

# Imagery and daydream methods in psychotherapy and behavior modification

## Academic - Guided Fantasy as a Psychotherapeutic Intervention: An Experimental Study



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Psychotherapy  
Imagination  
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Behavior therapy  
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Personality and psychopathology, no. 14Imagery and daydream  
methods in psychotherapy and behavior modification

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This edition was published in 1974



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## Healing Depression with Guided Imagery Techniques

Desoille referred to his therapeutic technique as the guided daydream. Scagnelli believes that crucial to the successful use of this technique was the ability to delegate control to the patient through autohypnosis and over the dream material itself through creator-control of imagery... Hanscarl Leuner Hanscarl Leuner developed a system he called Guided Affective Imagery GAI. It's the hardest chakra to open and cleanse.

## Guided Imagery Therapy

Personality characteristics of high and low aggressive adolescents in residential treatment: Journal of Clinical Psychology Vol 32 4 Oct 1976, 814-818. Images can be used for assessment, as well. Some of the research described herein and the preparation of this review were supported in part by the National Institute of Mental Health Grant 10956-06.

## Guided Fantasy as a Psychotherapeutic Intervention: An Experimental Study

American Journal of Clinical Hypnosis, 10 , 1967, 174-177. A description of the relationship between daydreaming patterns of women and cognitive style, sex-role orientation, and anxiety: Dissertation Abstracts International. Both the therapist and the client construct a relaxing scene by discussing exactly what the client finds pleasant.

## Coping imagery, systematic desensitization, and self

Associations between daydreaming style and information processing predispositions: Imagination, Cognition and Personality Vol 6 2 1986-1987, 159-166. Relax your feet, toes, ankles.

## Cognitive Behavioral Therapy Techniques That Work

The present volume grows out of a long series of investigations by the senior author that have suggested that daydreaming and the stream of consciousness are not simply manifestations in adult life of persisting phenomena of childhood. Do this even if you plan to stay in your safe room.

The authors describe the different processes of using guided imagery and working from a script and show how drawing can be used to augment imagery work.

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