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MODIFICATION OF AGGRESSIVE BEHAVIOR IN AN ADOLESCENT
THROUGH THE USE OF IMAGERY THERAPY

APPROVED BY SUPERVISORY COMMITTEE:


Chairman


Graduate Faculty Representative





MODIFICATION OF AGGRESSIVE BEHAVIOR IN AN ADOLESCENT
THROUGH THE USE OF IMAGERY THERAPY

by

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THESIS

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ABSTRACT

This case study explored the effects of using 12 sessions of Guided Affective Imagery (GAI) as advocated by Leuner to diminish aggressive behavior. The subject for the study was a thirteen-year-old female who resides in a group home facility. Overt behavior change was analyzed using the Child Behavior Checklist (CBCL) and the Direct Observation Form (DOF) in a pretreatment, posttreatment, and delayed posttreatment design. A one-way analysis of variance (ANOVA) of the CBCL revealed no significant change in the subject's aggressive behaviors. However, the DOF revealed a decrease in the subject's problem behaviors on three other rating scales and an increase in her socially acceptable behaviors on a frequency tabulation. These seemingly inconsistent results are discussed in terms of their theoretical and research implications. Anecdotal data on each GAI session is also included.