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VISUALIZATION AND MENTAL IMAGERY





Learning Outcomes

1. Define Mental Imagery and Visualization
2. Understand a Brief Historical Overview on Visualization and Mental Imagery
3. Understand the 3 Steps to Initiate Mental Imagery
4. Understand the 8 Characteristics of Effective Mental Imagery and Healing
5. Understand the PETTLEP Model
6. Describe 3 Types of Mental Imagery
7. Outline the concepts of colour and light therapy
8. Provide Applicable Examples of Mental Imagery and Visualization

What is Mental Imagery and Visualization?

VISUALIZATION

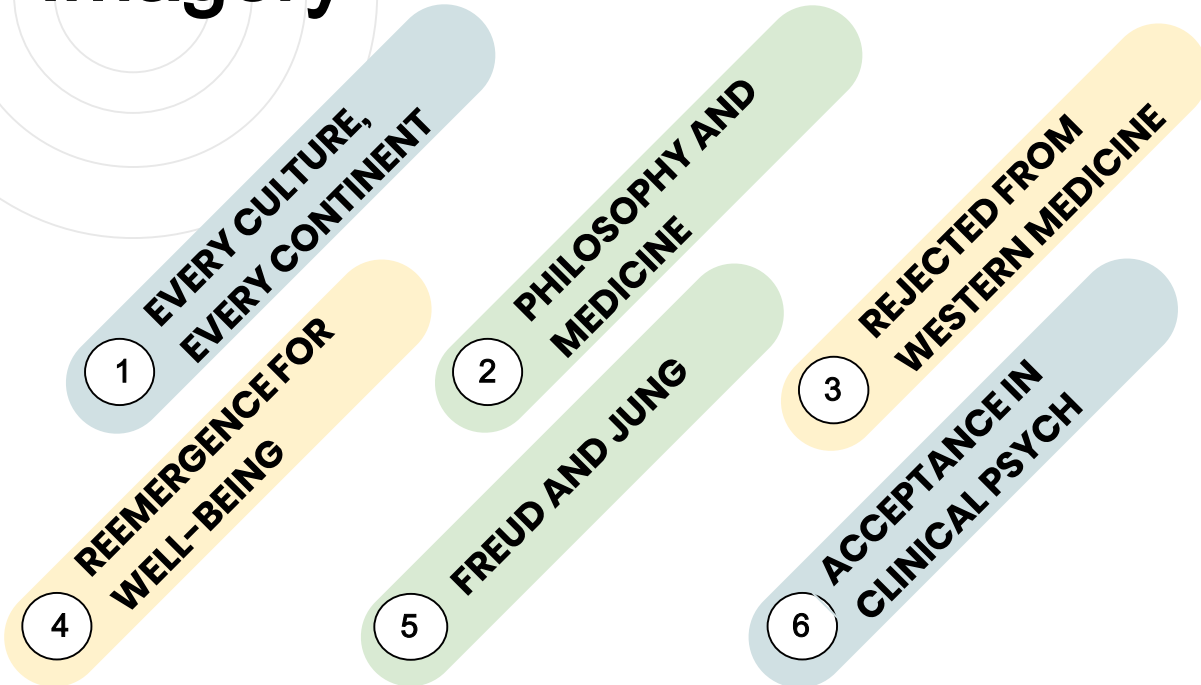
Using one's imagination of the body's 5 senses to create images, scenes, or impressions

(GUIDED) MENTAL IMAGERY

Visualisation as a variation of meditative thought with the purpose to change oneself for the better



Brief Historical Overview of Visualization and Mental Imagery



Seaward, B. L. (2018). *Managing stress: Principles and strategies for health and wellbeing* Publishers.

. Burlington: MA. Jones and Bartlett



Steps To Initiate Mental Imagery



The background features a blurred field of pink and red flowers. A large white circle is centered on the page, containing the text. To the left of the white circle, there are two overlapping grey circles. To the right, there are several concentric white circles of varying sizes.

Discussion

TURN TO YOUR PARTNER AND
DISCUSS WHAT YOU THINK IS AN
IMPORTANT STEP FOR INITIATING
MENTAL IMAGERY

Initiating Imagery:

