

Newsletter #1 - September 2025

Dear reader,

We are proud to present the first edition of the Imagery Rescripting (ImRs) Knowledge Platform newsletter. Here you will read all about our latest activities in imagery rescripting research and practice. We hope that you enjoy this first edition and encourage you to share it with your colleagues!

Flashback: 5th International ImRs meeting



The 5th International Imagery Rescripting meeting was held at the University of Amsterdam (UvA) on 3-4 April 2025. It was our first 2-day edition, and we were excited to welcome over 90 ImRs enthusiasts! In this edition, we explicitly aimed to stimulate the integrated presentation of ImRs research and clinical experiences. We spoke to several attendees and received positive feedback on this format and were happy that this formula to combine research and practice in the presentations was successful, hopefully sparking further collaborations across disciplines.

The meeting opened with a compelling keynote by Muriel Hagedaars and Franziska Lechner-Meichsner (Utrecht University) exploring the promising application of ImRs for prolonged grief disorder; a relatively new area for ImRs. Brief research and clinical presentations followed, with topics ranging from the potential application of virtual rescripting and AI in grief treatment and PTSD, to implementing ImRs in primary care and refugees. The first day ended with an insightful keynote by Renée Visser (UvA), who shared the latest insights in research on emotional memory. She specifically highlighted the current debate on whether treatment changes emotional memories or whether it creates new competing memory associations. The

second day started with a keynote on ImRs in the treatment of obsessive-compulsive disorder (OCD) and hoarding by Jessica Grisham (University of New South Wales).

“*The ImRs meeting was incredibly informative and interesting. One of my many take-aways is that ImRs is not only effective but also efficient, making it an important tool for any therapist, in my opinion! I also value that I was able to connect with colleagues from different countries and witness the great effect they are having with this technique in research and practice. Looking forward to the next one!*”
— Sofia Filli

“Attending the 5th International Meeting on ImRs was an enriching and inspiring experience...It reminded me why I’m passionate about this area of research—the presentations and discussions offered not just knowledge, but genuine inspiration.”
— Swasti Sharma

Later that day, Julie Krans (Radboud University / Pro Persona) and Mirjam Kampman (Pro Persona) presented a treatment study and clinical experiences with ImRs after unsuccessful exposure treatment for OCD, offering insights in how to combine both treatments. The meeting concluded with three hands-on workshops which increased our skills and provided useful practical tools: one on ImRs for Dissociative Identity Disorder (Arnoud Arntz; UvA and Nathan Bachrach; GGZ Oost-Brabant), one on handling different emotional needs (Remco van der Wijngaart; Dutch Institute for Schema Therapy and Marjolein van Wijk-Herbrink; LMCare, Dutch Institute for Schema Therapy), and one on ImRs in a group setting (Peter van Vliet and Leonoor van der Sloot; Taytelbaum Psychologen).

We are grateful to all presenters and attendees, the dedicated students, and the Clinical Psychology department of the UvA for making this meeting possible and free of charge. If you have any questions or wish to access specific materials from the presentations, please contact the presenters directly.

***** Mark Your Calendars *****

The 6th International meeting on Imagery Rescripting will be in **Poznan (Poland) on 19-20 March 2026!!**

Call for registration and abstract submission will follow soon

Research Spotlight

Every newsletter we put a scientific publication in the spotlight. In this edition, we highlight an article that presents a meta-analysis and a review about the effectiveness of Imagery Rescripting on non-fear emotions, such as shame and guilt, across disorders.

Pelzer, M., Rothkegel, L. O. M., Mancini, A., Oglanova, N., & Fink-Lamotte, J. (2025). Efficacy of imagery rescripting in non-fear emotions: A meta-analytic and systematic review. *Behaviour Research and Therapy*, 193, 104810. <https://doi.org/10.1016/j.brat.2025.104810>

Updates from the ImRs taskforces

The ImRs consortium board consists of a Research Taskforce and Clinical Taskforce. These taskforces meet twice per year to organize activities for the advancement of ImRs research and clinical practice, such as the yearly International ImRs meeting. Below, you can read about their activities in the past year.

Research Taskforce (*chair and contact person Muriel Hagenaars*)

- We are working on a special issue on ImRs in the journal Behavior Research and Therapy with guest Editors: Sophie Rameckers, Muriel Hagenaars, Iris Engelhard, and Charlotte Wittekind. The publication is expected late 2025.
- We are writing a research agenda for ImRs as a joint article.

Clinical Taskforce (*chair and contact person Julie Krans*)

- We welcome two new taskforce members: Chris Hayes (Health Department West-Australia, Schema Therapy Training Perth) and Kerry Young (Woodfield Trauma Service, London). We have all seats filled, so we are now at full (task)force!
- The ImRs Knowledge Platform website has been officially launched! Please visit this website at www.imrs.nl. This website contains information specifically dedicated to the needs of clinicians, patients, and researchers. Currently, the website can be consulted in English and in Dutch. We plan to offer it in German and Polish in the future.
- During the ImRs meeting, we collected donations. A part of these donations went to the maintenance costs of the website for the coming year. We want to thank everyone who donated, as these funds were very helpful!
- Arnoud Arntz and Marleen Rijkeboer have agreed to organize a **free** webinar on ImRs after the (European) summer, so keep on the lookout for more details soon!

Want to Contribute?

If you are interested into contributing actively to activities organised by the ImRs consortium, there are several ways in which you can do so:

1. The ImRs consortium board consists of a Research Taskforce and Clinical Taskforce. These groups get together at least twice per year to organize activities for advancing ImRs research and clinical practice, respectively, and once per year the board meets all together at the end of the International Meeting to discuss the general coordination of the consortium. Currently, all seats are filled, but if you are interested and committed to contribute to in a long-term way, please contact Muriel Hagedaars m.a.hagedaars@uu.nl (Research Taskforce) or Julie Krans julie.krans@ru.nl (Clinical Taskforce) to express your interest.
2. Special Interest Groups (SIGs) are long-term groups committed to specific topics. Currently active SIGs are on ImRs in OCD (chair: Charlotte Wittekind). The SIGs are independent but stay in touch with the ImRs Research and / or Clinical Taskforce to align activities and share relevant knowledge and resources. If you would like to join a specific SIG, you can contact the respective chair. If you would like to start a new ImRs SIG and be connected to the consortium, please contact Julie Krans or Muriel Hagedaars.
3. Project groups are short-term groups focusing on a specific project and a short-term concrete goal. These may centre around a specific research question or clinical activity. If you would like to organize an ImRs-related activity, please contact Muriel Hagedaars or Julie Krans to see how the consortium can help. We may also call upon members to join specific project groups when relevant.
4. Because we organize many activities, we can always use extra hands. If you are willing to be an 'on-call' member who can help out with specific tasks every now and then, please let us know!
5. Of course, you can also always opt to be updated without any further contributions by signing up to our newsletter via www.imrs.nl.