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# Mental Imagery Psychology

## Definition

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Visual Thinking for Information Design  
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Encyclopedia of the Sciences of Learning  
Motor Cognition  
Imagery in Sport  
Entertainment-Education Behind the Scenes  
Principles of Mental Imagery  
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Mental Imagery  
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Discourse, Vision, and Cognition  
Memory and Instruction  
Oxford Guide to Imagery in Cognitive Therapy  
The Case for Mental Imagery  
Imagery-Based Cognitive Therapy for Bipolar Disorder and Mood Instability

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## GLORIA NASH

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### **Visual Thinking for Information**

**Design** Oxford University Press

"This book, the first of its kind, examines three main aspects of mental imagery. Providing a state of the art review of this field of research, along with in-depth reviews, meta-analyses, and research syntheses, this book will be important for those in the fields of cognitive neuroscience, physiology, and rehabilitation." --Book Jacket.

### **Science and Practice of Cognitive Behaviour Therapy**

OUP Oxford

Today in many studies, mental images are still either treated as conscious by definition, or as empirical operations implicit to completing some type of task, such as the measurement of reaction time in mental rotation, an underlying mental image is assumed, but there is no direct determination of whether it is conscious or not. The vividness of mental images is a potentially helpful construct which may be suitable, as it may correspond to consciousness or aspects of the consciousness of images. In this context, a complicating factor seems to be the surprising variety in what is meant by the term vividness or how it is used or theorized. To fill some of the gaps, the goal of the present Special Issue is to create a publication outlet where authors can fully explore through sound research the missing theoretical and empirical links between vividness, consciousness and mental imagery across disciplines, neuroscience, psychology, philosophy, cognitive science, to mention the most obvious ones, as well as transdisciplinary methodological (single, combined, or multiple) approaches.

*Encyclopedia of the Sciences of Learning*  
Psychology Press

Originally published in 1981, perceptual organization had been synonymous with Gestalt psychology, and Gestalt psychology had fallen into disrepute. In the heyday of Behaviorism, the few cognitive psychologists of the time pursued Gestalt phenomena. But in 1981, Cognitive Psychology was married to Information Processing. (Some would say that it was a marriage of convenience.) After the wedding, Cognitive Psychology had come to look like a theoretically wrinkled Behaviorism; very few of the mainstream topics of Cognitive Psychology made explicit contact with Gestalt phenomena. In the background, Cognition's first love – Gestalt – was pining to regain favor. The cognitive psychologists' desire for a phenomenological and intellectual interaction with Gestalt psychology did not manifest itself in their publications, but it did surface often enough at the Psychonomic Society meeting in 1976 for them to remark upon it in one of their conversations. This book, then, is the product of the editors' curiosity about the status of ideas at the time, first proposed by Gestalt psychologists. For two days in November 1977, they held an exhilarating symposium that was attended by some 20 people, not all of whom are represented in this volume. At the end of our symposium it was agreed that they would try, in contributions to this volume, to convey the speculative and metatheoretical ground of their research in addition to the solid data and carefully wrought theories that are the figure of their research.

*Motor Cognition* Macmillan

Intrusive mental images in the form of flashbacks have long been recognised as a hallmark of post-traumatic stress

disorder. However, clinicians have become increasingly aware that distressing imagery is a more pervasive phenomenon. There appears to be a powerful link between imagery and autobiographical memory. The field of autobiographical memory needs to account for disorders of remembering in psychopathology, including the reliving of past experiences in the form of imagery. While the role of mental imagery in psychopathology has been an under-researched topic, recently, there has been a surge of interest. This Special Issue of *Memory, Mental Imagery and Memory in Psychopathology*, edited by Emily A. Holmes and Ann Hackmann, presents a novel series of papers investigating emotional, intrusive mental imagery across a wide range of psychological disorders. The topics include post-traumatic stress disorder, other anxiety disorders such as agoraphobia and social phobia, as well as psychosis, bipolar disorder, body dysmorphic disorder, and depression. The roles of imagery in symptom maintenance and in psychological treatment are explored. Further studies using non-clinical samples address information processing issues and imagery qualities. These include innovative approaches to modelling cravings in substance misuse, and the role of imagery in conditioning aversions. Pioneering work is presented on vividness, emotionality, and the type of perspective taken in imagery. This Special Issue begins and ends with theoretical papers that provide complementary approaches: reviewing findings from a clinical psychology perspective and an autobiographical memory perspective. New developments in cognitive therapy require a conceptual framework within which to understand

