**ImRs training 2021**

Total = 12 hours training (6 per day) + 3.5 hours (1¾ hours breaks per day)

**Dag 1, zoom**

9.00-10.30 training (introduction: theoretical model, research findings, rationale for clients, discussion)

10.30-10.45 pauze

10.45-12.30 training (roleplay by trainer & volunteer, discussion)

12.30-13.30 lunch

13.30-14.45 training (participants practice in pairs (roleplays), discussion (incl. resistance in participants, questions))

14.45-15.00 pauze

15.00-16.50 training (participants practice in pairs (roleplays), discussion, specific problems with application of imagery rescripting with therapist rescripting)

**Dag 2, zoom**

9.00-10.30 training (recap of the model, introduction to client doing the rescripting; roleplay by trainer & volunteer, discussion)

10.30-10.45 pauze

10.45-12.30 training (participants practice in pairs (roleplays), discussion (incl. resistance in participants, questions))

12.30-13.30 lunch

13.30-14.45 training (participants practice in pairs (roleplays), discussion (incl. resistance in participants, questions))

14.45-15.00 pauze

15.00-16.50 training (how to address possible problems in application of imagery rescripting (client questions the rationale, loyalty problems towards parents, patient doesn’t want to close eyes, dissociation, etc.); participants practice in pairs with addressing a specific problem (roleplays); final discussion