

ABSTRACT

Images surround us constantly and as human beings we have used them as a form of communication for over 50,000 years - before language and the written word.

The purpose of this dissertation is to highlight the ways in which images can help a client's process in therapy. I start by outlining my humanistic, integrative personal philosophy and rationale for practice. The exploration of the use of images in counselling and psychotherapy is carried out by searching the related literature which I review and comment upon. My case study highlights how a variety of images, when used in a humanistic, integrative relationship, can help a client's process in therapy – a process in which creativity formed a significant aspect. The relationship between my client and myself provided the frame to enable my client to play and be free from societal and cultural constraints.

The dissertation ends with my conclusions. From my reading and case study experience I conclude that the use of images within a therapeutic relationship allow a client's whole body to respond consciously, unconsciously, heightens sensory experiences, enhances thinking capacity and intensifies memories.

185 words