imagery in specific psychopathologies. Since the experience of imagery is not abnormal per se, it is helpful to make links with accounts of "ordinary" processing. Conway's work on autobiographical memory may provide such a framework. According to this model, images are thought to be forms of autobiographical memory, referred to as sensory perceptual knowledge that is experience-near. Indeed, although they may be unaware at the time, patients often later report that images appear linked to autobiographical experiences. However, despite being a form of memory, images may be experienced as actual events happening in the present, or as representing the imagined future, and project meaning for the self. Images may provide particularly potent means of carrying emotion and information about the self, compared to other forms of processing. In this Special Issue, Conway presents novel insights that suggest imagery is highly associated with self goals. Imagery can both reflect and maintain goals linked to psychopathology. An exciting consequence of this framework is that imagery can be used to resolve dysfunctional states in therapy. Imagery in psychopathology tends to be highly intrusive, distressing, and repetitive. It may arise "out of the blue", i.e. directly triggered from autobiographical memory. Images can hijack attention and reflect negative self goals. It may therefore understandably provoke a variety of cognitive and behavioural responses. For example, interpreting the image as representing fact rather than fiction, trying to block it out of mind, or avoiding triggers for the image. Cognitive behavioural therapy targets such responses because they are thought to maintain psychopathology in

a vicious cycle. In contrast, responses that update the image in memory could break that cycle. Further there is a role for positive, alternative images. Conway suggests that generating new images can generate new goals and thus ameliorate distress: an insight that may further enhance therapy. This book appeals to clinicians and experimental psychologists working in memory and emotion. It provides a forum to forge links between experi

**Imagery in Sport** Frontiers E-books  
Mental ImagerySpringerThe Handbook of Behavior ChangeCambridge University Press

Entertainment-Education Behind the Scenes MIT Press

While there is a growing body of psycholinguistic experimental research on mappings between language and vision on a word and sentence level, there are almost no studies on how speakers perceive, conceptualise and spontaneously describe a complex visual scene on higher levels of discourse. This book explores the relationship between language, eye movements and cognition, and brings together discourse analysis with cognitively oriented behavioral research. Based on the analysis of data drawn from spoken descriptive discourse, spontaneous conversation, and experimental investigations, this work offers a comprehensive picture of the dynamic natures of language, vision and mental imagery. Verbal and visual data, synchronised and correlated by means of a multimodal scoring method, are used as two windows to the mind to show how language and vision, in concert, can elucidate covert mental processes.

**Principles of Mental Imagery**  
Springer Nature

Over the past thirty years, and particularly within the last ten years, researchers in the areas of social psychology, cognitive psychology, clinical psychology, and neuroscience have been examining fascinating questions regarding the nature of imagination and mental simulation – the imagination and generation of alternative realities. Some of these researchers have focused on the specific processes that occur in the brain when an individual is mentally simulating an action or forming a mental image, whereas others have focused on the consequences of mental simulation processes for affect, cognition, motivation, and behavior. This Handbook provides a novel and stimulating integration of work on imagination and mental simulation from a variety of perspectives. It is the first broad-based volume to integrate specific sub-areas such as mental imagery, imagination, thought flow, narrative transportation, fantasizing, and counterfactual thinking, which have, until now, been treated by researchers as disparate and orthogonal lines of inquiry. As such, the volume enlightens psychologists to the notion that a wide-range of mental simulation phenomena may actually share a commonality of underlying processes.

**Assessment in Cognitive Therapy**  
Cambridge University Press

Over the past century, educational psychologists and researchers have posited many theories to explain how individuals learn, i.e. how they acquire, organize and deploy knowledge and skills. The 20th century can be considered the century of psychology on learning and related fields of interest (such as motivation, cognition, metacognition etc.) and it is fascinating to see the various mainstreams of

learning, remembered and forgotten over the 20th century and note that basic assumptions of early theories survived several paradigm shifts of psychology and epistemology. Beyond folk psychology and its naïve theories of learning, psychological learning theories can be grouped into some basic categories, such as behaviorist learning theories, connectionist learning theories, cognitive learning theories, constructivist learning theories, and social learning theories. Learning theories are not limited to psychology and related fields of interest but rather we can find the topic of learning in various disciplines, such as philosophy and epistemology, education, information science, biology, and – as a result of the emergence of computer technologies – especially also in the field of computer sciences and artificial intelligence. As a consequence, machine learning struck a chord in the 1980s and became an important field of the learning sciences in general. As the learning sciences became more specialized and complex, the various fields of interest were widely spread and separated from each other; as a consequence, even presently, there is no comprehensive overview of the sciences of learning or the central theoretical concepts and vocabulary on which researchers rely. The Encyclopedia of the Sciences of Learning provides an up-to-date, broad and authoritative coverage of the specific terms mostly used in the sciences of learning and its related fields, including relevant areas of instruction, pedagogy, cognitive sciences, and especially machine learning and knowledge engineering. This modern compendium will be an indispensable source of information for scientists, educators, engineers, and

technical staff active in all fields of learning. More specifically, the Encyclopedia provides fast access to the most relevant theoretical terms provides up-to-date, broad and authoritative coverage of the most important theories within the various fields of the learning sciences and adjacent sciences and communication technologies; supplies clear and precise explanations of the theoretical terms, cross-references to related entries and up-to-date references to important research and publications. The Encyclopedia also contains biographical entries of individuals who have substantially contributed to the sciences of learning; the entries are written by a distinguished panel of researchers in the various fields of the learning sciences.

