

Smucker, M. R., & Niederee, J. (1995). Treating incest-related PTSD and pathogenic schemas through imaginal exposure and rescripting. *Cognitive and Behavioural Practice*, 2(1), 63-92.

The prevalence of posttraumatic stress disorder (PTSD) among adult survivors of childhood sexual abuse indicates a need for the development of effective therapeutic interventions. This article presents one such treatment, Imagery Rescripting, that combines imaginal exposure with mastery imagery. Imagery Rescripting is based on an expanded information processing model that conceptualizes the recurring traumatic memories of the abuse survivor both within a PTSD framework and as part of the patient's core schemata. A rationale for the model is provided by a review of relevant information processing theories of PTSD and a discussion of the effects of sexual trauma upon schema formation. The treatment procedure is briefly described, results of a pilot study supporting the efficacy of Imagery Rescripting are cited, and its application is illustrated by means of a case study. It is proposed that Imagery Rescripting facilitates adaptive processing of childhood traumas by reducing intrusive PTSD symptoms and modifying abuse-related beliefs and schemas.