1. GET IN A COMFORTABLE POSITION:

2. CONCENTRATE AND BE POSITIVE:

3. CHOOSE IMAGE AND THEME:





8 WAYS TO IMPROVE THE EFFECTIVENESS OF IMAGERY FOR HEALING



1. Imagery Needs to be Individualized

Created by the individual

2. Imagery Needs to Incorporate the Individuals Beliefs

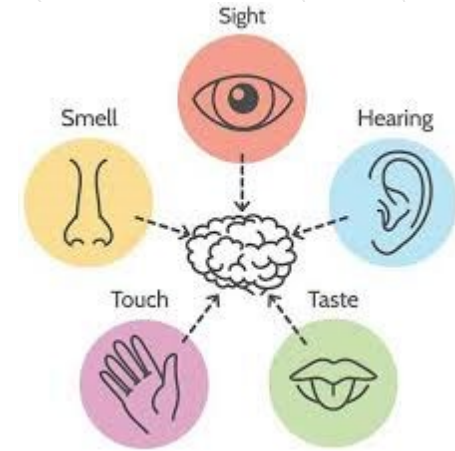
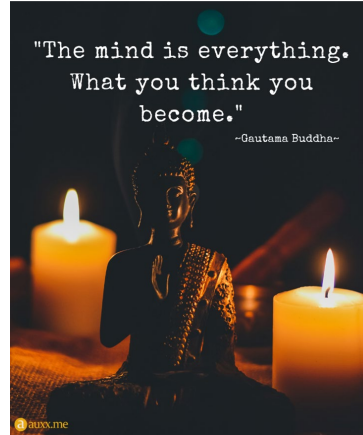
- Incorporate the individual's beliefs and values
- Visualization should include emotion that accurately represents the individual mannerisms



3. Imagery Needs to be Positive

4. Imagery Needs to Include all Senses

- Positive rather than negative
- Encourages healing and restoration



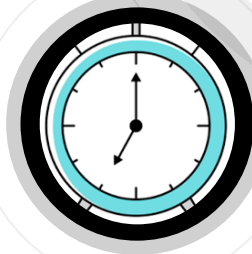
- Include elements of touch, smell, taste, sight and hearing into the visualization

5. Imagery Needs to Be Anatomically Correct

Include the specific anatomical location of the task in the visualization

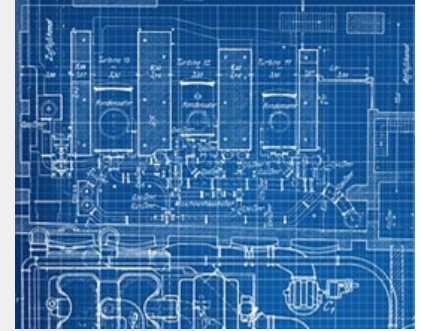
6. Imagery Needs to Be Regular and In Conjunction with Self - Talk

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



7. Imagery Needs to Include a Goal Oriented Approach

Visualize the completion of a goal as well as the complete process



8. Imagery Should Include the Paired Treatment

- Visualize treatment as a beneficial component of the healing process
 - Promotes acceptance and positivity
- Imagery should be used in conjunction with other treatment





TYPES OF VISUALIZATION:



1 TRANQUIL NATURE SCENES

2 BEHAVIOURAL CHANGE

3 INTERNAL BODY IMAGES



TRANQUIL NATURE SCENES:

Purpose:

- Simulate vacation
- Put things into perspective

Features:

- Stimulate all senses
- Vivid colour
- Fresh air
- Natural sounds
- Water





BEHAVIOURAL CHANGE:

Purpose:

- Correct bad health habits

Features:

- Systematic desensitisation
- Rehearsal
- Goal achievement
- Positive affirmations



INTERNAL BODY IMAGES:

Purpose:

- Changing physiological functions - healing

Features:

- Imagining a body part recovering
 - Can be literal or symbolic
- Imagination can trigger biochemical signals





Discussion

TURN TO YOUR PARTNER AND
DISCUSS WHAT TYPE OF
VISUALIZATION YOU THINK YOU
WOULD USE THE MOST?



THE PETTLEP MODEL



WHAT IS THE PETTLEP MODEL?

The PETTLEP model is a way to categorize seven components for effective visual imagery. These components include physical, environmental, task, timing, learning, emotion and perspective of visual imagery.

WHAT ARE THE BENEFITS OF THE PETTLEP MODEL?

- increase motivation and self - esteem
- increase neural activity between the actual behaviour and visualization
- way to explain the effective components of imagery



Components of PETTLEP:

