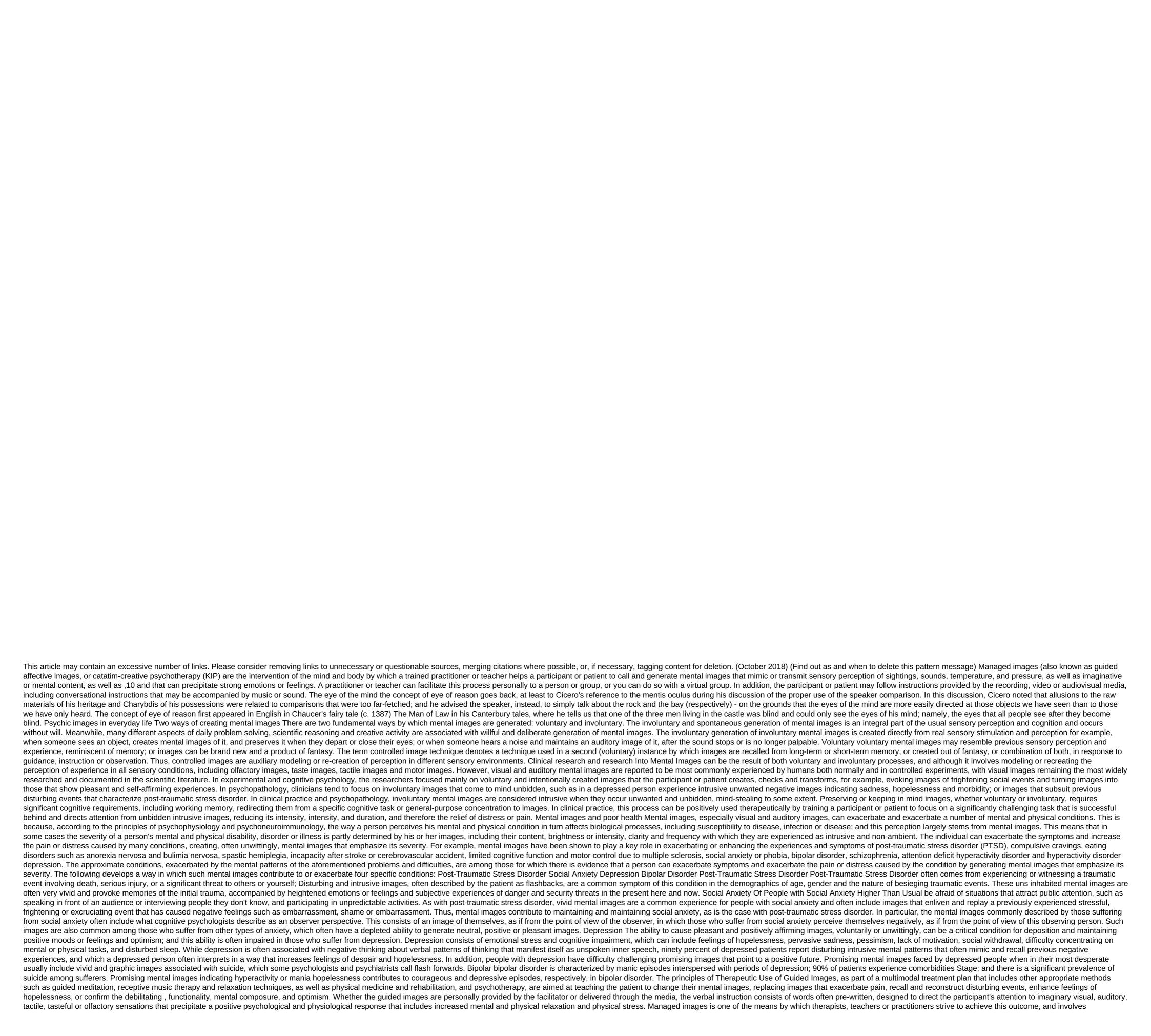
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encouraging patients or participants to imagine alternative perspectives, thoughts and behaviors by mentally rehearsing strategies that they can subsequently actualize, thereby developing more skills and survival abilities. Stages according to computational image theory, which comes from experimental psychology,
guided images consist of four stages: Image maintenance involves strong-willed support or image maintenance, without which the mental image is prone to rapid decay with an average duration of just 250ms. The natural short duration of mental images means that the active stage of maintaining controlled images,
necessary for the subsequent stages of examination and transformation, requires cognitive concentration of the participant's attention ability can be improved with the practice of mental exercises, including those derived from guided meditation and controlled meditation practice. Even with this
practice, some people may struggle to maintain a mental image clearly in mind for more than a few seconds; Not only for images created with fantasy, but also for generated from both long memory and short-term memory. In addition, while much of the scientific literature tends to focus on maintaining visual mental
images, images in other sensory conditions also require a willful maintenance process so that further examination or transformation is still focused on maintaining the images generated, is one of the reasons that guided meditation,
which supports such concentration, is often integrated into the provision of controlled images as part of the intervention. Managed meditation helps participants in extending the duration for which mental images are generated is supported, providing time to test images, and move on to the final stage of transformation of
managed images. The image is tested after it is generated and maintained, the mental image can be tested to provide a basis for interpretation and transformation. For visual images, the inspection often involves a scanning process by which the participant directs attention throughout and around the image, simulating
shifts in perspective perception. Inspection processes can be applied to both spontaneous images and images created in response to scripts or improvised oral descriptions provided by the facilitator. The transforming of the image Finally, using verbal instruction from a practitioner or teacher of guided images, the
participant transforms, alters, alters or alters or alters the content of the generated mental images, so as to replace images that provoke negative feelings, indicate suffering, or that confirm or debilitate for those who cause positive emotions, and suggestively, the ability to cope, and the increased mental capacity. This process
shares principles with principles that inform the clinical psychology of image restructuring or image rewriting used in cognitive behavioral therapy. Although most of the imaging studies are related to visual mental images, there is evidence to support transformations in other sensory conditions, such as
auditory images. and tactile images. The result of image generation, maintenance, examination and transformation with this technique helps to reduce the tendency to evoke mental images of their identity, body and
circumstances that emphasize the ability to autonomy and positive activity, and the ability to cope with, while managing their condition. As a result, the symptoms become less incapacitated, the pain to some extent while survival skills are increasing. The process required to be appropriate for the above-mentioned
process to proceed effectively, so that all four stages of the controlled images are completed with therapeutic beneficial effects, the patient or participant must be capable or receptive to the absorption, which is an openness to the absorption and self-change of experiences. This is another reason why guided meditation or
