Index

Abraham, Dr Yair 5, 6
abuse 175–6, 210–11, 215, 231–3
active memory 98
adolescents
  CBT techniques 80
  image therapy with 271–4
  relaxation techniques 170, 177
  SDT model reducing aggression 33–4
  self-control skills 8, 46–7
  use of ladder metaphor with 7–8
age as a mediator in child therapy 79–80
aggressive behavior, overcoming 269–71
Alford, B.A. 34, 109, 117, 130, 135, 142
Allian, G.B. 130
anger
  and assertiveness 247–9
  and automatic thoughts 231–3
  metaphors for 124
  for past abuse 210
  physical signs of, identifying 270
  relaxation reducing 142
  warning signs to manage 229–30, 254
anorexic client 9, 41, 99, 220, 222–4, 245, 273
antisocial behavior, relaxation for 170
anxiety disorders
  in children 76, 127–8, 170, 171–2
  efficacy of CBT for 31, 108, 199
  exposure therapy for 240–2
  increasing awareness to reduce 227–8
  using metaphors to treat 126–7
  see also test anxiety
Assagioli, R. 91
assertiveness skills 247–50
assessment and awareness skills 217–18
  changing automatic thoughts 231–4
  internal stimuli, increasing awareness of 227–31
  relationship assessment 221–7
  self-assessment 218–21
  therapist guidelines 234
assessment in CBT 25–7
  in different treatment phases 184–5
  integration of imagery into 181–4
  targets for conducting 186–95
  guidelines for main questions 195–7
Attwood, T. 174
autogenic relaxation 143
automatic thoughts 19
  helping clients change 77, 231–4
  self-control training 20, 33
  avoidant behaviors 202–3
  awareness
    attentional focus, SDT model 33
    of automatic thoughts 231–3
    of internal stimuli 227–31
    and mindfulness 23–4
Bandura, A. 18
Barlow, D.H. 142
Barron, F. 65
Battino, R. 96, 98, 99, 100, 119, 163
  bear story 126–7
Index

Beck, A.T. 18–19, 31, 34, 96, 109, 117
    on metaphors 125–6, 130, 135
    posttraumatic stress disorder 199–200
    on relaxation 142
behavioral therapy 15
    Bandura’s work 17–18
    integration with cognitive therapy 18–20
    traditional 17
Ben-Shahar, T. 59
Bikes, D.H. 278
Biswas-Diener, R. 43, 47
Bogart, G. 24
borderline personality disorder 31
Boyll, S. 109
Brown, G.K. 31
Burke, J.D. 170
Burns, G.W. 130
car accidents, case studies 201–2, 211–13
Carlsen, M.B. 64, 68
children 169
    childhood abuse 175–6, 210–11, 215
    childhood disorders
        applying relaxation to 169–70
        characteristics of 75–6
    childhood image/memory, retrieving 121–2
    developmental CBT with 73
        applying 77–8
        developmental components 78–85
        differences from adult CBT 76–7
        therapist guidelines 85–7
    guidelines and case studies 263–4
        children in middle childhood 267–71
        treating adolescents 271–4
        treating young children 264–7
    imagery techniques with 174–6, 178
    metaphors aiding therapy with 127–9
    relaxation techniques, adapting for 170–4, 177–8
    unique developmental nature 73–5
Clark, D.M. 142
client preparation 150
cognitive-behavioral therapy (CBT)
    basic view underlying 15–17
    constructivism 21–2
    guidelines for developing client’s profile 34–5
    integration with behavioral therapies 18–20
major tenets and processes 24–5
    assessment in CBT 25–7
    efficacy of intervention 30–2
    relationship with client 29
    rules for supervising therapists 29–30
    techniques 28–9
    therapeutic process and setting 27–8
    mindfulness 22–4
    self-control models 20
    skills-directed therapy 32–4
    traditional behavioral therapy 17
    transition to an approach integrating
        cognitive therapy 17–18
see also developmental CBT with
children
cognitive development 78–9
    cognitive mediation 19–20
    cognitive restructuring
        of past traumatic events 210–14
        skills-directed therapy (SDT) 32–3
Cohen, G. 59
cognitive restructuring of past traumatic events 210–14
Craw, M.J. 130
creativity 10–12
    characteristics of creative people 65–6
    definitions of 55–6, 57–9
    and emotion 60–1
    and intelligence/creative genius 62–3
    guidelines for activating 72
    promotion of creative action 63–4
    techniques to facilitate therapist 70–1
    within therapy 56–7, 66–9
    noncreative imagery 69–70
Csikszentmihalyi, Mihalyi 38, 59, 63, 65, 71, 199, 251

