

Imagery Rescripting in Chronic Depression: A Case Report on Symptom and Schema Change

Devika Nair¹, M. Manjula², Sundarnag Ganjekar³

ABSTRACT

Background: Mood disorders pose some of the biggest societal and economic challenges, aside from the impact on the individual. 20-40% of individuals who get diagnosed with depression go on to have a chronic course, which affects the overall quality of life. Early Maladaptive Schemas are one of the factors linked with the course of depression. Imagery rescripting as a standalone therapy technique has been found to be effective in the treatment of various disorders in the neurotic spectrum and is a novel technique that can be both culturally sensitive and experiential.

Method: This paper aims to demonstrate the use of imagery rescripting as a technique in treating a patient diagnosed with Dysthymia, and currently experiencing a severe depressive episode, assessed using Beck's Depression Inventory-II. The client underwent a total of 12 sessions spanning 4 months, and a follow-up after 3 months to evaluate the recurrence of symptoms. The primary outcome measures used were BDI-II, and Young Schema Questionnaire- 3, and Interpersonal Sensitivity Measure were used as secondary outcome measures.

Results: Participants showed substantial reduction in symptoms (73% decrease) of depression and sustained changes three months post completion of intervention. There were nominal differences in scores of interpersonal sensitivity, and mixed results with respect to changes in EMS.

Conclusion: Imagery rescripting may reduce depressive symptoms by facilitating schema-level change in Chronic Depression

Keywords: Chronic Depression, Early Maladaptive Schemas, Imagery Rescripting, Interpersonal Sensitivity