

# CONTENTS

<i>Preface</i>	ix
<i>Acknowledgments</i>	xi
Chapter I. <b>The Revival of Psychological and Psychiatric Interest in Imagery</b>	<b>1</b>
The Tower of Babel:	
The Dilemma of Modern Clinical Practice	5
Objectives	12
The Need for Objective Study of Psychotherapy	14
Chapter II. <b>The Historical Vicissitudes of Imagery</b>	<b>19</b>
Early Psychological Studies of Imagery	24
Clinical and Psychoanalytic Orientations toward Imagery	28
European Studies of Imagery	30
Recent Applications of Imagery Techniques in the United States	35
Chapter III. <b>Imagery and Daydream Methods in Psychoanalysis</b>	<b>37</b>
The Early Use of Hypnosis and Imagery Association	37

	The Cognitive Implications of the Psychoanalytic Situation	41
	Neo-Freudian Psychoanalytic Approaches to Imagery	56
	A Cognitive-Affective Approach to Transference Imagery in Psychoanalysis	61
Chapter IV.	<b>Imagery and Guided Daydream Techniques: The European Schools</b>	<b>66</b>
	Cultural and Philosophical Background	66
	The Guided Waking Dream of Robert Desoille	69
	The Onirithery of Frétigny and Virel	73
	The Guided Affective Imagery Method of Hanscarl Leuner	82
	Additional Examples of Mental Imagery Methods	91
Chapter V.	<b>American Applications of Imagery Techniques</b>	<b>95</b>
	Psychodrama and Small-Group Approaches	96
	Transactional Analysis, Gestalt Therapy, and Related Methods	102
	The Use of Imagery in Gestalt Therapy	106
	Psychosynthesis and Humanist Approaches	108
	Recent Applications of Mental Imagery Techniques	114
Chapter VI.	<b>Behavior Modification Uses of Imagery: Desensitization and Aversive Techniques</b>	<b>123</b>
	Imagery in Systematic Desensitization	126
	Covert Aversive Therapy and Related Procedures	139
Chapter VII.	<b>Symbolic Modeling, Covert Conditioning, and Implosive Therapy</b>	<b>149</b>
	Symbolic Modeling	150
	Covert Modeling, Extinction, and Self-Regulatory Symbolic Approaches	157

Chapter VIII.	<b>The Scientific Study of Imagery and Daydreaming Processes</b>	<b>171</b>
	The Trend toward Scientific Study of Imagery	172
	The Interaction of Affective Processes and Information Processing	185
	A Formulation of Ongoing Thought	188
Chapter IX.	<b>A Theoretical Formulation of the Origin and Function of the Stream of Thought</b>	<b>201</b>
	Origins of Imagery and Fantasy in Childhood	201
	The Parameters of Adult Fantasy and Imagery	212
	Summary of the Theoretical Position	218
Chapter X.	<b>Theoretical and Practical Implications of Imagery in Psychotherapy</b>	<b>222</b>
	Psychotherapeutic Usages of Imagery	222
	Imagery in More Extended Dynamic Psychotherapy: Some Case Reports	235
	The Role of the Therapist in Imagery Methods of Psychotherapy	246
	A Review of the Specific Uses of Imagery in Psychotherapy	249
	Creativity and the Enhancement of Aesthetic Appreciation	252
	<b>References</b>	<b>255</b>
	<i>Subject Index</i>	269