that imagery techniques played in 'elucidating the tenets of cognitive therapy', but notes that it is only in the past decade that rigorous research into imagery has been conducted.

The role of mental imagery in the aetiology and maintenance of psychological disorders has received increased interest from psychologists in recent years, and cognitive-behavioural therapists are now using imagery techniques to treat a range of disorders. However, working with imagery can still arouse anxiety among clinicians. This volume helpfully brings together theory and practice in an easy to understand format that will be invaluable to clinicians working with a range of presentations, and go some way to allay any fears present about using imagery techniques.

The book is split into five logical sections: part 1 puts the use of imagery into context, reviewing first how imagery fits into traditional Beckian cognitive therapy, before expanding into an overview of general and disorder specific imagery. A helpful selective overview on imagery research is included, followed by presentation of the effective components of imagery interventions in clinical practice.

Part 2 focuses on preparation for imagery interventions. It opens with a pragmatic chapter on general principles and practices for working with imagery, which includes sections on how to describe mental imagery to a client, provide a rationale for working with imagery, and create 'safe place' imagery to ground a client. The next chapter deals with assessment of imagery in detail, and helpfully includes a number of questions that clinicians can use with clients to first identify if imagery is present, and then to elicit and understand meanings, emotions and responses associated with the imagery. The next chapter follows on coherently, giving a step-by-step guide on how to use the information gained in assessment to create an idiosyncratic imagery micro-formulation.

Parts 3 and 4 of the book describe several different types of imagery intervention, the former focusing on transforming negative imagery, and the latter on creating positive imagery. Case examples add clarity and bring the therapeutic techniques to life.

The four chapters of Part 3 address intrusive daytime imagery, imagery arising from memories, night-time imagery, and metaphorical imagery. Each chapter takes the reader through the stages required in these imagery interventions, from socialisation to the model through to transformation of imagery itself. In Part 4, the authors first give an introduction to positive imagery work, comprising a literature review and brief overview of general principles of working therapeutically with positive imagery. The second chapter focuses on 'creating new ways of being', and describes positive

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From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly. This title has been written both for clinicians and researchers. For clinicians, it is a user-friendly, practical guide to imagery, which will enable therapists to. The Oxford Guide to Imagery in Cognitive Therapy is a practical guide for clinicians wishing to understand imagery phenomenology, and integrate. It is only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted. The Oxford Guide to Imagery in Cognitive .Oxford Guide to Imagery in Cognitive Therapy by James Bennett-Levy, , available at Book Depository with free delivery worldwide. Oxford Guide to Imagery in Cognitive Therapy by Ann Hackmann, James Bennett -Levy and Emily A. Holmes, , Oxford University Press. Oxford Guide to Imagery in Cognitive Therapy has 10 ratings and 2 reviews. Alex said: While this guide feels like an academic companion, there are some g. 16 Mar - 7 sec Read Free Ebook Now vacronindia.com?book= PDF Oxford. 4 Apr - 5 sec Watch PDF Oxford Guide to Imagery in Cognitive Therapy (Oxford Guides to Cognitive. Available in the National Library of Australia collection. Format: Book; xlii, p.: ill. ; 25 cm. Oxford: Oxford University Press, - Oxford guides in cognitive behavioural therapy . 1 online resource (xlii, pages): illustrations, portraits. , English, Book. Buy the Oxford Guide To Imagery In Cognitive Therapy (ebook) online from Takealot. Many ways to pay. Free Delivery Available. Non-Returnable. We offer fast. Buy Oxford Guide to Imagery in Cognitive Therapy by Ann Hackmann from Boffins Books in Perth, Australia. Softcover, published in by Oxford University. Language, In English. Format, Soft cover. Dimensions, xx15 (mm). Publisher, OXFORD UNIVERSITY PRESS ACADEM. Added: Read a free sample or buy Oxford Guide to Imagery in Cognitive Therapy by Ann Hackmann, James Bennett-Levy & Emily A. Holmes. You can. Get FREE shipping on Oxford Guide to Imagery in Cognitive Therapy by Ann Hackmann, from vacronindia.com Imagery is one of the new, exciting frontiers in. Oxford Guide to Imagery in Cognitive Therapy. Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy. Oxford guide to imagery in Cognitive Therapy. Printer-friendly version PDF version. Author: Hackmann, Ann. Shelve Mark: MED RC C63H Location. Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of. New York: The Guildford Press. Hackmann, A., Bennett-Levy, J., Holmes, E. ( ). Oxford Guide to Imagery in Cognitive Therapy. New York: Oxford University. The Oxford Guide to Imagery in Cognitive Therapy is a landmark book, which will play an important role in the next phase of cognitive therapy's. Abstract: Review(s) of: Oxford guide to imagery in cognitive therapy, by by Ann Hackmann, James Bennett-Levy and Emily A. Holmes, , Oxford University. Read Oxford Guide to Imagery in Cognitive Therapy by with

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