

What is Colour and Light Therapy:

- Method of therapy that uses different colours to heal, energize, and sooth (Seaward, 2018)
- Exposure to coloured lights is another technique used to promote relaxation (Seaward, 2018)

GREEN:

- Colour to start or end with as it's easiest for the eyes (O'Connor, 2011)
- Helps balance emotions & helps with harmony (O'Connor, 2011)
- Colour of nature (O'Connor, 2011)

RED:

- Heightened emotions & increases activity in autonomic nervous system (heart rate) (Seaward, 2018)

BLUE:

- Returns stressed bodies to physiological homeostasis (Seaward, 2018)
- Calming colour (Seaward, 2018)
- Ex. visualize floating in aqua blue water to calm you down
- Big ranges of different lights all have different specific therapeutic benefits (Seaward, 2018)

References:

1. Anuar, N., Cumming, J., & Williams, S. E. (2016). Effects of applying the PETTLEP model on vividness and ease of imaging movement. *Journal of Applied Sport Psychology*, 28(2), 185-198. doi:10.1080/10413200.2015.1099122
2. O'Connor, Z. (2011). Colour psychology and colour therapy: Caveat emptor. *Color Research & Application*, 36(3), 229-234. doi:10.1002/col.20597
3. Seaward, B.L. (2018). *Managing stress: Principles and strategies for health and wellbeing*. Burlington: MA. Jones and Bartlett Publishers.
4. van den Hout, M. A., & Engelhard, I. M. (2012). How does EMDR work? *Journal of Experimental Psychopathology*, 3(5), 724-738. doi:10.5127/jep.028212

When Can You Use Visualization?

- School stress: test anxiety, post graduation stress, financial stress, roommate stress (Seaward, 2018)
- EMDR Therapy for Trauma Victims: Eye movement desensitization and reprocessing (EMDR) is an effective treatment for combating trauma symptoms in which the provider asks the patient to return to a positive visualization and cognition throughout the treatment (van den Hout & Engelhard, 2012)
- Behavioural change (quitting smoking) (Seaward, 2018)
- Sporting events/competition (Seaward, 2018)
- Recovery from injury: stimulate the neural activity in the brain despite being able to fully function (Seaward, 2018)

What is the PETTLEP Model?

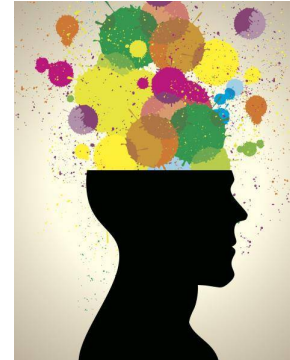
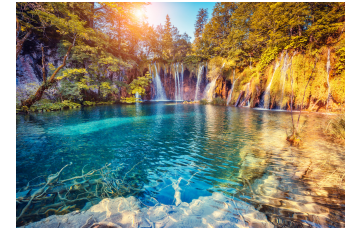
- Increase motivation, performance, self-esteem and confidence (Anuar, Cumming & Williams, 2016).
- The elements of the PETTLEP model increase the neural activity between imagery and the actual behaviour (Anuar, Cumming & Williams, 2016).
- Components:
 1. **PHYSICAL:** relevant information
 2. **ENVIRONMENT:** physical location
 3. **TASK:** nature of the event
 4. **TIMING:** timeline of action
 5. **LEARNING:** experience
 6. **EMOTION:** feelings, sensations associated with the action
 7. **PERSPECTIVE:** internal and external

What are the Con's of Visualization?

CON'S:

- The mind has a tendency to concentrate on negative situations (Seaward, 2018)
- Must be used in conjunction with other coping strategies and behavioural change approaches (Seaward, 2018)
- Requires practice and concentration to ensure the individual is not distracted (Seaward, 2018)

MENTAL IMAGERY AND VISUALIZATION



Emily Rebneris, Emma Fung, Chloe
Maeng, Braydon Bergh

NURSING 180
MARCH 2nd, 2020

What is Mental Imagery and Visualization?

VISUALIZATION: using one's imagination of the body's 5 senses to create images, scenes, or impressions (Seaward, 2018)

GUIDED MENTAL IMAGERY: when visualization is used as a variation of meditative thought with the purpose to change oneself for the better (Seaward, 2018)

- Involves components of meditation such as increased concentration and mindfulness (Seaward, 2018)
- Replace threatening stimuli with pleasurable stimuli to achieve a calming/healing effect (Seaward, 2018)

What are the 3 Steps for Initiating Mental Imagery/How Do You Do It?

