

Wheatley, J., & Hackmann, A. (2011). Using imagery rescripting to treat major depression: Theory and practice. *Cognitive and Behavioral Practice, 18*, 444-453.

This paper considers the role that intrusive memories may play in maintaining depression and the rationale for using imagery rescripting in order to target these memories. Potential mechanisms of change underlying imagery rescripting are discussed. The relationship between depressive rumination and memories is considered, as well as potential links with mindfulness-based approaches. The paper also discusses the practical applications of imagery rescripting with depressed patients, including basic principles and some common problems, such as how to deal with multiple memories, avoidance, and suppression of memories. Finally, the relative merits of different types of imagery rescripting that may utilize different affective systems are considered.