Physical: relevant information

Environment: physical location

Task: nature of the event

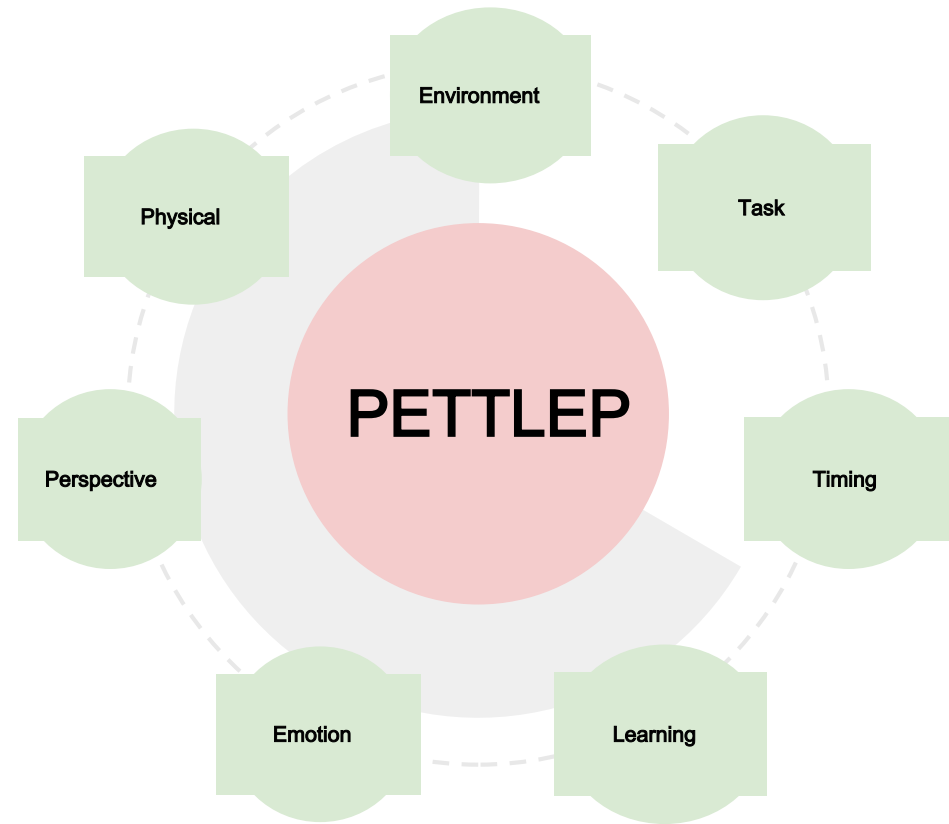
Timing: timeline of action

Learning: experience

Emotion: feelings, sensations

associated with the action

Perspective: internal and external






COLOUR LIGHT THERAPY

Green:
easiest for the eyes, balancing nature

Red:
evokes strong emotions

Blue:
calming, peace, tranquility

A winter landscape with snow-covered trees and a white circular graphic overlay containing text. The background shows a valley with snow-covered trees and a blue sky. The text is centered in the white circle.

when can
you use
visualization
and mental
imagery?

Applications

NATURE SCENES:

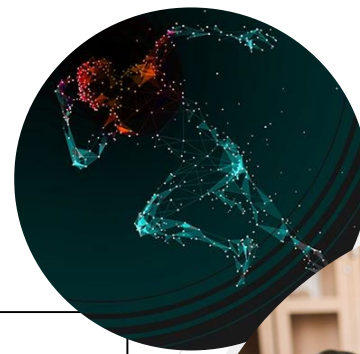
- Managing school stressors
- EMDR therapy for trauma victims

BEHAVIOURAL CHANGE:

- Smoking cessation
- Sports psychology

INTERNAL BODY IMAGES:

- Recovering from a sports injury
- Cancer recovery



1. 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.2012.3.5.724

2. Seaward, B. L. (2018). *Managing stress: Principles and strategies for health and wellbeing*

. Burlington, MA: Jones and Bartlett Publishers.

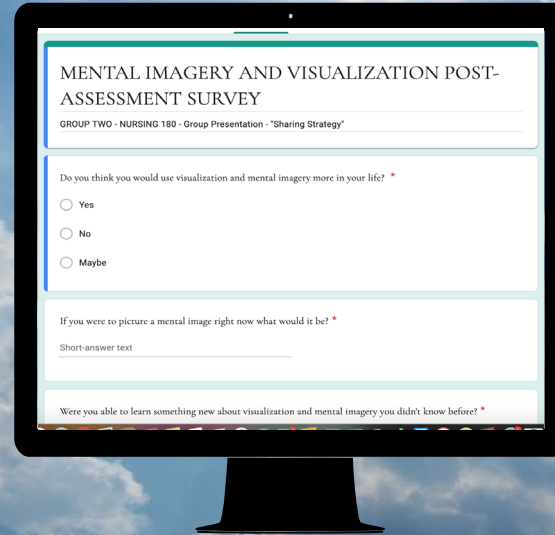


guided visualization



Post - Assessment Survey:

Please complete the
post - assessment
survey posted on
Canvas! We
appreciate your
feedback



MENTAL IMAGERY AND VISUALIZATION POST-ASSESSMENT SURVEY

GROUP TWO - NURSING 180 - Group Presentation - "Sharing Strategy"

Do you think you would use visualization and mental imagery more in your life? *

Yes

No

Maybe

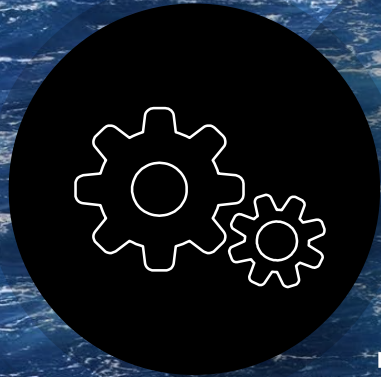
If you were to picture a mental image right now what would it be? *

Short-answer text

Were you able to learn something new about visualization and mental imagery you didn't know before? *



QUESTIONS?



Thank You !



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