

# Therapeutic Images Revisited

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# Benefits of using images in psychotherapy

- Cognitive organization
- Resistance minimizer
- Staying power
- Images and code communication

# The image as diagnosis

- Clear and non-mystifying to clients
- Avoids stigmatizing mental illness diagnosis
- Far more precise
- Indicate actions to address problems

# Guidelines for use of images

- Therapist present the image
- Elaborates on it if needed to ensure client understands it
- Discusses its application to the client's own situation

# Images used with individuals

- 1. Poor no more
- 2. Country Club
- 3. Little white balls

# Images used with couples

- Cap on the toothpaste
- Balance: overfunction/underfunction
- Keep your damn sugar