**Mental Imagery** Guilford Publications  
An introduction to "flow," a new field of behavioral science that offers life-fulfilling potential, explains its principles and shows how to introduce flow into all aspects of life, avoiding the interferences of disharmony.

**Mental Imagery** Mental Imagery  
This volume brings together leading experts to explore the state of the art of cognitive clinical assessment and identify cutting-edge approaches of interest to clinicians and researchers. The book highlights fundamental problems concerning the validity of assessments that are widely used in cognitive-behavioral therapy (CBT). Key directions for further research and development are identified. Updated cognitive assessment methods are described in detail, with particular attention to transdiagnostic treatment, evidence-based practice, cognitive case formulation, and imagery-based techniques.

[Mental Imagery and Learning MDPI](#)

Our ability to be conscious of the world around us is often discussed as one of the most amazing yet enigmatic processes under scientific investigation today. However, our ability to imagine the world around us in the absence of stimulation from that world is perhaps even more amazing. This capacity to experience objects or scenarios through imagination, that do not necessarily exist in the world, is perhaps one of the fundamental abilities that allows us successfully to think about, plan, run a dress rehearsal of future events, re-analyze past events and even simulate or fantasize abstract events that may never happen. Empirical research into mental imagery has seen a recent surge, due partly to the development of new neuroscientific methods and their clever application, but also due to the increasing discovery and application of more objective methods to investigate this inherently internal and private process. As the topic is cross hosted in *Frontiers in Perception Science* and *Frontiers in Human Neuroscience*, we invite researchers from different fields to submit opinionated but balanced reviews, new empirical, theoretical, philosophical or technical papers covering any aspect of mental imagery. In particular, we encourage submissions focusing on different sensory modalities, such as olfaction, audition somatosensory etc. Similarly, we support submissions focusing on the relationship between mental imagery and other neural and cognitive functions or disorders such as visual working memory, visual search or disorders of anxiety. Together, we hope that collecting a group of papers on this research topic will help to unify theory while providing an overview of the state of the field, where it is heading, and how

mental imagery relates to other cognitive and sensory functions.

*Discourse, Vision, and Cognition* Oxford University Press

*Mental Imagery: Philosophy, Psychology, Neuroscience* is about mental imagery and the important work it does in our mental life. It plays a crucial role in the vast majority of our perceptual episodes. It also helps us understand many of the most puzzling features of perception (like the way it is influenced in a top-down manner and the way different sense-modalities interact). But mental imagery also plays a very important role in emotions, action execution, and even in our desires. In sum, there are very few mental phenomena that mental imagery doesn't show up in—in some way or other. The hope is that if we understand what mental imagery is, how it works and how it is related to other mental phenomena, we can make real progress on a number of important questions about the mind. This book is written for an interdisciplinary audience. As it aims to combine philosophy, psychology, and neuroscience to understand mental imagery, the author has not presupposed any prior knowledge in any of these disciplines, so any reader can follow the arguments.

**Beyond the Information Given (Routledge Revivals)** Springer Science & Business Media

While there is a growing body of psycholinguistic experimental research on mappings between language and vision on a word and sentence level, there are almost no studies on how speakers perceive, conceptualise and spontaneously describe a complex visual scene on higher levels of discourse. This book explores the relationship between language, eye movements and cognition, and brings together discourse

analysis with cognitively oriented behavioral research. Based on the analysis of data drawn from spoken descriptive discourse, spontaneous conversation, and experimental investigations, this work offers a comprehensive picture of the dynamic natures of language, vision and mental imagery. Verbal and visual data, synchronised and correlated by means of a multimodal scoring method, are used as two windows to the mind to show how language and vision, in concert, can elucidate covert mental processes.

#### Bradford Book

The human imagination manifests in countless different forms. We imagine the possible and the impossible. How do we do this so effortlessly? Why did the capacity for imagination evolve and manifest with undeniably manifold complexity uniquely in human beings? This handbook reflects on such questions by collecting perspectives on imagination from leading experts. It showcases a rich and detailed analysis on how the imagination is understood across several disciplines of study, including anthropology, archaeology, medicine, neuroscience, psychology, philosophy, and the arts. An integrated theoretical-empirical-applied picture of the field is presented, which stands to inform researchers, students, and practitioners about the issues of relevance across the board when considering the imagination. With each chapter, the nature of human imagination is examined - what it entails, how it evolved, and why it singularly defines us as a species.

