

## **Abstract**

This exploratory discussion has endeavoured to understand the power and potential for imagery to be used within the therapeutic relationship to engage and reflect movement of the intrapsychic process. This process involves the connecting of mind and body, cognition and emotions.

Despite a lack of specific research into this concept, this hypothesis has gained support through literature and theory, developing a solid grounding through the consideration of each element of psychological presentation considered in relation to each other.

Through examining literature, both historical and current, and placing this within the context of an appropriate case study, spontaneous imagery has been shown to be an adaptive tool, the development of which can demonstrate inner psychological movement.