

Departure from the original imagery

Summary: This item rates the extent to which the rescript departs from the original imagery in terms of the amount of new material being introduced. Consider the setting and time taken up by the new imagery.

3 = All new: All new (e.g., safe place imagery);

Additional guidance: none of the original imagery is included in the rescript.

2 = Mostly new: Mostly new imagery, some old material;

Additional guidance: a small portion of the original intrusive imagery is incorporated into the rescript.

1 = Some new: the majority of the imagery is taken up with the original intrusive imagery.

Additional guidance: Less than half of the imagery incorporates new material,

0 = Mostly old/no change: Mostly old imagery or no change from original intrusive imagery (e.g., reliving only);

Additional guidance: a minimal amount of new material is incorporated

Timing of change

Summary: This item rates the point in time when new information is introduced into the imagery.

3 = During the imagery: The rescript coincides in time with the original imagery.

Additional guidance: Change in the imagery is introduced part way through the original imagery – . .

2 = Immediately (1) before OR (2) after the imagery: The rescript occurs immediately before or in the aftermath of the original imagery (specify before or after).

Additional guidance: Change in the imagery is introduced immediately before or at the end of events in the original imagery (i.e., one follows consecutively after the other). For example, events in the new imagery pre-empt events in the original imagery or build on the ending of the original imagery.

1 = Some time (1) before or (2) after the imagery: The rescript occurs a while before or after the original imagery (specify before or after).

Additional guidance: A new imagery is created that, if real, would have occurred some length of time before or after the original imagery (i.e., one does not follow consecutively after the other) but the temporal link is clear. For example, the new imagery changes the story of the original imagery by adding new content at an earlier or later point in time (e.g., days, weeks or years earlier or later).

0 = No temporal relationship to the imagery: The rescript occurs at a time that appears unrelated to the original imagery or the temporal relationship between original and new imagery is not apparent.

Additional guidance: New imagery is created that, if real, would have occurred at a time that is unrelated to the original imagery - the temporal link is not clear. The new imagery is thus not part of the original imagery

Ability to stay with the imagery

Summary: This item rates the client's ability to continuously activate and stay with the imagery throughout the rescripting process.

3 = Mostly stays with: The client stays with the imagery throughout.

Additional guidance: The client for the most part is able to bring to mind and stay with the imagery through the entire rescripting session.

2 = Stays with moderately: The client stays with the imagery but falls short of doing so for the entire session.

Additional guidance: The client is able to bring to mind and stay with the imagery for the majority of the rescripting session, but comes out of the imagery at times ().

1 = Stays with somewhat: The client struggles to stay with the imagery.

Additional guidance: Although the client is able to bring to mind and stay with the imagery at times, he/she frequently come back to the therapy room.

0 = Stays with minimally/not at all: The client cannot stay with imagery.

Additional guidance: The client is unable to bring the imagery to mind for most of the session.

Amount of guidance given by the therapist

Summary: This item rates the client's ability to follow the rescripting process and incorporate changes in the imagery without significant guidance from the therapist.

3 = Mostly self-guided: Little guidance from therapist is needed; the client is able to incorporate change into the imagery and guide themselves through the rescript with little or no prompting.

Additional guidance: The client is able to bring to mind and describe the rescripted imagery with little input from the therapist. For example, the therapist provides infrequent minor/general prompts to capture more details or to bring in additional changes.

2 = Moderately self-guided: Some guidance from therapist is provided; the client and therapist guide the rescript equally.

Additional guidance: The client is able to follow therapist prompts in order to bring to mind and vividly describe the rescripted imagery. Without these prompts, it is likely that the client would leave out details or become stuck.

1 = Somewhat self-guided: The rescript is mostly guided by the therapist; the client struggles to guide the rescript.

Additional guidance: Rescripting is mostly guided by the therapist; the client finds it difficult to describe the imagery and to incorporate change. For example, the therapist provides frequent specific prompts to capture more details or to bring in additional changes.

0 = Minimally/not at all self-guided: The rescript is mostly/completely guided by the therapist.

Additional guidance: The client is reliant on the therapist for guiding the rescript. It is necessary for the therapist to become actively involved in the description of the event and to ensure changes to the imagery are incorporated

Activation of imagery – original imagery elements

Summary: This item rates the client's ability to visualise the imagery as indicated by the vividness of their description.

3 = Mostly able: The client can see the imagery easily in the mind's eye; the imagery is very vivid ("I can see, hear, smell, feel and/or taste it very clearly").

Additional guidance: The client creates imagery that is very clear and intense for the majority of the session. All or most of the imagery is experienced in great detail. The imagery is mostly or entirely described in present tense and first person.

2 = Moderately able: Parts of the imagery can be seen easily in the mind's eye; most of the imagery is vivid ("Mostly all of the details are there").

Additional guidance: The client creates imagery where parts are clear and intense, while other parts are lacking in clarity. Both present and past tense, and first and third person may be used.

1 = Somewhat able: Some of the imagery can be seen easily in the mind's eye; some parts of the imagery are vivid ("Some of the details are there").

Additional guidance: The client creates imagery where many parts are lacking in clarity. The imagery may be mostly described in third person but first person may also be used.

0 = Minimal/not at all able: Very little or none of the imagery can be seen clearly in the mind's eye; the imagery is not vivid ("Everything is a bit blurred").