1. GET IN A COMFORTABLE POSITION

- Accomplished anywhere (Seaward, 2018)
- Loosen tight clothing and relax the body (Seaward, 2018)

2. CONCENTRATE AND FOCUS ON POSITIVITY

- Focus on the visualization in a calm location
- Visualize all aspects of the image (the 5 senses; sound, sight, smell, taste, touch) (Seaward, 2018)

3. CHOOSE IMAGE AND PURPOSE

- modify the visualization according to the purpose of the image (relaxation, behavioural change, healing) (Seaward, 2018)

Resources in Vancouver:

Counselling services implementing visualization:

<https://counsellingbc.com/listings/kstrachan.htm>

<http://www.medhypnosiscenter.com/sports-performance>

What are the Eight Effective Ways to Improve Healing Imagery?

Recommendations for Effective Imagery:

1. IMAGERY NEEDS TO BE INDIVIDUALIZED

-Created by the individual (Seaward, 2018)

2. IMAGERY NEEDS TO INCORPORATE BELIEFS

-Incorporate the individual's beliefs and values (Seaward, 2018)

3. IMAGERY NEEDS TO BE POSITIVE

-Positive rather than negative (Seaward, 2018)
-Encourages healing and restoration (Seaward, 2018)

4. IMAGERY MUST INCLUDE ALL SENSES

-Include elements of touch, smell, taste, sight and hearing into the visualization (Seaward, 2018)

5. IMAGERY MUST BE ANATOMICALLY CORRECT

-Include the specific anatomical location of the visualization (Seaward, 2018)

6. IMAGERY MUST BE REGULAR AND CONTAIN SELF-TALK

-Beneficial when consistent and regular in an individual's daily routine (Seaward, 2018)
-Three, 15 minute visualization periods, as well as short visualizations and positive dialogue throughout, is recommended by Dr. Norris (Seaward, 2018)
-Utilize self-talk and dialogue to further the effectiveness of the mental imagery (Seaward, 2018)
-Promotes self-awareness and acceptance of reality

7. IMAGERY SHOULD TAKE A GOAL ORIENTED APPROACH

-Visualize the completion of a goal as well as the complete process (Seaward, 2018)

8. IMAGERY SHOULD INCLUDE THE PAIRED TREATMENT

-Visualize treatment as a beneficial component of the healing process, promotes acceptance and positivity (Seaward, 2018)
-Used in conjunction with other treatment (Seaward, 2018)

What are the Pro's of Visualization?

PRO'S:

- Increases motivation, self-awareness and confidence (Seaward, 2018)
- Encourages behavioural change and the development of coping strategies (Seaward, 2018)
- Can be implemented in all contexts (sport, school, injury, drug addiction, relaxation) (Seaward, 2018)

What are the Types of Mental Imagery:

TRANQUIL NATURE SCENES:

- To simulate locations where people vacation to escape life's stressors (Seaward, 2018)
- Provides a new perspective (Seaward, 2018)
- Repetition can eventually result in equal relaxation as going on vacation (Seaward, 2018)
- Utilize the 5 senses to ensure an active role in the visualization rather than a passive approach (Seaward, 2018)
- Features of the natural scenes include water, nature, fresh air, calming sounds and relaxing colours (blue and green) (Seaward, 2018)

BEHAVIOURAL CHANGE:

- Correct bad habits and encourage healthy change, develop new skills (Seaward, 2018)
- Use in conjunction with other behaviour modification tactics/coping strategies (cognitive behavioural therapy) (Seaward, 2018)
- **Systematic desensitization:** repeated exposure to the stressor to help build tolerance (Seaward, 2018)
- Use positive affirmations to increase self-efficacy and develop strategies to overcome stressors (neutralize the stress response and initial appraisal) (Seaward, 2018)

INTERNAL BODY IMAGES:

- Direct physiological changes (Seaward, 2018)
- Visualizing a region in the body in a healthy and functioning state (Seaward, 2018)
- Assists in taking responsibility and actively improving the health of the body (Seaward, 2018)
- According to Achterberg, the healing process is encouraged by the delivery of neuropeptides from visualizations to the healing cells (Seaward, 2018)
- Images can be both symbolic and literal (Seaward, 2018)