314
Index

Dalai Lama 42
Dalgleish, T. 82–3
Danaher, B.G. 182
dangers of imagery therapy 119–20, 294–5
Daubman, K.A. 60
Davies, D. 85
Dean, B. 43, 47
deep muscle relaxation 143–7
depression
  in adolescents 271–2
  Beck's work on 19
  and creativity 60
efficacy of CBT for 31
  use of positive thinking 39–40
desensitization 69–70, 108, 141
developmental CBT with children 73
  applying 77–8
  childhood disorders 75–6
  developmental components 78
  age 79–80
  cognitive components 78–9
  emotional development 82–4
  family 84–5
  gender 80–1
  information processing 81–2
  language acquisition 82
  social development 84
  differences from CBT with adults 76–7
  therapist guidelines 85–7
  unique nature of children 73–5
divergent thinking 58
Dodge, K.A. 81
Doyle, M.C. 96
dreams 96, 97
Durlak, J.A. 76

efficacy of CBT intervention 30–2
Ellis, Albert 18–19, 109, 248
Emery, G. 200
emotional development 82–4
emotions
  assessment of 187–90, 196
  and constructivism 22
  constructivist therapy for exploring 50
  facilitating positive 255–9
  and metaphors 124–5
  using imagery to access 111–14
Erickson, Milton 117
Essau, C.A. 170
evidence-based practice 291–4
exposure therapy
  for anxiety in children 170
  gradual exposure 240–2
  imagery exposure followed by in vivo 201–4
  through imagery alone 204–7
externalizing problems, childhood disorders 75
familial components, child CBT 84–5
fear 199
  of getting lost 127–8
  gradual exposure to 240–2
  of television character 171–2
  of wind 128–9, 266–7
Feldman, D.H. 62
Finn, S.E. 185
Fo, E.B. 31, 114, 142, 200, 293
Follette, V.M. 23, 24, 142
Fonagy, P. 169–70
forgetting past events, skills for therapists 281–2
Fox, C. 292
Frankl, V. 117, 251, 291
Fredrickson, B.L. 39, 41–2, 45–6, 109, 253, 262
Freeman, A. 109
Freud, S. 129–30, 135
Friedberg, R.D. 130, 170, 171
Friedman, M.J. 142, 200, 293
Fuhrman, T. 76
the future
  developing positive view of 251–3
  helping clients plan for 253–5
  jumping to the future, imagery technique 259–60
future therapy, skills for planning 285–6
Gable, S.L. 41
Gambrill, E. 30, 244
gender as a mediator in child therapy 80–1
  genetics, creativity and intelligence 62–3
  genius view of creativity 62
  Gestalt therapy 108
  Gilbert, D. 43, 49, 109
  Goldman, N. 22, 228
  gratitude, expressing 52–3, 253, 261
  Grave, J. 76
  Greenberg, L.S. 22, 141, 200, 228

