

# 'One Picture is Worth a Thousand Words'

## Developing Imagery Techniques in Cognitive Therapy

A skills based workshop for therapists

drsteveholmes & ASSOCIATES

### Workshop presenter - Dr. Lusia Stopa ...

Dr Lusia Stopa is the Director of Cognitive Therapy Programmes at the University of Southampton and honorary Consultant Clinical Psychologist. She has been researching, teaching, and practising cognitive therapy for over twenty years. Her most recent book is entitled "*Imagery and the Threatened Self: Perspectives on Mental Imagery & the Self in Cognitive Therapy.*"

Date	10 <sup>th</sup> September 2011
Time	9am – 4pm
Place	The Hall, 4 New St, Salisbury, SP1 2PH
Cost	£70 cheques to Dr Steve Holmes or BACS details on request
Lunch	Please make your own arrangements
Contact	<a href="mailto:moira@drsteveholmes.co.uk">moira@drsteveholmes.co.uk</a> ☎ 07876 134678

### Workshop aims...

To examine the role of imagery in clinical disorders.

To introduce a number of different imagery techniques that can be used in assessment and in treatment.

To demonstrate and practise using imagery techniques.

### Workshop details ...

The importance of imagery was recognised from the beginning in cognitive therapy, but in the early days there was an assumption that images could be tackled with the same techniques that were used for verbal thoughts, such as thought challenging. With the advent of Personality Disorder work such as schema therapy a wide range of effective imagery techniques have now been developed within a cognitive behavioural framework and their importance in the maintenance and development of many disorders has been recognised.

Please reserve me a place on 10<sup>th</sup> September 2011 / Developing Imagery Techniques in Cognitive Therapy

Name \_\_\_\_\_ Email \_\_\_\_\_

Correspondence address \_\_\_\_\_

\_\_\_\_\_ Cheque Enclosed \_\_\_\_\_

Please send to Dr. Steve Holmes & Associates, The Hall, 4 New Street, Salisbury SP1 2PH