

Ability to employ imagery techniques

Identifying spontaneous images

An ability to help clients understand the concept of images, and if relevant identifying the terminology which best fits to the client's understanding of this term

An ability to help clients identify distressing spontaneous images

An ability to help clients discuss images that are particularly distressing by using appropriate empathy and normalisation

An ability to persevere when clients have difficulty identifying spontaneously occurring images

Responding to spontaneous images (with the aim of cognitive restructuring)

An ability to help clients follow images to completion in order to carry out cognitive restructuring

An ability to help clients reduce distress associated with an image by 'jumping ahead in time' to a point where the situation is resolved

An ability to help the client rework the image so as to imagine themselves coping with the situation

An ability to help the client rework the image and change its ending, with the aim of encouraging problem solving

An ability to use Socratic questioning to help the client to re-evaluate the image

An ability to help the client repeat images which are particularly distressing with the aim of helping the client reappraise the image and reduce associated distress

An ability to help the client use homework tasks to review techniques for responding to imagery

Responding to spontaneous images (with the aim of reducing immediate distress)

An ability to use techniques for 'cutting off' images, such as image stopping, image substitution or distraction

Using imagery induction

An ability to help the client practice coping strategies in imagination

An ability to induce imagery to help the client gain a new perspective which they can use to problem solve or for reappraisal