

Outdated Info über IRRT vom letzten Jahrhundert

LITERATUR

Schmucker, MR & Dancu, CV (1999). Cognitive-Behavioral Treatment for Adult Survivors of Childhood Trauma. Imagery Rescripting and Reprocessing. Northvale, New Jersey, London: Jason Aronson.

Schmucker, MR, Dancu, CV, Foa EB & Nederee, J (1995). Imagery rescriptin: A new treatment for survivors of childhood sexual abuse suffering from posttraumatic stress. Journal of Cognitive Psychotherapy: An international Quarterly, 9 (1), 3-17.

Schmucker, MR & Nederee, J (1995). Treating incest related PTSD and pathogenic schemas through imaginal exposure and rescripting. Cognitive and Behavioral Practice, 2, 63-93.

Schmucker, M.; Reschke, K; Kögel, B. (2008): Imagery Rescripting & Reprocessing Therapy - Behandlungsmanual für Typ I Trauma, Shaker Verlag.

M. Schmucker beschreibt seinen Workshop:

Through instructional video demonstrations, experimental exercises, case examples, lectures, and discussion, this workshop will demonstrate the use of imagery as a primary therapeutic agent to access, challenge, and modify trauma related cognitions (e.g., flashbacks, schemas). Participants will learn how the application of imaginal exposure, mastery imagery, and self-nurturing imagery, combined with secondary cognitive processing and schema modification, goes beyond extinction and other cognitive processing models in: decreasing physiological arousal; eliminating recurring traumatic flashbacks and memories; replacing victimization imagery with mastery imagery; modifying traumagenic beliefs; creating more adaptive schemas; and developing an enhanced capacity to self-nurture and self-calm. Attendees will learn:

- The theoretical underpinnings and rationale of Imagery Rescripting and Reprocessing Therapy (IRRT);

- How to apply and integrate imagery based interventions as part of a schema-based, cognitive processing model in treating victims of Type-II trauma; - How to apply the Socratic and dialectical methods in imagery and schema modification; and

- Outcomes of empirical investigations on the efficacy of IRRT in the treatment of trauma victims.