some form of meditation, relaxation and meditation music or receptive music therapy is often combined or an integral part of the operational and practical use of guided image intervention. For, all these methods can increase the ability of the participant or the patient or susceptibility to absorption, thereby increasing the
potential effectiveness of controlled images. As an intervention of mind and body The main article: Mind-body interventions of the United States (NCCIH), which is one of twenty-seven organizations, are part of the National Institutes of Health (NIH),
classifies managed images and managed meditation as mind and body intervention, one of five areas of medical systems, practices and products that are not currently considered part of traditional medicine. NCCIH defines mind and body interventions as practices that use different methods designed to
facilitate the mind's ability to influence the functions and symptoms of the body, and include guided images, guided meditation practice, hypnosis and hypnotherapy, prayer, as well as art therapy, music therapy and dance therapy. All mind and body interventions, including the aforementioned,
focus on the interaction between brain, body and behavior and are practiced with the intention of using the mind to change physical function and body interventions derived from scientific research, primarily in their use in promoting the
treatment of a range of conditions, including headaches, coronary heart disease and chronic pain; secondly, in improving the symptoms of chemotherapy-induced nausea, vomiting and localized physical pain in cancer patients; third, to improve the perceived capacity to deal with significant problems and problems; and
fourth, in improving the overall quality of life. In addition, there is evidence of the effects of the brain and central nervous system on the immune function, including protection against infection and disease and their recovery. The controlled
images also demonstrated efficacy in the postoperative discomfort, as well as chronic pain associated with cancer, arthritis and physical In addition, non-clinical use, for which the effectiveness of guided images has been shown, includes managing the stress of public speaking among musicians, enhancing athletic and
competitive athletic abilities, and training medical students in surgical skills. Evidence that it is effective in the absence of pain is encouraging, but not definitive. Evidence and explanations of the effectiveness and limitations of creative imaging come from two hidden sources: cognitive
psychology and psychoneuroimmunology. Cognitive psychology guided images is used as an additional method of psychological therapy in the treatment of many conditions, including those identified in previous sections. It plays an important role in the application of cognitive approaches to psychotherapy, including
cognitive behavioral therapy, rational emotional behavioral therapy, rational emotional behavioral therapy and cognitive therapy based on mindfulness. These treatments occur or rely heavily on the model of mental functioning originally created by Aaron T. Beck, a psychiatrist and psychoanalytic, who suggested that the subjective way in which
people perceive themselves and interpret experiences affects their emotional, behavioral and physiological responses to circumstances. He also found that by helping patients correct their misconceptions and misinterpretations, and helping them in changing the useless and self-deprecating ways of thinking about
themselves and their predicament, his patients had more productive reactions to events, and developed a more positive self-awareness, self-esteem, or perception of themselves. This use of controlled images is based on the following premise. Everyone participates in both the voluntary and involuntary spontaneous
