P-1175 - THE EFFECTIVENESS OF IMAGERY RESCRIPTING AND REPROCESSING THERAPY ON REDUCTION OF SUBJECTIVE UNITS OF DISTRESS AND RECURRENT IMAGES ON WAR DISABLED WITH PTSD

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The aim of present study is investigating the efficiency of imagery rescripting and reprocessing therapy that is a treatment based on guided mental imagery on decreasing mental disturbance level and the images related to accidents and events of Iran´s war veterans who are suffering post traumatic stress disorder.

In this research 4 veterans suffering from post traumatic stress disorder were tested as available samples. By applying multiple base-lines design, the efficiency of treatment method and consistency of results were determined one month after treatment. These optimum therapeutic results were obtained just through using visual imagination of patients and without verbal challenges with their negative beliefs. In this research, SUDs and CAPS scales were used as research tools.

According to obtained results, after applying under testing method, we observed significant decrease in intensity of emerging the images related to accidents of patients. Also, total level of mental turmoil of testees declined significantly. This treatment method has been successful in decreasing the level of mental turmoil and intensity of recurrent images compared to decline in abundance of recurrent images emergence.

Accepting disturbing mental images as the main core of stress disorder after accident require adopting and applying totally imaginary treatments or at least, applying this element as a fundamental factor in treatment of this disorder. This research is conducted along with performed researches in this field with the aim of proving the efficiency of imaginary treatments and stating the necessity of developing and promoting the application of these kinds of treatments.