

5

Guided Imagery Exercises

to help your students with self-regulation



Special Memory. Encourage students to draw a picture and/or tell the story of a special memory from their past that brings comfort or joy.



Safe Place. Have students imagine what their ideal safe space would look like and then draw it or write about it.



Protective Shield. Invite students to imagine and draw themselves with a protective shield or force field around themselves. Encourage youth to imagine these things any time they feel they need protection.



Hero. Invite students to create a superhero equipped with whatever super powers are desired or needed.



Future Self. Encourage students to imagine their future, positive selves and then draw that person.

Guided Imagery Handouts

Mark Carlson



Guided Imagery Handouts:

More Brief Therapy Client Handouts Kate Cohen-Posey, 2010-12-23 The highly anticipated follow up to Brief Therapy Client Handouts now with even more practical therapeutically sound strategies for helping clients change behaviors and address problems Building on the success of Brief Therapy Client Handouts this unique sourcebook provides a comprehensive collection of over 200 jargon free ready to use psycho educational handouts including concise articles exercises visual aids self assessments and discussion sheets that support your clients before during and between sessions Featuring a strong focus on mindfulness and cognitive therapy *More Brief Therapy Client Handouts* incorporates sensitively written handouts addressing timely topics such as positive counseling strategies psycho spirituality and using trance for pain management and weight loss This exceptional resource features A helpful Therapist Guide opens each chapter with learning objectives and creative suggestions for use of material More handouts devoted to parents couples families and children Strategies and tasks within each handout for clients to do on their own or in the therapist s office as part of the session Assessment questionnaires targeting specific issues including personality traits automatic thoughts core beliefs symptoms of panic and repetitious thoughts and behavior Exercises and worksheets such as Power Thinking Worksheet Thought Record and Evaluation Form Thought Changer Forms Self Talk Record Selves and Parts Record and Daily Food Log Practical and empowering *More Brief Therapy Client Handouts* helps you reinforce and validate ideas presented in therapy and reassure clients during anxious times in between sessions With a user friendly design allowing you to easily photocopy handouts or customize them using the accompanying CD ROM this therapeutic tool will save you precious time and maximize the full potential of the material

DBT? Skills Training Handouts and Worksheets, Second Edition Marsha M. Linehan, 2014-10-21 Featuring more than 225 user friendly handouts and worksheets this is an essential resource for clients in dialectical behavior therapy DBT skills training groups or individual therapy All of the handouts and worksheets discussed in Marsha M Linehan s DBT Skills Training Manual Second Edition are provided together with brief introductions to each module written expressly for clients Originally developed to treat borderline personality disorder DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems Clients get quick easy access to all needed handouts or worksheets as they work to build mindfulness interpersonal effectiveness emotion regulation and distress tolerance skills The large size format and spiral binding facilitate photocopying Purchasers also get access to a Web page where they can download and print additional copies of the worksheets Mental health professionals see also the author s DBT Skills Training Manual Second Edition which provides complete instructions for teaching the skills Also available Cognitive Behavioral Treatment of Borderline Personality Disorder the authoritative presentation of DBT and instructive videos for clients Crisis Survival Skills Part One Crisis Survival Skills Part Two From Suffering to Freedom This One Moment and Opposite Action all featuring Linehan and DBT at a Glance An Introduction to Dialectical Behavior Therapy featuring Shari Y Manning and Tony