generation of visual, auditory and other mental images, which is a necessary part of how a person solves problems, remembers the past, predicts and plans for the future, formulates his self-esteem, or how he sees and perceives himself. However, this self-esteem can be altered and self-regulating
through mind and body intervention, including controlled images by which a person changes the way he or she visualizes, imagines, and perceives himself as a whole, and their physical condition, body image and mental state in particular. Psychoneuroimmunology Main article: Psychoneuroimmunology The term
psychoneuroimmunology was coined by The American psychologist Robert Ader in 1981 to describe the study of interactions between psychological, neurological and immune systems. Three years later, Jean Akhterberg published a book called Images in Healing that sought to link and relate modern from the then new
scientific study of how mental processes proce
University of Chicago, Mircea Eliade; and a number of anthropologists and ethnologists. The fundamental hypothesis of psychoneuroimmunology succinctly is that the way people think and feel directly affects the electrochemoma of the brain and central nervous system, which in turn has a significant impact on the
immune system and its ability to protect the body from disease, infections and poor health. Meanwhile, the immune system affects the brain's chemistry and electrical activity, which in turn has a significant impact on how we think and feel. Because of this interaction, negative thoughts, feelings and perceptions of the
person, such as pessimistic predictions about the future, regrets about the past, low self-esteem and a depleted belief in self-determination and the ability to cope with it, can undermine the effectiveness of the immune system, increasing vulnerability to ill health. At the same time, the biochemical indicators of ill health
controlled by the immune system, enter back into the brain through the nervous system, which exacerbates thoughts and feelings of a negative nature. That is, we feel and think of ourselves as bad. However, the
interaction between cognitive and emotional, neurological and immunological processes also provides the possibility of positive effects on the body and improved physical health by changing our thinking and feel. For example, people who are able to deconstruct cognitive distortions that precipitate perpetual pessimism
and hopelessness and further develop the ability to perceive themselves as having a significant degree of self-determination and ability to cope with them are more likely to avoid and recover from ill health faster than those who continue to engage in negative thoughts and feelings. This simplification of complex
interactions between interconnected systems and the ability of the mind to influence the body does not take into account the significant impact of other factors on mental and physical well-being, including exercise, diet and social interaction. However, by helping people make such changes in their habitual thought
processes and pervasive feelings, mind and body interventions, including creative visualization, when provided as part of a multimodal and interdisciplinary treatment program for other methods, such as cognitive behavioral therapy, have been shown to make a significant contribution to treatment and recovery from a
range of conditions. there is evidence to support the effects of the brain and central nervous system on the immune system and the ability to intervene in the mind and body to enhance immune function outcomes, including protection against infection and disease and their recovery. Cm. also Creative Visualization Guided
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