

# **KATATHYM IMAGINATIVE PSYCHOTHERAPY: AN UNCONSCIOUS WORLD OF OUR CLINETS IN CASE REPORTS**

**Katerina Duchonova**

Military University hospital in Prague, Czech Republic

**K**atathym imaginative therapy was researched and developed by Professor Hanscarl Leuner in the 1950's. He obtained positive results through systematic experiments and his psychotherapeutic method became widely publicised. Guided imagery is used in situations where clients experiencing psychosomatic disorders, neurotic symptoms, symptoms of depression, are traumatised; suffering of eating disorder or sometimes can be used also by patients with personality disorders. Through guided imagery, clients have access to their unconscious. The inner images, which are internalised, provide information about the mental state of the clients. The therapist stays in dialog with the client through the guided imagery. The task of the therapist is to cautiously guide the client, to gather the symbolic contents of the images without influencing the client's imagination and at the same time not giving the images an inflexible, definite meaning. Drawing of the unique imaginations of the client is also very important part of this kind of psychotherapy, but it is not necessary. Through psychotherapeutic work with imaginations and symbols we can analyse the developmental tasks and conflicts, defence mechanisms, interpretation of transfer and counter transfer during the psychotherapy process, support the process of individualisation and creative unconscious processes. I will demonstrate these processes in a few case studies with drawings of the clients.

katerinaduchonova@seznam.cz  
katerina.duchonova@uvn.cz