1. The earliest clinical use of “imagery rescripting” interventions is found in the work of:
   a. Janet (1898)
   b. Perls (1960)
   c. Rogers (1976)
   d. Beck (1985)

2. Which of the following therapists used imagery interventions in their clinical work with “neurotic” patients?
   a. Janet
   b. Freud
   c. Jung
   d. All of the above

3. The only manualized Imagery Rescripting Treatment to date is:
   a. Guided Imagery
   b. Katathym Imagery Psychotherapy (KIP)
   c. Imagery Rescripting & Reprocessing Therapy (IRRT)
   d. Schema Therapy

4. Which of the following is not true of IRRT?
   a. Especially useful with highly dissociative clients
   b. Blends visual and verbal interventions
   c. A trauma-processing CBT treatment with stabilization components
   d. An extension of Beck’s model of cognitive therapy

5. Imagery Rescripting & Reprocessing Therapy (IRRT) was originally developed for:
   a. Victims of adult rape with PTSD
   b. Children with recurring nightmares
   c. Adult survivors of childhood abuse with PTSD
   d. None of the above
6. Which of the following is **not** part of the IRRT model?
   a. Visual interventions are more effective than verbal techniques alone when the affective disturbance is embedded in imagery
   b. In IRRT-Phase 2, it is more empowering for trauma victims to develop their own mastery imagery than to have it be directed, dictated, or suggested to them by the therapist
   c. A primary task of the therapist in IRRT-Phase 3 is to remain non-directive while applying pressure on patients to develop their own self-calming, self-nurturing imagery
   d. None of the above

7. Which of the following are exclusionary criteria for the three phases of IRRT?
   a. Significant substance or alcohol abuse
   b. Ongoing self-injurious/suicidal behaviours
   c. Involvement in current abusive relationship
   d. All of the above

8. Which of the following is **not** part of IRRT?
   a. Socratic imagery
   b. Guided Imagery
   c. Imagery modification
   d. Schema modification

9. During the **Mastery Imagery Phase** of IRRT, the ADULT self today enters the trauma scene:
   a. Just before the worst happens (before the SUDS have peaked)
   b. While the worst is happening (while the SUDS are at their peak)
   c. After the worst has happened (after the SUDS have subsided some)
   d. None of the above

10. Empirical outcome studies have shown Imagery Rescripting:
    a. To be effective as a stand-alone treatment for depressed and anxious patients with intrusive memories
    b. To be more effective than exposure therapy in the processing of PTSD-related emotions of guilt, shame, and anger
    c. To be effective with Type I and Type II trauma victims suffering from PTSD
    d. All of the above
Imagery Rescripting & Reprocessing Therapy Quiz Answer Key

1. a
2. d
3. c
4. a
5. c
6. d
7. d
8. b
9. b
10. d