315
# Index

<table>
<thead>
<tr>
<th>Page Numbers</th>
<th>Authors</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kabat-Zinn, J. 23, 24, 227</td>
<td>Marks, I.M. 26, 292</td>
<td>Marks, I.M. 26, 292</td>
</tr>
<tr>
<td>Keane, T.M. 142, 200, 293</td>
<td>Mason, R. 170</td>
<td>Mason, R. 170</td>
</tr>
<tr>
<td>Kendall, P.C. 75–6</td>
<td>May, R. 65</td>
<td>May, R. 65</td>
</tr>
<tr>
<td>Keyes, C.L. 30, 43, 45, 184</td>
<td>McClure, J.M. 130, 170, 171</td>
<td>McClure, J.M. 130, 170, 171</td>
</tr>
<tr>
<td>King, L. 41</td>
<td>McNiff, S. 68</td>
<td>McNiff, S. 68</td>
</tr>
<tr>
<td>Kolcaba, K. 292</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Koons, C.R. 227</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kopp, R.R. 126, 128, 130, 132</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kovecses, Z. 124–5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lackoff, G 125</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lampman, C. 76</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Land of I’m Sorry&quot; exercise 281–2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Land of Sorrow&quot; exercise 48, 189</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Land I Wish&quot; exercise 256–7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lang, P. 91, 107, 293</td>
<td></td>
<td></td>
</tr>
<tr>
<td>language acquisition 82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Layard, R. 60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lazarus, A. 92–3, 94, 97, 103, 125, 263</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LeClerc, G. 65</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LeCroy, C.W. 244</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemieux, C.A. 130</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Levitt, E.E. 73–4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lietze, G. 141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>limitations of imagery therapy</td>
<td>meaning</td>
<td></td>
</tr>
<tr>
<td>evidence base for 291–4</td>
<td>attributed to imagery 164</td>
<td></td>
</tr>
<tr>
<td>importance of therapist expertise 294–5</td>
<td>mediated vs. automatic thoughts 19, 20, 33, 213–14, 233</td>
<td></td>
</tr>
<tr>
<td>necessity of ending sessions positively 119</td>
<td>meditation 140–1</td>
<td></td>
</tr>
<tr>
<td>obstacles 100–3</td>
<td>use of imagery to recall test material 236–8</td>
<td></td>
</tr>
<tr>
<td>with psychotic patients 120</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Linehan, M.M. 23, 24, 142, 227</td>
<td>marital therapy 225–7</td>
<td></td>
</tr>
<tr>
<td>Linley, P.A. 38</td>
<td>mental imagery 96–7</td>
<td></td>
</tr>
<tr>
<td>Lopez, S.J. 47</td>
<td>metaphor therapy 131</td>
<td></td>
</tr>
<tr>
<td>Ludwig, A. 60</td>
<td>metaphors 123–4</td>
<td></td>
</tr>
<tr>
<td>Luria, A.R. 82</td>
<td>for child therapy 74, 77, 81</td>
<td></td>
</tr>
<tr>
<td>Lyubomirsky, S. 43–4, 47–9</td>
<td>client-generated 132–3</td>
<td></td>
</tr>
<tr>
<td>Magaletta, P.R. 252</td>
<td>dreams and ladders 7–8</td>
<td></td>
</tr>
<tr>
<td>Mahoney, Michael 12, 30, 58, 116, 277</td>
<td>and emotions 124–5</td>
<td></td>
</tr>
<tr>
<td>creative psychotherapy 68, 69</td>
<td>happiness and positivity 37, 42</td>
<td></td>
</tr>
<tr>
<td>meditation and imagery 141, 182</td>
<td>limitations of using 135</td>
<td></td>
</tr>
<tr>
<td>on metaphors 130–1</td>
<td>for meditation 140–1</td>
<td></td>
</tr>
<tr>
<td>&quot;The Pilgrim in Process&quot; poem 295–6</td>
<td>therapeutic role of 125</td>
<td></td>
</tr>
<tr>
<td>pretreatment client contact 185</td>
<td>as a natural language 125–6</td>
<td></td>
</tr>
<tr>
<td>Mannix, L.K. 292</td>
<td>along the therapy phases 129</td>
<td></td>
</tr>
<tr>
<td>marital therapy 225–7</td>
<td>applied to different therapeutic orientations 129–31</td>
<td></td>
</tr>
<tr>
<td>Markova, D. 64</td>
<td>as therapy’s routine or main tool 127–9</td>
<td></td>
</tr>
<tr>
<td></td>
<td>to express specific ideas 126–7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>therapist-generated 133–4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>therapist guidelines 135</td>
<td></td>
</tr>
<tr>
<td></td>
<td>middle childhood, case studies 267–71</td>
<td></td>
</tr>
<tr>
<td></td>
<td>mind-body connections, using imagery to find 117</td>
<td></td>
</tr>
<tr>
<td></td>
<td>mindfulness 22–4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Index

