



# Using Mental Imagery in Counselling and Psychotherapy: A Guide to More Inclusive Theory and Practice

*Valerie Thomas*

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The therapeutic potential of working with clients' mental images is widely acknowledged, yet there is still little in the counselling and psychotherapy literature on more inclusive approaches to the clinical applications of mental imagery. *Using Mental Imagery in Counselling and Psychotherapy* is a unique, accessible guide for counsellors and psychotherapists who wish to develop their expertise in this important therapeutic practice.

Contemporary practitioners have at their disposal a large repertoire of imagery methods and procedures comprising the contributions from different therapeutic schools and clinical innovators. **Valerie Thomas** identifies some of the common features in these approaches and offers a transtheoretical framework that supports integrative practitioners in understanding and using mental imagery to enhance therapeutic processes. The book:

- Examines the development of the theory and practice of mental imagery within a wider context of the history of imagination as a healing modality;
- Describes the different ways that mental imagery has been incorporated into therapeutic practice and evaluates recent developments;
- Reviews explanations of the therapeutic efficacy of mental imagery and considers how recent theoretical concepts provide a means of understanding the role that mental images play in processing experience;
- Includes reflections on ways to develop more inclusive theory and proposes a model that can inform integrative practice.

Using a wide range of clinical vignettes to illustrate theory and cutting-edge research, **Valerie Thomas** proposes a new integrated model of practice. Providing clear and detailed guidance on applying the model to clinical practice, the book will be essential reading for psychotherapists and counsellors, both in practice and training, who wish to harness the therapeutic efficacy of mental imagery.



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