



City Psychology Service

Guided Imagery

Course Details

Dates and Times To organise dates for your setting please contact Davinder-Singh.Dhesi@leicester.gov.uk (Senior Educational Psychologist)

This programme consists of 10 weekly sessions lasting one hour each.

Venue Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience ■ Therapeutic Group Intervention programme for a group of Year 5 (age 9-10) pupils

Areas Covered

- Guided Imagery is a programme of directed thoughts and suggestions which guide an individual's imagination towards a relaxed and focused state. Whilst in this state, the children are asked to imagine a specific scenario and to practise developing their imaginations in this way in order to help overcome problems (problem solving) using strategies the facilitator suggests
- Through this image-work, children can be helped to develop their natural image-making capacity and utilise it to overcome the challenges in their life, such as coping when others say hurtful things to them, being positive and nurturing/fostering self-belief, self-efficacy and self-development
- Guiding children through imaginary situations in which they are confident, valued, powerful and popular
- This may just give them the boost they need in order to realise these goals

Course Outcomes

- Pupils acquire relaxation techniques and problem solving skills
- These skills allow them to enhance their ability to cope with stressful situations, their positive self-belief and self-efficacy

Course Leader Davinder-Singh Dhesi (Senior Educational Psychologist)

Cost Leicester City Maintained Schools/Settings: £562.50
Non-Maintained Schools/Settings : £675

How to apply To book your place visit www.lls.leicester.gov.uk
Full terms and conditions can be found on the website