mirrors
  in fictional literature 50, 125, 132
  therapeutic use of 50, 209, 220, 229
Mischel, W. 82
mood disorders 39–40
Moore, E.K. 142
Moreno, J.L. 108
mothers of at-risk children, group therapy 224–5
motivations of client, assessment of 190–2, 196
mourning 113, 208
muscle relaxation 143–7
negative affects 33, 39–40, 44, 45–6
negative thoughts 38–9, 42, 46, 200, 231, 233
Neimeyer, R.A. 15, 21–2, 125, 182, 184, 186, 254–5
Nietzsche technique, assertiveness 248–9
Niven, D. 45
noncreative imagery in therapy 69–70
Norcross, J.C. 278
Nowicki, G.P. 60
obstacles arising during therapy 100–2
Oliver, J.M. 252
ongoing assessment of therapy 25, 26, 185, 193–4, 197
optimism
  definitions of 251–2
  future planning 253–5
  practice aimed at developing 255
pacing clients, importance of 119, 158–9
past events
  forgetting, skills for therapists 281–2
  using imagery to treat traumatic 199–215
Pauling, Linus 64
performance anxiety, skills for coping with 236
execution phase 238–9
  eliciting positive images 239–40
  gradual exposure to feared situation 240–2
  using humor and role reversal 242–3
preparation phase, use of visualization 236–8
Perry, K.J. 200
Peterson, C. 252
Pettetier, A.M. 108
phobias 171–2
physical abuse 231–3
physical health, imagery therapy helping 117
Piaget, J. 21, 78–9
Pink, D.H. 60
pleasure, fostering through imagery 118
positive emotions 255–9
positive psychology
  a recognized theory and therapy 38
  on being a positive therapist 37–8
  defining 41–2
  guidelines for applying 51–3
  and happiness 42–4
  positive view of clients and therapeutic processes 38–41
  subjective wellbeing 44–7
  training in 47–51
positive qualities as a therapist, focusing on 282–5
positive thinking 30, 118
positivity 41
  facilitating positive emotions and sensations 255–9
  increasing relationship 259–62
  self-help skills for therapists 286–7
  skills for developing 251–5
Positivity (Fredrickson) 39
posttraumatic stress disorder (PTSD) 31, 40, 114–15, 199–201
combat trauma, treating with imaginal exposure 204–5
preliminary imaginal exposure for treating 201–4
Power, M. 82–3
pre-imagery practice of client relaxation 199–215
pretreatment phase of therapy, assessment 184–5
problems
  analysis of, SDT model 33
  childhood 75
  of client, assessment of 186–7, 195
  finding flexible solutions to 116–17
  process imagery 99
profile of client, guidelines for developing 34–5
Index

