IREM-Freq study: ImRs training 2019

26-9 en 3-10, **Psyq Beverwijk.**

9.30-10.00 inloop, registratie, koffie

10.00-12.30 training (wel tussendoor even koffie)

12.30-13.15 lunch (zelf meenemen)

13.15-15.00 training

15.00-15.30 pauze

15.30-17.15 training

Literatuur (bijgevoegd):

Arntz, A. (2018). Protocol ImRs IREM-Freq study. Intern document.

Arntz & Weertman (1999). Treatment of childhood memories, theory and practice. Behaviour Research and Therapy, 37, 715–740. (the parts on historical role play can be skipped)

Arntz, A. (2014). Imagery Rescripting for Post Traumatic Stress Disorder. In Thoma, N. & McKay, D. (Eds.) Engaging Emotion in Cognitive Behavioral Therapy: Experiential Techniques for Promoting Lasting Change. New York: Guilford.

Jung, & Steil, R (2013). A Randomized Controlled Trial on Cognitive Restructuring and Imagery Modification to Reduce the Feeling of Being Contaminated in Adult Survivors of Childhood Sexual Abuse Suffering from Posttraumatic Stress Disorder. *Psychotherapy and Psychosomatics, 82, 213–220.* (only the part on how the rescripting is done)

ImRs Treatment Rational

ImRs handout for patient