

## **ABSTRACT**

This dissertation is an exploration of the use of imagery in the therapeutic relationship.

As the literature review will reveal, the use of imagery in psychotherapy has a variety of strands, such as spontaneous mental imagery, guided imagery, the interpretation and exploration of dreams and fantasies and the use of metaphors. For the purpose of my dissertation, I have concentrated mostly on the use of mental imagery and metaphor as a therapeutic tool.

I hope to demonstrate my belief that the use of imagery in counselling and psychotherapy has the potential to enhance the therapeutic relationship.