progress, ongoing assessment of 185, 193–4, 197
progressive muscle relaxation 143–7
psychodrama 108
psychosomatic complaints 97–8, 267–9
psychotic patients, dangers of imagery 120
rational-emotive behavioral therapy 18–19
recall, using visualization to aid 236–8
receptive imagery 97–8
reflection, follow-up 163–4
relationships 221–7
assessment skills 221–7
client-therapist 29, 197
increasing happiness in 259–62
relaxation 139, 141–2
effectiveness of in therapy 143
meditation 140–1
pre-imagery practice of 153–4
preliminary preparations 139–40
self-relaxation exercises for therapists 147–8
summary 147
techniques
autogenic relaxation 143
deep muscle relaxation 143–7
visualization 143
role-reversal imagery 242–3
Ronen, T. 29, 264–6, 270
rope images, relationship assessment 224–7
Rosenbaum, M. 29, 270
Rosner, R.I. 96
Rothenberg, A. 67
Rowling, J.K. 50, 187–8
Ryff, C.D. 42, 45
Safran, J.D. 29, 66–7, 181
Schaffer, H.R. 75, 84
Schatz, D.M. 278
Schefft, B.K. 29–30
schemata 19, 81
schizophrenia 31, 120
SDT see skills-directed therapy
Segal, Z.V. 23, 24, 29, 66–7, 140, 160, 162, 181, 228
selective mutism 264–6
self-assessment skills 218–21
self-control models 20, 33–4
self-efficacy 18, 192, 252, 291–2
self-help skills for therapists 277–8, 286–8
self-supervision 278–81
self-relaxation exercises for therapists 147–8
Seligman, Martin 38, 41, 199, 251, 252
sensations, facilitating positive 255–9
sensitivity to internal stimuli, skills for increasing 227–31
setting, therapeutic 28
arrangement of 150
sexual abuse 210–11
Sheldon, B. 30, 66
Sheldon, K.M. 41
Shorr, J. 117–18
Singer, J.L. 93, 107, 286, 293
skills for coping see coping in the present
skills-directed therapy (SDT) 32–4
Smith, R. 64
Snyder, C.R. 251
social contacts, skills for initiating 244–6
social development 84
social learning 17–18, 79
social relationships, skills for improving 243–4
social support 221–2, 243
stories
distorting memories 94
of dreams and visions 96
enhancing information processing 130
for treating anxiety 126–7
see also metaphors
Stott, R. 124, 126, 130
stressful performance situations, using positive imagery 239–40
Stroshahl, K.D. 131, 135
stuttering, relaxation technique for 172–3
subjective wellbeing 44–7
supervision, therapist skill 278–81
survivor guilt 211–13
symbolic versus concrete imagery 98–9
targets for conducting assessment 186
clients’ emotions, thoughts, and behaviors 187–90
clients’ motivations, strengths and expectations 190–2

319
Index

targets (Cont.)
clients' problems 186–7
ongoing progress 193–4
outcome at termination 194–5
therapist guidelines for main questions 195–7
treatment needs 192–3
Tbinsager, M.E. 185
Teasdale, J.D. 23, 24, 140, 160, 162, 181, 228
techniques of CBT 28–9
television phobia, relaxation technique for 171–2
termination of therapy
on a positive emotion 119
assessment of change 194–5, 197
imagery phase of sessions 160–2
outcome evaluation 185
travel and transition metaphors 131
test anxiety
noncreative imagery example 69
relaxation technique for 173–4
skills for coping with 236–40
using humor and role reversal 243
therapists
creativity 66–72
journey towards becoming 3–13
obstacles with using imagery 101–2
preparation of 150
role of 29–30
self-help skills 277–88
self-relaxation exercises 147–8
techniques used by 28–9
therapeutic process and setting 27–8
therapeutic relationship 29, 197
way of thinking 29–30
Thoresen, C.E. 182
Torrance, E.P. 62

trauma 199
using imagery for cognitive restructuring 210–14
see also posttraumatic stress disorder (PTSD)
treatment needs, assessment of 192–3, 196
visualization
eliciting positive emotions 256–9
learning and memorizing materials through 236–8
relaxation technique 143
Vygotzky, L. 79, 82

Wallas, G. 64
Ward, C.H. 96
Ward, T. 64
warning signals 229–30, 254
Watson, J.C. 141, 142
Weisberg, R.W. 57–8, 64, 70
Weisz, J.R. 75, 170, 175
White, B. 200
Williams, J.M.G. 23, 24, 140, 160, 162, 181, 228
Wilson, K.G. 131, 135
Winnicott, Donald 59
Wolpe, J. 141
words
assessment limitations 183
using positive 50
working alliance 29, 197
Wright, B.A. 47
Yanai, Yehuda 25
young children, using imagery with 264–7
Zimmerman, B.J. 175
Zohar, D. 92