

64 Creative Visualisations For Use In Therapy

When it comes to therapy, incorporating different creative techniques can greatly enhance the healing process. One such technique that has gained popularity is visualisation. Visualisation exercises allow individuals to tap into their imagination and create vivid mental images, aiding relaxation, insight, and personal growth.

Why Use Visualisations in Therapy?

Visualisations offer a powerful tool for therapists to help clients explore their emotions, memories, and aspirations. Through visualising different scenarios, individuals can gain a deeper understanding of themselves and their experiences. Research has shown that visualisations can reduce anxiety, alleviate stress, and promote overall well-being.

64 Creative Visualisations for Therapists to Utilize

1. The Safe Haven

Envision a serene, peaceful place where you feel safe and secure. Allow yourself to explore every detail, from the sights and sounds to the scents in the air. This visualisation can be used to find a sense of calm during stressful situations.



Stories That Heal: 64 creative visualisations for use in therapy by Roger Day (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 19471 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 165 pages

Lending : Enabled

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2. The Inner Garden

Imagine a lush garden within yourself, filled with beautiful flowers, tall trees, and flowing waterfalls. This visualization allows you to connect with your inner self and access your emotions with greater clarity.



3. The Mountain Peak

Picture yourself on the top of a magnificent mountain, overlooking breathtaking landscapes. This visualisation encourages a sense of empowerment and can be used to overcome challenges and obstacles in life.

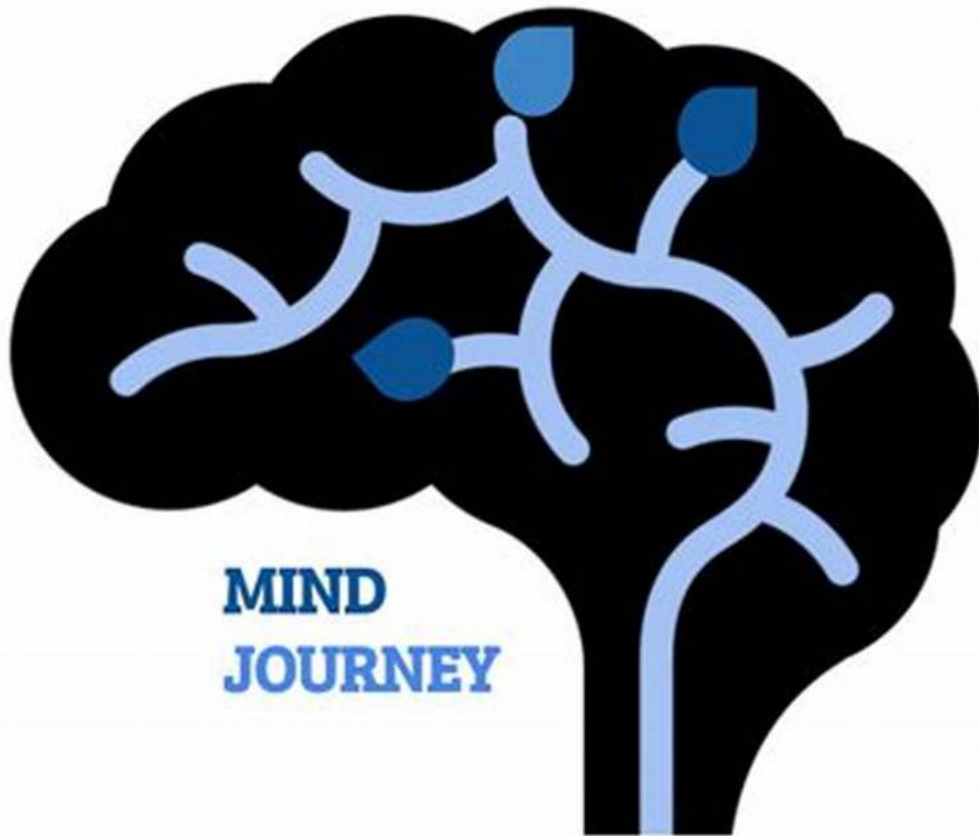


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4. The Journey through the Woods

Take a mental stroll through a dense forest, paying attention to the subtle sounds and sensations. This visualisation promotes mindfulness, grounding you in the present moment.



These are just a few examples of the numerous visualisation techniques that therapists can use to support their clients. Remember, each individual is unique, so it's crucial to adapt these exercises to suit their specific needs.

Visualisations offer a world of possibilities for therapists and their clients. Through creative visualisation exercises like those mentioned above, individuals can embark on transformative journeys in therapy, gaining valuable insights and healing along the way. So why not give it a try? Explore the power of visualisation and see the positive impact it can have on your well-being.

For more creative therapeutic techniques and tips, be sure to subscribe to our newsletter and stay up to date with the latest practices.



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Creative visualisation is one of the most powerful tools counsellors and therapists can use in helping their clients.

The 64 creative visualisations in this book provide a wealth of ideas for therapists. They take a down-to-earth, eyes-open-if-needed approach to this important technique. Each is followed by a specific activity the client does to embed the therapeutic change as a result of the visualisation.

Activities following visualisations are grouped into eight sections as follows:

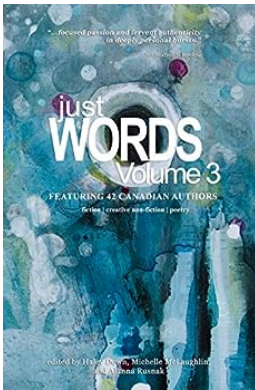
Drawing Painting Writing Drama Clay/Playdough Collage/3-D Movement Human sculpting

Many of the visualisations can be used for children, young people and groups as well as individual adults.



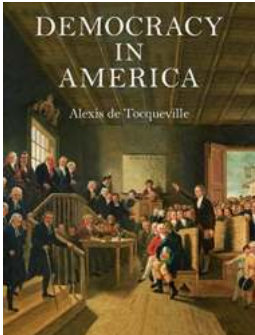
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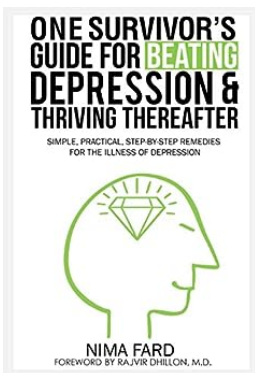
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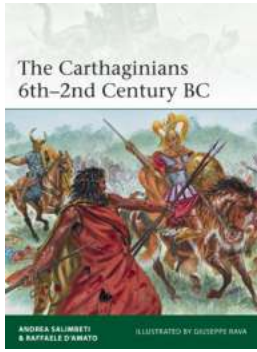
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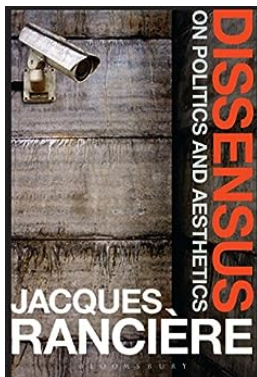
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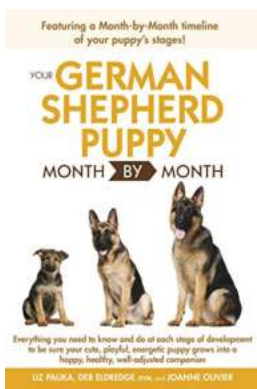
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