

Arntz, A. (2011). Imagery rescripting for personality disorders. *Cognitive and Behavioral Practice, 18*, 466-481.

Imagery rescripting is a powerful technique that can be successfully applied in the treatment of personality disorders. For personality disorders, imagery rescripting is not used to address intrusive images but to change the implicational meaning of schemas and childhood experiences that underlie the patient's problems. Various mechanisms that may be involved in the application of the technique when applied in the treatment of personality disorders are discussed. Next, the empirical evidence for the effectiveness of the technique is discussed. Then four practical applications are presented: diagnostic imagery; imagery of a safe place; imagery rescripting of childhood events; and imagery rescripting of present and future events. The paper ends with a general conclusion.