

Whitaker, K.L., Brewin, C.R., Watson, M. (2010). Imagery rescripting for psychological disorder following cancer: A case study. *British Journal of Health Psychology*, 15, 41-50.

Objectives: Intrusive memories have been identified in cancer patients and associated with psychological distress and maladaptive adjustment. Imagery rescripting is a psychological therapy that has proved successful for reducing the impact and distress associated with intrusive memories in various populations (e.g. depression). This paper describes the first application of this technique for a cancer patient reporting intrusive memories.

Design: A single-case design was used to assess the stand-alone therapy.

Results: Imagery rescripting was associated with significant reductions in the adverse impact of intrusive memories and psychological distress and these effects remained at 3- and 6-month follow-up.

Conclusions: Imagery rescripting shows promise for utility in medical patients experiencing intrusive memories.