#### *Artificial Vision Human Kinetics*

Our ability to acknowledge and recognize our own identity -- our "self" -- is a characteristic doubtless unique to

humans. Where does this feeling come from? How does the combination of neurophysiological processes coupled with our interaction with the outside world construct this coherent identity? We know that our social interactions contribute via the eyes, ears, etc. However, our self is not only influenced by our senses. It is also influenced by the actions we perform and those we see others perform. Our brain anticipates the effects of our own actions and simulates the actions of others. In this way, we become able to understand ourselves and to understand the actions and emotions of others. This book describes the new field of "Motor Cognition". Though motor actions have long been studied by neuroscientists and physiologists, it is only recently that scientists have considered the role of actions in building the self. How consciousness of action is part of self-consciousness, how one's own actions determine the sense of being an agent, how actions performed by others impact on ourselves for understanding others, differentiating ourselves from them and learning from them: these questions are raised and discussed throughout the book, drawing on experimental, clinical, and theoretical bases. The advent of new neuroscience techniques, such as neuroimaging and direct electrical brain stimulation, together with a renewal of behavioral methods in cognitive psychology, provide new insights into this area. Mental imagery of action, self-recognition, consciousness of actions, imitation can be objectively studied using these new tools. The results of these investigations shed light on clinical disorders in neurology, psychiatry, and in neuro-development.

*Free Will, Causality, and Neuroscience*  
John Benjamins Publishing

The relationships between perception and imagery, imagery and spatial processes, memory and action: These are the main themes of this text. The interest of experimental psychology and cognitive neuroscience on imagery and spatial cognition is remarkably increased in the last decades. Different areas of research contribute to the clarification of the multiple cognitive processes subserving spatial perception and exploration, and to the definition of the neurophysiological mechanisms underpinning these cognitive functions. The aim of this book is to provide the reader (post-graduate students as well as experts) with a complete overview of this field of research. It illustrates the way how brain, behaviour and cognition interact in normal and pathological subjects in perceiving, representing and exploring space. (Series B).

### **Imagery and Spatial Cognition**

Academic Press

In this book are gathered together Jerome Bruner's major papers on the "psychology of knowing". Spanning virtually the entire range of knowledge acquired from infancy onwards, they present the complete spectrum of his research, theories, and ideas concerning perception, thought, skills (of the eye, hand, ear, tongue and mind) developed in childhood, mental representation and cognition, the process of discovery and the nature and techniques of education. This will be invaluable not only for students of psychology, but also for a wider readership including teachers, doctors, biologists, sociologists and all who are interested in child development. *Seeing and Visualizing* Guilford

Publications

'the main value of this book for the sex therapist is an overview of cognitive behaviour therapy, and in particular an

up-to-date account of its application to particular disorders and the context of sex therapy within this' -Brian Daines, BASMT Bulletin 14 (1997) 'This is a broad textbook written by the leading British cognitive-behaviour therapists, which covers the present state of both the theory and practice of CBT. This book is highly recommended reading for all practicing cognitive-behavioural therapists.' -Lars-Gunnar Lundh, *Perceptual Organization* Cambridge University Press

Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, *The Handbook of Behavior Change* provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior.

*The Neurophysiological Foundations of Mental and Motor Imagery* Educational Technology

It has long been known that almost all



elite athletes use imagery and that most sport psychologists apply imagery in working with athletes. But most material on the subject has been, to this point, relegated to single chapters in books, to journal articles, or to conference proceedings. Now *Imagery in Sport* addresses the breadth of what researchers and practitioners in sport psychology know about the topic, and it treats each issue in depth, considering current theories and research on imagery and its application in sport. The reference also addresses future directions in research and practice for imagery in sport. In doing so, *Imagery in Sport* provides the most comprehensive look at the state of imagery and its uses in sport today. The authors take readers step by step through understanding, investigating, applying, and advancing

imagery in sport. The text includes the following: -Sample scripts, preperformance suggestions, and sport-specific and site-specific tips - Presentation and critical analysis of 10 well-known theoretical frameworks for understanding imagery -A full chapter devoted to understanding and successfully using the available measures of imagery in sport, including how to administer imagery-ability measures *Imagery in Sport* takes complex theories and presents them clearly, using examples from everyday sport contexts. The book helps readers become familiar with the current knowledge about the topic and learn to view it with a critical eye. And it provides practicing sport psychologists with guidelines and strategies for using imagery to help athletes improve their performances.

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