

ART THERAPY FUNDAMENTALS

★ 2017

Guided Imagery is a method of psychotherapy to promote creativity and healing. While in a relaxed state the individual is able to create images based on the Art Therapists use of descriptive language.

Guided Imagery is used to help reduce stress, control pain and encourage creativity and relaxation.

The Art Therapy Sourcebook
- Cathy Malchiodi

Guided Imagery

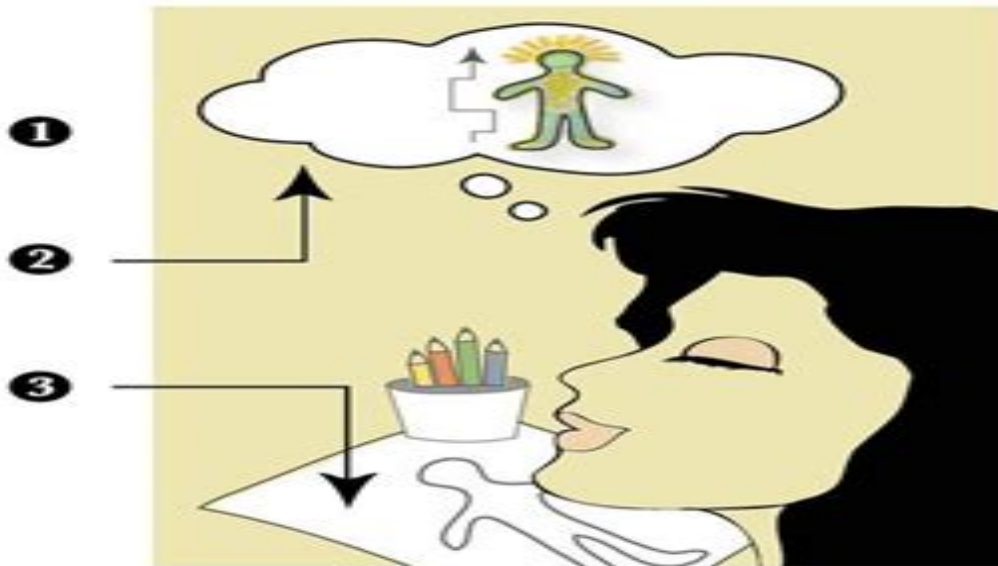
Therapeutic Exercise

First, after a short meditation exercise while in a relaxed state the individual is ready to begin.

Next, with the eyes closed the participant is asked to keep notice of how the body feels. Starting from the feet and moving up, the individual takes inventory of any sensations, tensions, or pains etc. within any specific areas.

Lastly, using colored drawing materials, the participant is asked to translate those experiences onto the body template by filling the outline in with varied lines, colors and shapes.

The Art Therapy Sourcebook
- Cathy Malchiodi



Guided Imagery Example



"comfortable"



"overwhelmed"

Conclusion

Completed Guided Imagery projects are given a title or theme by the participant and discussed with the therapist.

Keep an art journal to document changes within the body over a period of time.

Guided Imagery Handouts

CO Houle



Guided Imagery Handouts:

Enjoying the Beat of Term: An Psychological Symphony within **Guided Imagery Handouts**

In a world consumed by monitors and the ceaseless chatter of immediate interaction, the melodic splendor and psychological symphony created by the published term usually disappear in to the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. However, nestled within the pages of **Guided Imagery Handouts** a stunning literary treasure full of fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths of this emotional analysis, we will examine the book is main harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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