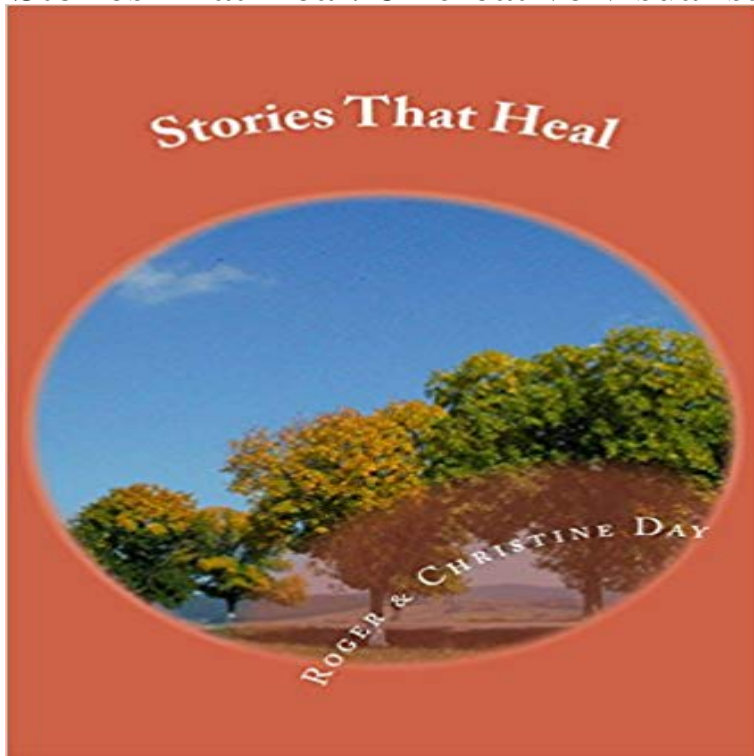


Stories That Heal: 64 creative visualisations for use in therapy



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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