

## Abstract

When the word 'image' comes to mind, I tended to think of something that I had visually created.

However, it has been suggested by Belleruth Narparkstek (1995, p.4) that images apply to all of our 'sensory impressions: sights, sounds, smells, taste or touch' and as therapists, 'we get information that is more accurate and pure: rawer, truer, less edited and reconstructed.'... from our clients.

Since I value my clients' autonomy and their own unique experiencing I strive to provide what Carl Rogers (1959) referred to as 'the six necessary and sufficient conditions,' one of which is unconditional positive regard or 'a "prizing" of the person.' Kirschenbaum and Henderson (1990, p.225)

In doing so, I will respond to what is presented in the therapeutic relationship and this may include client generated imagery, metaphors or symbols. However, it is important that I ensure that in doing so, I do not influence, or be influenced by my own interpretation of what is presented, keeping her own '*frame of reference*' i.e. experiencing the world from the clients point of view Mearns & Thorne (1999, p.42)

Being curious as to how to achieve this, led me to undertake the literary review in section two. I trust that the reader will be equally curious as to the outcome.