DuBose **DBT Skills Training Handouts and Worksheets** , [The Therapist's Notebook for Integrating Spirituality in Counseling I](#) Karen B. Helmeke, Catherine Ford Sori, 2012-12-06 Learn to initiate the integration of your clients spirituality as an effective practical intervention A client s spiritual and religious beliefs can be an effective springboard for productive therapy How can a therapist sensitively prepare for the task The Therapist s Notebook for Integrating Spirituality in Counseling is the first volume of a comprehensive two volume resource that provides practical interventions from a wide range of backgrounds and theoretical perspectives This volume helps prepare clinicians to undertake and initiate the integration of spirituality in therapy with clients and provides easy to follow examples The book provides a helpful starting point to address a broad range of topics and problems The chapters of The Therapist s Notebook for Integrating Spirituality in Counseling are grouped into five sections Therapist Preparation and Professional Development Assessment of Spirituality Integrating Spirituality in Couples Therapy Specific Techniques and or Topics Used in Integrating Spirituality and Use of Scripture Prayer and Other Spiritual Practices Designed to be clinician friendly each chapter also includes sections on resources where counselors can learn more about the topic or technique used in the chapter as well as suggested books articles chapters videos and Web sites to recommend to clients Each chapter utilizes similar formatting to remain clear and easy to follow that includes objectives rationale for use instructions brief vignette suggestions for follow up contraindications references professional readings and resources and bibliotherapy sources for the client The first volume of The Therapist s Notebook for Integrating Spirituality in Counseling helps set a solid foundation and provides comprehensive instruction on ethically incorporating spirituality into the therapeutic setting professional disclosure building a spiritual referral source through local clergy assessment of spirituality the spirituality focused genogram using spirituality in couples therapy helping couples face career transitions dealing with shame addiction recovery the use of scripture and prayer overcoming trauma in Christian clients and much more The Therapist s Notebook for Integrating Spirituality in Counseling is a stimulating creative resource appropriate for any clinician or counselor from novices to experienced mental health professionals This first volume is perfect for pastoral counselors clergy social workers marriage and family therapists counselors psychologists Christian counselors educators who teach professional issues ethics counseling and multicultural issues and students **The Therapist's Notebook for Integrating Spirituality in Counseling II** Karen B. Helmeke, Catherine Ford Sori, 2014-05-12 More activities to tap into the strength of your clients spiritual beliefs to achieve therapeutic goals The Therapist s Notebook for Integrating Spirituality in Counseling II is the second volume of a comprehensive two volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives This volume includes several practical strategies and techniques to easily incorporate spirituality into psychotherapy You ll find in session activities homework assignments and client and therapist handouts that utilize a variety of therapeutic models and techniques and address a broad range of topics and problems The chapters of The Therapist s Notebook for Integrating

Spirituality in Counseling II are grouped into four sections Models of Therapy Used in Integrating Spirituality Integrating Spirituality with Age Specific Populations Children Adolescents and the Elderly Integrating Spirituality with Specific Multicultural Populations and Involving Spirituality when Dealing with Illness Loss and Trauma As in Volume One each clinician friendly chapter also includes sections on resources where the counselor can learn more about the topic or technique used in the chapter as well as suggested books articles chapters videos and Web sites to recommend to clients Every chapter follows the same easy to follow format objectives rationale for use instructions brief vignette suggestions for follow up contraindications references professional readings and resources and bibliotherapy sources for the client The Therapist s Notebook for Integrating Spirituality in Counseling II adds more useful activities and homework counselors can use in their practice such as using religion or spirituality in solution oriented brief therapy Cast of Character counseling using early memories to explore adolescent and adult spirituality cognitive behavioral treatment of obsessive compulsive disorder age specific clients such as children or the elderly multicultural populations and spirituality dealing with illness loss and trauma recovering from fetal loss creative art techniques with caregivers in group counseling and much more The Therapist s Notebook for Integrating Spirituality in Counseling II provides even more creative and helpful homework and activities that are perfect for pastoral counselors clergy social workers marriage and family therapists counselors psychologists Christian counselors educators who teach professional issues ethics counseling and multicultural issues and students

Healing Stress in Military Families Lorie T. DeCarvalho, Julia M. Whealin, 2012-03-08 Eight practical steps to help military families through the unique issues they face When service members return it s up to their families to try to soften their re entry into civilian life Healing Stress in Military Families offers practical help for military families coping with the myriad repercussions of their loved ones duties from their deployment to their return home Based on the latest scientific research and best practice guidelines as well as the authors experience treating veterans and their families Healing Stress in Military Families offers answers for the stress that comes not only from war but also from other related issues including deployment and redeployment relocation and reunion Healing Stress in Military Families provides Evidence based advice for clinicians helping military families with adjustment problems by facilitating communication reconnection and growth Making It Real exercises for clinicians to employ with families in sessions Talking Points that explore how to guide the family in their healing process Homework handouts and between session Taking Action exercises for families that reinforce and build on skills and information introduced in sessions Compassionately written with the military family at heart Healing Stress in Military Families provides the information tools and skills that will empower these courageous families to more easily heal and become stronger and more resilient as they go through life This practical workbook will help others understand the highly complex factors that cause dysfunction within military families Using a clear format that avoids jargon providers and families can work through the eight practical steps that focus on reconnecting the family and improving resiliency This

