

ImageWork: The Complete Guide to Working with Transformational Imagery

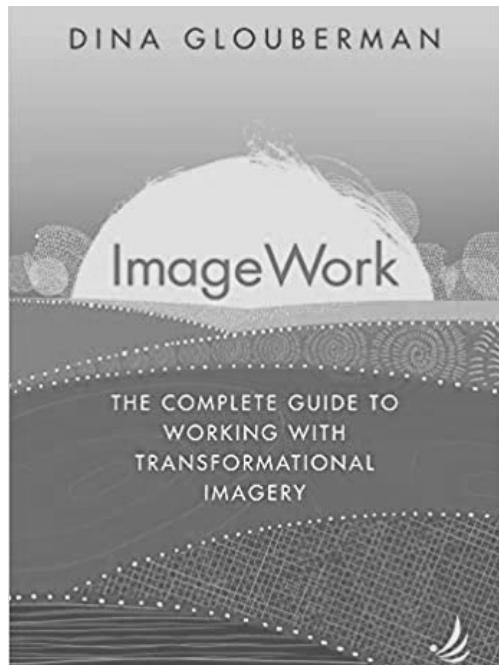
Dina Glouberman (PCCS Books)

I confess I was already a fan of Dina Glouberman and ImageWork before reading this book. In the early Nineties I read her first book and spent a glorious two weeks at her ImageWork training on the beautiful Greek island of Skyros. Since then, training as a Psychosynthesis counsellor has reinforced my enthusiasm for working with clients' (and my own) images.

33 years on from that first book and with four other books and several therapeutic holiday centres under her belt, Dina has now produced this how-to guide for practitioners. It synthesises her vast experience of using ImageWork with groups and individuals and is first and foremost a very practical resource for the practitioner who wants ways into the rich world of the imagination. It also locates her work alongside the development of therapeutic approaches using images, from Jung via Assagioli and Perls to NLP, neuroscience and mindfulness.

Glouberman explains that ImageWork is not just guided imagery or visualisation, though both can be used. It is a way to invite the imagination into the session. Where the rational mind often struggles, engaging the language of imagery taps into a more spacious resource. Indeed she points out that, for any healing or transformation to happen, change needs to occur in the image world (read, 'unconscious belief system').

The book is clearly structured. Part One explores the theory and practice of ImageWork and gives context and scope for the use of scripted exercises. Each chapter ends with a 'Practice This' to help you bring the concepts to life, and a 'Remember This' summary of the key points. Case studies and stories are woven in so there is no dry theory. Practical considerations like how to introduce the concept to someone are included. Part Two is subdivided into generic introduction scripts, exercises and scripts for



healing, creating and transcending /transforming. Look-up tables mean you can find readily find the exercise to fit current need.

While this is enormously helpful, the rebel in me couldn't help but think it is all a little, er, organised and scripted. A book about the imagination which is intensely practical – how strange! A wiser part of me recognises that this is its achievement. It is a great gift for someone with such a wealth of experience to share what she has developed that works. There will be room for our own imagination when we build on those tall shoulders, in the reality of each client's specific experience and our responses to them. Glouberman is making sure that we have some very clear grounding so that we are able to take this work forward.

I recommend this to anyone who wants to deepen or find a new approach to their work. I have also been reminded to practice some of the regular daily exercises such as 'visioning the day'. These tools are not just for our clients! *Cathy Warren, Counsellor in private practice, www.engaging-with-ageing.net*