

**Long, M.E., & Quevillon, R. (2009). Imagery rescripting in the treatment of posttraumatic stress disorder. *Journal of Cognitive Psychotherapy*, 23, 67-76.**

The use of imagery in psychotherapy has received surprisingly little attention from researchers despite its long history in psychology and the significance of imagery in a number of psychological disorders. One procedure warranting increased attention is imagery rescripting, an imagery technique in which an image is modified in some way to decrease distress. Imagery rescripting is relatively new with a small but growing empirical base. This article briefly reviews hypothesized mechanisms for therapeutic change via imagery techniques, emphasizing imagery rescripting, and how they might be relevant in the treatment of posttraumatic stress disorder (PTSD). We review studies employing imagery rescripting as a component of treatment, followed by recommendations for future direction.