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OXFORD GUIDE TO IMAGERY IN COGNITIVE THERAPY

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Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly. It is only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted.

The *Oxford Guide to Imagery in Cognitive Therapy* is a landmark book which will play an important role in the next phase of cognitive therapy's development. Clinicians and researchers are starting to recognise the centrality of imagery in the development, maintenance and treatment of psychological disorders - for example, in social phobia, agoraphobia, depression, PTSD, eating disorders, childhood trauma, and personality disorder. In the fields of cognitive psychology and cognitive neuroscience, researchers are identifying the key role that imagery plays in emotion, cognition and psychopathology.

The *Oxford Guide to Imagery in Cognitive Therapy* has been written both for clinicians and researchers. For clinicians, it is a user-friendly, practical guide to imagery, which will enable therapists to understand imagery phenomenology, and to integrate imagery-based interventions into their cognitive therapy practice. For researchers, it provides a state-of-the-art summary of imagery research, and points the way to future studies. Written by three well-respected CBT researcher-clinicians, it is essential reading for all cognitive therapists who have recognised the limitations of purely 'verbal' CBT techniques and who want to find new ways to work with clients with psychological disorders.

- A user-friendly and accessible guide to understanding imagery and using imagery-based interventions in CBT practice
- Makes use of clinical examples throughout to aid understanding
- Written by three highly experienced and respected practitioners, drawing on their years of clinical practice

"This wonderful book places imagery and memory work firmly in its historical context, while acquainting readers with cutting edge empirical investigation. The authors' research expertise, theoretical sophistication and clinical wisdom shine through. And pictures too! A major contribution to the continuing evolution of cognitive therapy." - **Melanie Fennell, Oxford University**

"This book is a gem that will be an invaluable resource for clinicians. The authors draw on their extensive clinical experience and research to demonstrate the power of imagery in transforming meanings. A truly inspiring guide on how to conduct imagery interventions effectively!" - **Professor Anke Ehlers, Institute of Psychiatry in London**

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