

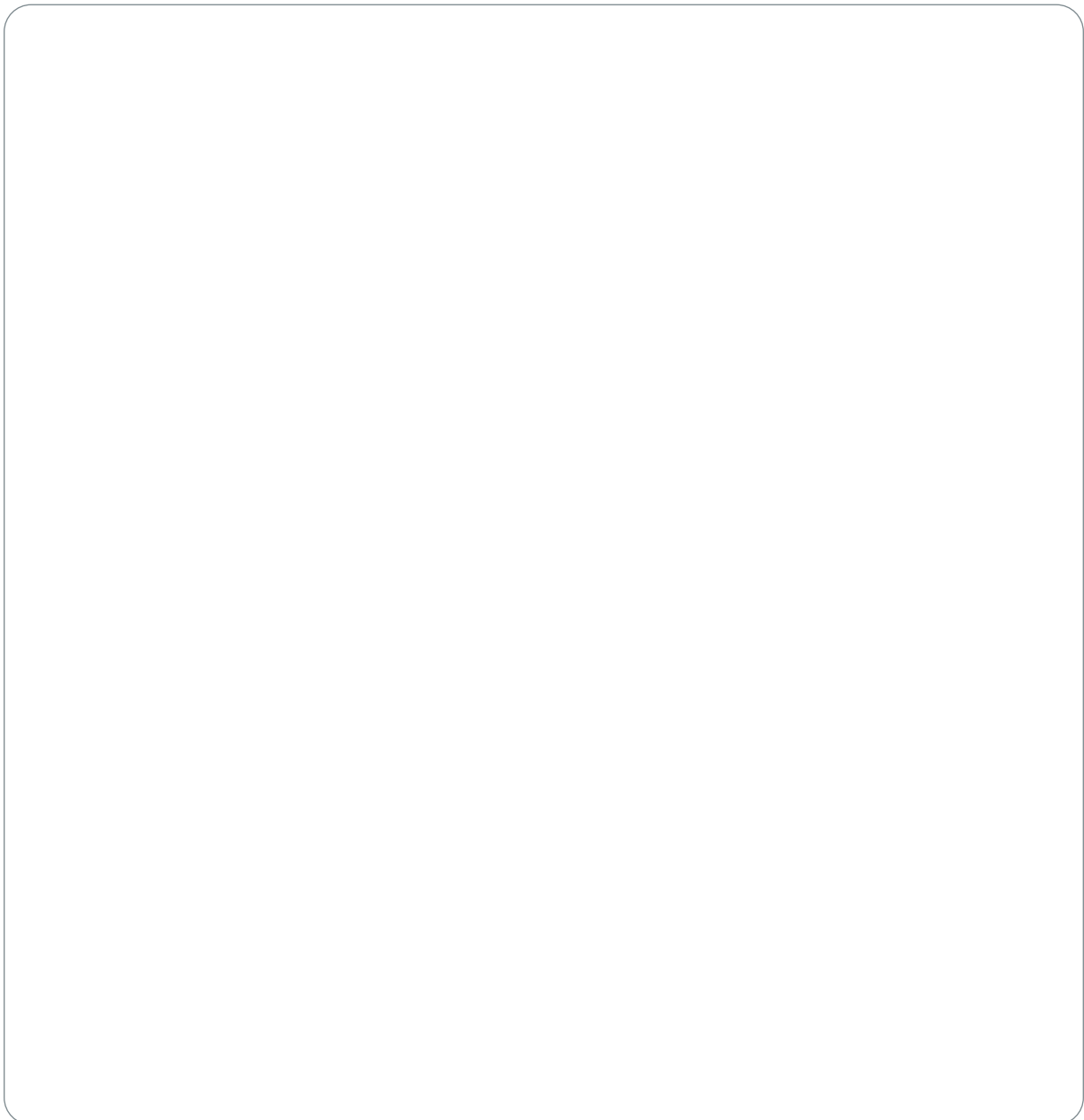
Drawing and Visualizing a Tree

Clients may find it difficult to enter directly into mental imagery or visualization. Art provides a useful stimulus for internal reflection.

Use the following space to create an image of a tree—a popular metaphor for growth and development—to begin a guided imagery dialogue.

Ask the client to draw a tree in the box below or on a separate sheet. Explain that it doesn't have to be one they have seen before:

Draw the picture as if *you* were that tree.



Then ask the client to consider the following questions as they visualize the tree:

- *What is in the middle of the tree trunk?*
- *How strong are the branches?*
- *What are the roots like?*
- *Does the tree bend and flex, or is it immovable?*
- *How do you feel about your life as a tree right now?*

Dr. Jeremy Sutton