excellent book will surely become core material for anyone interested in working with military families
Bradford Felker MD
Director Mental Health Primary Care Service VA Puget Sound Health Care System and Associate Professor Department of Psychiatry University of Washington School of Medicine
Healing Stress in Military Families
Eight Steps to Wellness is a timely practical publication that recognizes and addresses the impact of traumatic stress on countless hidden victims our military families
The focus on empowerment and goal directedness versus illness disorder and dysfunction is so needed today
Mark D Lerner PhD President American Academy of Experts in Traumatic Stress Helping Schoolchildren with Chronic Health Conditions
Daniel Clay, 2004-06-02
Designed to help school psychologists and other school based professionals create an optimal learning environment for the 10-15% of students who experience chronic significant health problems this volume provides up to date information cost effective strategies and practical clinical and educational tools
The convenient large size format and lay flat binding facilitate photocopying and day to day use
Indispensable features include Discussions of specific health conditions and their impact in K-12 settings Interventions to maximize school participation coping and social functioning Guidelines for developing IEPs and 504 plans as required by law Keys to building effective partnerships with parents teachers and medical providers
Many reproducible assessment tools student worksheets parent handouts and more
This book is in The Guilford Practical Intervention in the Schools Series
Winner American Journal of Nursing Book of the Year Award
Imagery Rescripting for Anxiety Relief
James Miller, 2023-11-02
Are you tired of anxiety's shadow eclipsing the bright possibilities of your life
Image Rescripting for Anxiety Relief offers you a clear route out of the clutches of anxiety and into a life of balance and serenity
Dive into the revolutionary world of imagery rescripting where you'll be introduced to an innovative evidence based approach that harnesses the power of your mind to rewrite the anxious narratives that have held you captive
Seamlessly blending cutting edge research compassionate understanding and actionable strategies this book is your guide to breaking free from anxiety's grip
a groundbreaking approach that has changed countless lives
Each chapter builds a bridge to a future where your decisions aren't dominated by fear and promises not just fleeting relief but a lasting transformation that will liberate you from the chains of debilitating anxiety
Image Rescripting for Anxiety Relief is an invitation to seize control empower yourself and unearth the potential for peace and balance that resides within us all
Your journey to a life free from crushing anxiety begins here
Are you ready to reimagine your story *Creative Ways to Learn Ethics*
Dayna Guido, 2018-12-12
Creative Ways to Learn Ethics is an accessible easy to read guide that compiles a variety of ethics trainings to help professionals stimulate their minds relieve stress and increase engagement and memory retention
The book uses a range of experiential and thought provoking approaches including contemplative exercises expressive arts games and media
Each chapter contains objectives detailed procedures adaptations for different audiences and handouts
Trainers educators clinicians and other mental health professionals can use these exercises in various settings and modify them to meet the needs of their clients A Mental Health Treatment Program for Inmates in Restrictive Housing
Ashley B.

Batastini,Robert D. Morgan,Daryl G. Kroner,Jeremy F. Mills,2019-06-26 This treatment program targets the criminal behavioral and mental health problems of inmates in segregated housing that prevents them from living prosocially and productively within the general prison population The program makes use of a bi adaptive psychoeducational and cognitive behavioral treatment model to increase inmates understanding about the psychological and criminal antecedents that contributed to their current placement and to teach them the skills necessary for managing these problem areas This flexible intervention assists inmates with significant problem behaviors by reducing psychological impairment and improving their ability to cope with prison life This book includes a program introduction and guide for clinicians the inmate workbook and accompanying eResources to assist clinicians in both successful program implementation and evaluation of treatment outcomes Designed to account for the safety and physical limitations that make the delivery of needed mental and behavioral health services difficult this guide is essential reading for practitioners working with high needs high risk inmate populations

Psychogastroenterology for Adults Simon R. Knowles,Laurie Keefer,Antonina A. Mikocka-Walus,2019-09-16 The brain gut connection has been increasingly implicated in biopsychosocial well being While there are numerous factors that directly and indirectly impact on how the gut and the brain interact there is a growing awareness that gastrointestinal conditions need to be viewed and treated as part of a multidisciplinary approach Psychogastroenterology for Adults A Handbook for Mental Health Professionals is the first book to provide mental health professionals with an evidence based practical guide for working with patients living with gastrointestinal conditions Timely and accessibly written this book provides a unique comprehensive introduction to psychogastroenterology offering a step by step guide to evidence based psychological treatment protocols Broad in scope and expertise the book is divided into four parts It opens with an overview of the field moving on to outline psychological concerns and conditions in gastroenterological GI cohorts Further it covers various approaches to psychogastroenterology including psychopharmacological and eHealth practices In closing the book looks to the future providing guidance on supervision in psychogastroenterology and exploring challenges in the field Written by experts in the field this book will be an indispensable resource for those who wish to enhance their knowledge and practice of psychogastroenterology in the mental health profession including psychologists psychiatrists psychosomatic medicine specialists nurses and social workers

