



Imagery and the Threatened Self: Perspectives on Mental Imagery and the Self in Cognitive Therapy

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Imagery is important in cognitive therapy because images often trigger strong emotions, and imagery techniques such as imaginal reliving and imaginal rescripting are increasingly used in therapeutic treatments. *Imagery and the Threatened Self* considers the role that images of the self play in a number of common mental health problems and how these images can be used to help people to recover.

Stopa and her contributors focus specifically on images of the self which are often negative and distorted and can contribute to both the cause and the progression of clinical disorders. The book includes chapters on current theories of the self and on imagery techniques used in therapy, alongside chapters that examine the role of self-images and how images can be used in the treatment of disorders including:

- social phobia
- post-traumatic stress disorder
- eating disorders
- depression
- bipolar disorder.

Imagery and the Threatened Self is an original and innovative book that will appeal to both clinicians and students who are studying and practising cognitive therapy.



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