

Abstract

This study explores the use of Imagery to deepen the therapeutic relationship between the therapist and her client.

Imagery can incorporate a number of different tools, from working with a clients' metaphor, to relating to stones, examining dreams, to drawing images on paper or in sand. For the purpose of this piece of work, I am concentrating primarily on the use of Metaphor, Focusing and Artwork.

I hope to show in this work how you can utilise these tools within the therapeutic relationship and how the use of imagery can be used to bring the Client's unconscious into the conscious.