

the experience-introduce imagery spectrum

the spectrum

*experiencing
images*

*introducing
images*

examples

*mindful turning
towards*

*focusing
work*

*cognitive
restructuring*

*compassion
imagery*

*rehearsal
practice*

*prolonged
exposure*

*therapeutic
writing*

*dialogue
exercises*

*rescripting
interventions*

*implementation
intentions*

therapy comments

'images' can involve all sensory systems; images are emotionally powerful; focus on images & memories that carry similar emotional tone to current life problem areas; when faced with many options, choose memories that are earlier and/or more emotionally charged; work with emotional 'hot spots'; it may be important to organise & fill in memory 'narratives'; 'analysis' tends to reduce an image's emotional charge; repeated exposure to traumatic memories parallels treatment of phobias; restructuring helpfully asks 'what do we know now that we didn't know then?'; ask what can we learn/how grow/how get stronger through all of this; rescripting introduces new emotional images & new meanings; rehearsal practice & implementation intentions takes the work forward
