



The Positive Power of Imagery: Harnessing Client Imagination in CBT and Related Therapies

Tammie Ronen

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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

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