Additional guidance: Client is not able to bring to mind imagery that is clear. The imagery is not likely to be described in present tense and first person

Activation of imagery – new imagery elements

Summary: This item rates the client's ability to visualise the imagery as indicated by the vividness of their description.

3 = Mostly able: The client can see the imagery easily in the mind's eye; the imagery is very vivid ("I can see, hear, smell, feel and/or taste it very clearly").

Additional guidance: The client creates imagery that is very clear and intense for the majority of the session. All or most of the imagery is experienced in great detail. The imagery is mostly or entirely described in present tense and first person.

2 = Moderately able: Parts of the imagery can be seen easily in the mind's eye; most of the imagery is vivid ("Mostly all of the details are there").

Additional guidance: The client creates imagery where parts are clear and intense, while other parts are lacking in clarity. Both present and past tense, and first and third person may be used.

1 = Somewhat able: Some of the imagery can be seen easily in the mind's eye; some parts of the imagery are vivid ("Some of the details are there").

Additional guidance: The client creates imagery where many parts are lacking in clarity. The imagery may be mostly described in third person but first person may also be used.

0 = Minimal/not at all able: Very little or none of the imagery can be seen clearly in the mind's eye; the imagery is not vivid ("Everything is a bit blurred").

Additional guidance: Client is not able to bring to mind imagery that is clear. The imagery is not likely to be described in present tense and first person

Activation of original internal processes

Summary: This item rates activation of emotions, cognitions and/or physical sensations associated with the original imagery.

3 = Very high activation: Most or all trauma-related thoughts, feelings and/or physiological reactions are present in the session. Processes are very intense.

Additional guidance: The client experiences very intensely exactly how they felt emotionally or physically or what they thought at the time of the original event.

2 = High activation: A high amount of trauma-related thoughts, feelings and/or physiological reactions are present during the session. Processes are intense.

Additional guidance: Trauma-related internal experiences are experienced intensely. Select this option if the client reports or appears to be experiencing these internal processes in the session (e.g., more than 50% if the client were asked to rate the intensity).

1 = Moderate/low activation: A moderate or low amount of trauma-related thoughts, feelings and/or physiological reactions are present during the session. Processes are moderately intense.

Additional guidance: Trauma-related internal experiences are present in the description of how the client feels but are experienced at a moderate or low level (e.g., less than 50% if the client were asked to rate the intensity).

0 = Minimal/no activation: Trauma-related thoughts, feelings and/or physiological reactions are minimal/absent during the session. Processes are of very low intensity.

Additional guidance: The client does not access trauma-related thoughts, feelings and/or physiological reactions during the session. It may be that the client does not express these internal experiences, or that the client reports how he/she felt/thought at the time but does not feel/think that way now in the therapy room.

Activation of new internal processes

Summary: This item rates activation of emotions, cognitions and/or physical sensations associated with change in the imagery.

3 = Very high activation: New emotions, cognitions and/or physiological sensations are present and very intense during the rescripted part of the imagery.

Additional guidance: Change-related internal processes are experienced very intensely. .

2 = High activation: New emotions, cognitions and/or physiological sensations are present and intense during the rescripted part of the imagery.

Additional guidance: Change-related internal experiences are experienced intensely. Select this option if the client reports or appears to be experiencing these internal processes but at less than full intensity.

1 = Moderate/low activation: New emotions, cognitions and/or physiological sensations are present but of moderate/low intensity during the rescripted part of the imagery.

Additional guidance: Change-related internal experiences are present in the description of how the client feels, but are experienced at a moderate or low level.

0 = Minimal/no activation: New emotions, cognitions and/or physiological sensations are not accessed during the rescripted part of the imagery.

Additional guidance: The client does not access change-related thoughts, feelings and/or physiological reactions during the session. Either they are completely absent, or the client can hypothetically describe how he/she might feel/think but does not experience them directly from the rescript.

Cognitive and emotional shift

Summary: This item rates the extent to which the meaning (as indicated by expressed thoughts and/or feelings) associated with the original imagery changes during the rescripting process.

3 = High change: The client thinks and/or feels markedly differently towards the original imagery at the end of the session. It is clear a shift has taken place.

Additional guidance: Rescripting has produced a high degree of cognitive and/or emotional change.

2 = Medium change: The client thinks and/or feels distinctly differently towards the original imagery at the end of the session. It is likely a shift has taken place.

Additional guidance: Rescripting has produced a moderate degree of cognitive and/or emotional change.

1 = Some change: The client thinks and/or feels somewhat differently towards the original imagery at the end of the session. It is unclear whether a shift has taken place.

Additional guidance: Rescripting has produced a low degree of cognitive and/or emotional change.

0 = Minimal/No change: The client thinks and/or feels the same towards the original imagery at the end of the session.

Additional guidance: Rescripting has produced no cognitive and/or emotional change.

Believability of rescript

Summary: This item rates the extent to which the rescript feels believable and compelling to the client regardless of whether it is physically possible.

3 = Completely believable: The rescript feels completely believable.

Additional guidance: The client describes the new outcome as feeling believable and something they can connect with.

2 = Mostly believable: The client cannot connect with some aspects of the rescript.

Additional guidance: The client describes the new outcome as feeling mostly believable but may not be able to connect with some aspects.

1 = Somewhat believable: The rescript mostly does not feel believable but the client can connect with some aspects.

Additional guidance: The client mostly does not feel that the new outcome is believable.

0 = Minimally/Not at all believable: The rescript seems alien and the client cannot connect with it.

Additional guidance: The client does not feel that the new outcome is believable.