Training ImRs: program

*Day 1: theory, research, and imagery rescripting with therapist rescripting*

9.30 introduction: theoretical model, research findings, rationale for clients, discussion

*11.00 coffee break*

11.15 roleplay by trainer & volunteer, discussion

*12.30 lunch*

13.30 participants practice in pairs (roleplays)

14.30 discussion (incl. resistance in participants, questions)

*14.45 coffee break*

15.15 participants practice in pairs (roleplays)

16.15 discussion (incl. resistance in participants, questions)

16.30 specific problems with application of imagery rescripting with therapist rescripting

17.00 end of day 1

*Day 2: imagery rescripting with patient rescripting*

9.30 recap of the model, introduction to client doing the rescripting

10.00 roleplay by trainer & volunteer, discussion

*10.45 coffee break*

11.00 participants practice in pairs (roleplays)

12.00 discussion (incl. resistance in participants, questions)

*12.15 lunch*

13.15 introduction to client doing the rescripting together with therapist

13.30 participants practice in pairs (roleplays)

14.30 discussion (incl. resistance in participants, questions)

*14.45 coffee break*

15.15 how to address possible problems in application of imagery rescripting (client questions the rationale, loyalty problems towards parents, patients doesn’t want to close the eyes, dissociation, etc.)

16.00 participants practice in pairs with addressing a specific problem (roleplays)

16.30 final discussion (incl. resistance in participants, questions, application to very severe cases)

17.00 end of day 2