

# Time projection imagery

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## **Purpose**

The purpose of this strategy is to help the client appreciate that all things pass and that life will move on regardless of how difficult a situation may seem at the present time.

## **Description**

When facing difficult situations, it is easy for the client to lose hope, believing that life will always be difficult and this belief can lead to low mood, a sense of hopelessness and the client engaging in unhelpful behaviours.

## **Process**

The client is asked to imagine what life might be like in six months, a year, two years or five years from now. The client is asked to consider what might have changed? The coach uses the client's past experiences and how the client has overcome previous difficult situations as a way of reinforcing the reality that life does move on even after a period of adversity.

## **Pitfalls**

This technique does not normally have any negative consequences associated with it. However, it is important that this exercise is used only where the coach already has a pre-existing relationship with the client and has a considerable

amount of information about the client that can be used to reinforce the concept of future positive change based on this.

### **Bibliography**

- Dryden, W., Neenan, M. and Yankurs, J. (1999) *Counselling Individuals: A Rational Emotive Behavioural Handbook*, London: Whurr.
- Lazarus, A. A. (1981) *The Practice of Multimodal Therapy*, New York, NY: McGraw-Hill.