

Berichte aus der Psychologie

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Value-Oriented Imagery

in multicultural contexts

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This book contains my doctoral research thesis in psychology (examined at the University of South Africa in early 2013). The thesis itself is entitled: “Logotherapy with Boeschemeyer’s Value-Oriented Imagery in multicultural contexts”.

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I hope this book will inspire many readers.

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Abstract

In this qualitative, interpretive, multi-perspective study a new and promising salutogenic imagery approach developed in Germany, called Value-Oriented Imagery (Wertimagination/WIM®) was researched in regard to its applicability in multicultural (non-European) contexts. A second question researched was whether specific cultural or regional “dialects” would be encountered in the universal inner picture language of persons from other (non-European) cultural backgrounds than the one the approach was developed within.

A WIM® study with 18 participants from African South African, Asian South African and European South African cultural backgrounds was conducted in Johannesburg in 2011 and 2012. The results were analysed and compared with WIM® work experiences from Germany. Subsequently the results of the comparison were discussed in three WIM® expert interviews: with Uwe Boeschmeyer, Stephan Peeck and Andreas Boeschmeyer.

The main outcome of this research study is that Value-Oriented Imagery can be seen as a rewarding contribution to South African multicultural (logo)therapy/counselling contexts. Only minor cultural and regional “dialects” occurred in the universal inner symbols of the RSA study participants, such as the occurrence of more water features, especially waterfalls, and more spontaneous, unintended Healthy Inner Child encounters. The present study suggests that work with Value-Oriented Imagery could make a valuable contribution within any cultural and multicultural (logo)therapy/counselling context.

Key terms:

Meaning-oriented psychotherapy; salutogenic approach; humanistic psychotherapy; Uwe Boeschmeyer's Hamburg Model of Logotherapy and Existential Analysis; Value-Oriented Imagery (Wertimagination/WIM®); authentic inner picture work; Value-Figures and Inner Antagonist; inner resources; value-feelings; meaning-barriers; transfer imagery; multicultural psychotherapy and counselling.

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IMPORTANT NOTE TO THE READER

- All translations of quotations cited from German sources in this dissertation (see References) were translated into English by the author of this dissertation.
- For a better readability to all English readers and to enable an easier electronic data transfer, all umlauts in German names and terms used in this dissertation have been changed to the writing common in English (ä=ae, ö=oe, ü=ue). This means for example, that Uwe Böschemeyer's surname here is written as Boeschemeyer.

List of Abbreviations

[translations into English: by the author of this dissertation]

AfSA	Participants with African South African cultural backgrounds
AsSA	Participants with Asian South African cultural backgrounds
DGLE	Deutsche Gesellschaft fuer Logotherapie und Existenzanalyse [German Society for Logotherapy and Existential Analysis]
EuSA	Participants with European South African cultural backgrounds
KB	Katathymes Bilderleben [Katathyme Picture Experience] (Hanscarl Leuner)
PITT®	Psychodynamisch Imaginative Traumatherapie [Psychodynamic Imagery Trauma Therapy] (Luise Reddemann)
RSA	Republic of South Africa
UNISA	University of South Africa, Pretoria
VFI	Viktor Frankl Institute, Vienna
WIM®	Wertimagination [Value-Oriented Imagery] (Uwe Boeschemeyer)
WOP®	Wertorientierte Persoenlichkeitsbildung [Value-Oriented Personality Development] (Uwe Boeschemeyer)

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It is my aim
to evoke courage.
Courage to follow the calling to open up
to what may come.
To walk the soul's journey full of trust.
To follow the soul's intention.
To engage with what is encountered
in the new countries of the
inner and outer worlds.