The Eating Disorders A.James Giannini,Andrew E. Slaby,2012-12-06 As fish must swim so must man drink and eat Titus Petronius Arbiter Examine thy customs of diet Francis Bacon For John eat drank to drive away Loves pain But all he could do he grew thinner thinner Tho he eat drank as much as Ten men for dinner Some said he had a Wolf in his stomach day and night William Blake To paraphrase and cast in contemporary speech observations of the Gothic era monk Bernard of Clairvaux the eating disorders may be viewed as a corruption of the social process a distortion of the body image and a perversion of bodily processes It is this multifactorial etiology that makes the diagnosis and treatment of dietary disorders so difficult and frustrating Because of social demands and a distorted body image men and

women have perverted the simple act of eating into always painful sometimes tragic and occasionally deadly outcomes The eating disorders fall into three categories There is obesity the overconsumption of food and its antithesis anorexia the act of voluntary starvation In true Hegelian fashion there follows the synthesis bulimia the voluntary purging of overconsumed amounts of food to produce an anorectic like countenance As the contributing authors emphasize in their chapters these diseases are not unique to contemporary culture Rather they are cultural artifacts created by both men and women since classical antiquity The recognition of these diseases is dependent upon recognizing a disease actually exists that there is a distortion of the eating process

Trauma Recovery and Empowerment Workbook Cecil Cedric Larson, 2025-01-20 Recovery begins with clear thinking and rational action Trauma Recovery and Empowerment Workbook provides over 200 worksheets and techniques rooted in CBT DBT and EMDR designed to address PTSD anxiety and complex trauma This resource empowers individuals to take charge of their mental health with practical evidence based tools that This workbook focuses on identifying irrational thoughts replacing them with rational beliefs and applying actionable strategies to confront challenges head on What this workbook offers Proven CBT frameworks to dismantle unhelpful thought patterns and build constructive behaviours DBT tools for emotional regulation mindfulness and distress tolerance EMDR inspired exercises to reprocess trauma and reduce its emotional charge Techniques to reduce avoidance address anxiety and foster self compassion Clear steps for setting goals tracking progress and sustaining long term recovery This workbook is more than just theory it is an interactive toolkit that requires active participation to challenge destructive habits and develop healthier ways of thinking Every exercise is a step toward confronting fear managing emotions rationally and reclaiming control over your life Take the first step to recovery by engaging with strategies that focus on practical results If you are ready to embrace a life free from trauma this workbook is the tool to guide you

DBT Skills Training Manual Marsha M. Linehan, 2014-10-19 From Marsha M Linehan the developer of dialectical behavior therapy DBT this comprehensive resource provides vital tools for implementing DBT skills training The reproducible teaching notes handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances The book gives complete instructions for orienting clients to DBT plus teaching notes for the full range of mindfulness interpersonal effectiveness emotion regulation and distress tolerance skills Handouts and worksheets are not included in the book purchasers get access to a webpage where they can download and print all the handouts and worksheets discussed as well as the teaching notes The companion volume is available separately DBT Skills Training Handouts and Worksheets Second Edition New to This Edition Handouts and worksheets available online and in the companion volume have been completely revised and dozens more added more than 225 in all Each module has been expanded with additional skills Multiple alternative worksheets to tailor treatment to each client More extensive reproducible teaching notes provided in the book and online with numerous clinical examples Curricula for running skills training groups

of different durations and with specific populations such as adolescents and clients with substance use problems Linehan provides a concise overview of How to Use This Book See also DBT Skills Training Handouts and Worksheets Second Edition a spiral bound 8 1 2 x 11 volume containing all of the handouts and worksheets and featuring brief introductions to each module written expressly for clients Plus Cognitive Behavioral Treatment of Borderline Personality Disorder the authoritative presentation of DBT Also available Linehan s instructive skills training DVDS for clients Crisis Survival Skills Part One and This One Moment *Principle-Guided Psychotherapy for Children and Adolescents* John R. Weisz, Sarah Kate Bearman, 2020-02-18 Presenting a fresh approach to child and adolescent therapy this book identifies five principles at the heart of the most potent evidence based treatments and shows how to apply them Clinicians learn efficient engaging ways to teach the skills of Feeling Calm Increasing Motivation Repairing Thoughts Solving Problems and Trying the Opposite FIRST to 5 to 15 year olds and their parents FIRST principles can be used flexibly and strategically in treatment of problems including anxiety posttraumatic stress depression and misconduct In a convenient large size format the book features 37 reproducible parent handouts decision trees and other clinical tools Purchasers get access to a companion website where they can download and print these materials plus Spanish language versions of selected parent handouts

