



Katja Obenaus

## Pain Therapy through New Images of Self

Creative-Dynamic Image Synthesis (CDB)  
with a preface by Wolfgang Böker  
approx. 304 pages  
with a manual, approx. 30 b/w illustrations  
and approx. 15 colored drawings  
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### About the author:

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## Images against Pain

Chronic pain can be caused by emotional factors: stress, overtaxation, conflicts, traumatic experiences. Where this applies, it is insufficient merely to treat pain symptoms physically. Creative-Dynamic Image Synthesis, using images visualized and sketched by the patients themselves, grants them access to emotional causes of their condition and to untapped potentials of their person.

The method can either be applied in short-term therapy lasting 4 to 12 sessions, or as a component of treatment within a longer-term psychotherapy. With

- a manual giving step-by-step instructions, as well as checklists and forms for duplication,
- numerous case studies and colored sketches made by patients,
- background knowledge on somatoform pain conditions and empirical studies on the effectiveness of the method.

From the contents:

### Socrates and Charmides' headache

**Why and How is Pain Generated?** The Processing of Pain (neuronal networks, pain memory, psychological influences on the perception and generation of pain) – Etiological Subgroups – Epidemiology – Risk Factors (relationship between physician and patient, sociocultural factors) – Models of How Pain Arises (neurobiology, conversion, affect isolation, alexithymia, learning theory) – Psychodynamics (depression, anxiety, mobbing, ambition)

**Creative-Dynamic Image Synthesis:** Indications and Contraindications – Therapy Process (motivations, data collection and diagnosis, biographical curve, coin image, therapeutic goals) – Manual: Step-by-step Realization – Evaluation of Therapeutic Progress – Case Studies

**Effectiveness:** Pilot Study on Chronic Tension Headache

**Background:** Concept of Self, Daydream Psychotherapy, Integration Technique of NLP, Thesis-Antithesis-Synthesis, Symptomatic Image, Aggressive Image, Integrative Image, Potential Self versus Ego-Ideal, Concepts of Self from a Psychoanalytic Point of View, Factors Contributing to Healing

**Forms for Duplication  
Glossary**