

Imagery Rehearsal Therapy for Nightmares

This is a simple therapy that has proven effective for reducing the frequency and intensity of nightmares.

Begin by closing your eyes and fully picturing the nightmare that you want to reduce. Next, develop a new dream that you want to have instead. You can alter the plot of the old dream, or simply develop a new dream containing any imagery and events that you want. Imagine the new dream in its entirety. Imagine each sense - vision, smell, sound, etc - as you rehearse the dream in your mind. Rehearse the new dream like this for about 20 minutes each night. This repetition will help set down new tracks in your brain so that the old nightmare fades away.

This therapy was developed by Dr. Barry Krakow, MD. A fuller description is available in book and CD format at:

<http://www.nightmare-treatment.com/turning-nightmares-into-dreams>

-Chris Aiken, MD, Updated 12/20/2011