Cognitive-Behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation Joseph P. Green, Steven Jay Lynn, 2018-11-12 A scientifically informed intervention to help smokers quit for life based in cognitive behavioral therapy Cognitive Behavioral Therapy Mindfulness and Hypnosis for Smoking Cessation A Scientifically Informed Intervention presents a comprehensive program developed by noted experts to help smokers achieve their goal of life long abstinence from smoking This brief cost effective intervention called The Winning Edge incorporates state of the science advances and best clinical practices in the treatment of tobacco addiction and offers participants a unique blend of strategies based on cognitive behavioral mindfulness and hypnotic approaches to achieve smoking cessation This valuable treatment guide developed and refined over the past 30 years provides all of the information necessary for health care providers to implement the program on a group or individual basis This important resource Provides a detailed step by step guide to conducting the program with scripts for providers and handouts for participants Explains the scientific basis for the many strategies of cognitive behavioral and affective change in The Winning Edge program Contains information for treatment providers on frequently asked questions adapting and tailoring the program to the needs of participants and overcoming challenges ambivalence and resistance to stop smoking Written for a wide audience of mental health professionals Cognitive Behavioral Therapy Mindfulness and Hypnosis for Smoking Cessation A Scientifically Informed Intervention offers a comprehensive science based approach to help participants achieve their goal of a smoke free life *Mindfulness-Oriented Recovery Enhancement* Eric L. Garland, 2024-07-19 The opioid crisis arose in part due to the attempt to relieve chronic pain Meeting a huge need this is the authoritative presentation of Mindfulness Oriented Recovery Enhancement MORE for chronic pain and

opioid use MORE is one of the few evidence based treatments shown to simultaneously reduce opioid use and or addiction pain and co occurring emotional distress MORE integrates mindfulness training with principles of cognitive behavioral therapy and positive psychology In a convenient large size format the book provides everything needed to set up and run MORE groups Treatment developer Eric L Garland supplies session by session guidelines sample scripts clinical pointers guided practices and psychoeducational resources including 16 reproducible handouts that can be photocopied or downloaded

CBT for Psychological Well-Being in Cancer Mark Carlson,2017-02-24 CBT for Psychological Well Being in Cancer is the first clinical manual to target psychological well being in cancer by combining skill sets from DBT and other well researched approaches providing clinical material in a clear session by session structure organized by topic The first skills training manual in the field to provide an integrated session by session outline that clinicians can customize for their own needs Adaptive and contextualist in approach Carlson integrates skill sets from DBT ACT behavioral activation and motivational Interviewing to promote efficacy and cost effectiveness The text provides a unique range of resources to support for clinicians including session guides specific interventions client handouts and invaluable measurement and tracking tools for those clinicians required to report outcomes The content can be flexibly deployed by clinicians into their existing work to meet the needs of specific patients in individual or group treatment contexts by selecting the most appropriate sessions skills and handouts

Healthcare for an Aging Population Jennifer R. Jamison,2007-01-01 This title is directed primarily towards health care professionals outside of the United States It focuses on the conditions and health challenges likely to be encountered in persons of 45 and older It provides a comprehensive management approach that draws on conventional and complementary medicine and offers patient information sheets that can be readily distributed to the patient by busy practitioners

CBT for Chronic Pain and Psychological Well-Being Mark Carlson,2014-04-15 The first clinical manual of evidence based CBT skills for managing psychological issues associated with chronic pain drawn from current approaches such as DBT ACT and motivational interviewing The first skills training manual in the field of chronic pain and mental health disorders to provide an integrated session by session outline that is customizable for clinicians Adaptive and evidence based integrates skill sets from DBT ACT Behavioral Activation and Motivational Interviewing to address the unique needs of individual chronic pain sufferers Clinicians can import the approach into their work selecting the most appropriate skills and sessions or create an entire therapeutic program with the manual as its foundation Includes invaluable measurement and tracking tools for clinicians required to report outcomes

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