Therapy (10 session)

Mapping (4 sessions)

* Subjective priorities
* Psychoeducation : BD and role of mental imagery
* Target microformulation

Treatment (4 sessions)

* Metacognitive Techniques
* Imagery Rescripting Techniques
* Promoting Positive Imagery
* Imagery‐Competing Tasks

Consolidation (2 sessions)

* Skills reinforcing
* Relapse prevention
* Visual blueprint to enhance learning and memory

**Figure 1. Visual representation of the three ImcT phases based on Holmes et al., 2019 published manual.**