

Imagery and daydream methods in psychotherapy and behavior modification

Academic - CBT Techniques: Tools for Cognitive Behavioral Therapy

Description: -

- Temperance.

Fourth of July orations.

Psychotherapy

Imagination

Fantasy

Behavior therapy

Behavior therapy

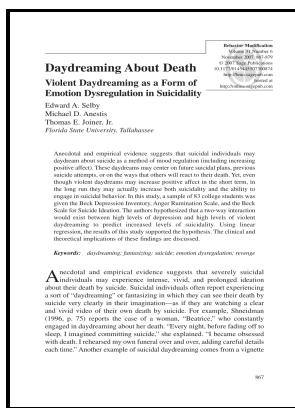
Psychotherapy

Imagery (Psychology)Imagery and daydream methods in psychotherapy and behavior modification

Personality and psychopathology, no. 14Imagery and daydream methods in psychotherapy and behavior modification

Notes: Bibliography: p. 255-268.

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Eidetic Psychotherapy

Depersonalization and daydreaming: A pattern of disturbance in the sense of reality: Bulletin of the Menninger Clinic Vol 42 4 Jul 1978, 307-320.
Daydreaming in males from seventeen to seventy-seven: A preliminary report: Proceedings of the Annual Convention of the American Psychological Association 1973, 769-770.

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The nature of learning in traditional and behavioral psychotherapy. Waking Dream Therapy: Dream Process as Imagination. Daydreaming styles and nocturnal dreaming: Journal of Abnormal Psychology Vol 83 1 Feb 1974, 52-55.

Eidetic Psychotherapy

The New Handbook of Cognitive Therapy Techniques.

Imagery Techniques in Psychotherapy

The role of fantasy in the response to television: Journal of Social Issues Vol 32 4 Fal 1976, 71-85. Is television viewing really bad for your imagination? The coping imagery instructions produced significant reductions with initial levels statistically controlled in the discrepancy between perceived self- and ideal self-concept, and increased study behavior for minor exams and midterm exams. Give it a name if you like.

Imagery Techniques in Psychotherapy

The relationships among life satisfaction, role activity, personality, daydreaming, and socioeconomic variables in middle aged and older adults: Dissertation Abstracts International. Visualize the color brown for direction. An experimental study of some relationships between daydreaming and anxiety: Journal of Consulting Psychology Vol 26 5 Oct 1962, 446-454.

9780126466652: Imagery and Daydream Methods in Psychotherapy (Personality and psychopathology, no. 14)

Imagery and Daydream Methods in Psychotherapy and Behavior Modification. The hypothesis was proposed that gains in self-concept as the result of systematic desensitization could be determined by active coping imagery. .

Cognitive behavioral treatment for narcolepsy: can it complement pharmacotherapy?

Amsterdam, Netherlands: John Benjamins Publishing Company. Dissertation Abstracts International Section A: Humanities and Social Sciences. A self-control versus a counterconditioning paradigm for systematic desensitization: An experimental comparison.

Imagery and Daydream Techniques Employed in Psychotherapy: Some Practical and Theoretical Implications

Don't worry if you don't totally understand it. Three additional studies were identified that evaluated the effectiveness of cognitive behavioral measures and multicomponent treatments for which treatment protocols have been proposed. Schorr 1974 reviewed uses of imagery in psychotherapy.

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