

Strategy Scenario
By Jane Wimberg

STRATEGY: Imagery CONTENT: Teaching relaxation techniques

TITLE: *Wishing Yourself Away*

TIME REQUIRED: 15 minutes NUMBER OF PARTICIPANTS: 20

TARGET AUDIENCE: Counseling students

GOAL OF ACTIVITY: To demonstrate to students how to use imagery in teaching relaxation techniques to clients.

PURPOSE OF SCRIPT: To demonstrate to students that learning by practicing will allow them to use relaxation techniques with clients.

LEARNING OUTCOME (S), Gagne's Taxonomy: Cognitive strategy

LEARNING OUTCOME (S), Bloom's Taxonomy: Comprehension and Synthesis

LEARNER CHARACTERISTICS: Psychology or Counseling students

ENTRY SKILLS: Interests in counseling

SETTING: College classroom

MEDIA: Comfortable desks

PROCESS:

1. The teacher will begin the activity by asking students to raise their hands if they have ever felt so stressed out that they wished they were somewhere else.
2. Students are then explained that many clients are in these situations and will benefit from relaxation exercises.
3. Students are then asked to experience a relaxation exercise in order to better guide their future clients.

4. Students are asked to close their eyes and imagine the most beautiful and relaxing place in the world.
5. The teacher will guide the students through this imagery by asking them to picture themselves in the place they have chosen, sipping his or her favorite drink and talking to their favorite person in the world.
6. The teacher will allow the students to imagine this scenario for at least two minutes.
7. The teacher will then conclude the activity by asking the students to open their eyes and process through how relaxed they feel and why they are relaxed.
8. The teacher will then use this example to apply the usefulness of this technique in counseling situations.
9. The teacher will then instruct the students to use this technique once on their own and share their experience in a short essay for the following class.

STRATEGY ASSESSMENT:

1. Is imagery the best strategy for this scenario? Imagery is a useful technique for relaxation, and using imagery as a guide for the experience of many techniques is the best scenario.
2. Does this strategy provide a useful tool for students?
3. Does this scenario require the students to use imagery to be most effective?

REFERENCE

West, C.K., Farmer, J.A., & Wolff, P.M. (1991). Instructional Design: Implications from Cognitive Science, Boston: Allyn and Bacon.