

Exploring Mental Imagery within Cognitive Behaviour Therapy

Join Bespoke Mental Health Canada for a workshop delivered by **Dr. Emily Holmes**

Friday January 9, 2026

9:00 am – 10:30 pm (PT), 12:00 pm - 1:30 pm (ET)

To register for this event, click [here](#)

Can't attend on that date? The "On-Demand" video is available 2 weeks after the live event.

This workshop will explore the science and practice of imagery-based cognitive therapy. From a cognitive science perspective, mental imagery involves an experience like seeing in our mind's eye. We will consider the assessment of mental imagery, and imagery 'micro-formulation' will be introduced, putting imagery in the center to understand its impact on individuals. We will also introduce techniques to work with troublesome imagery: (1) meta-cognitive techniques, (2) imagery rescripting, (3) positive imagery and (4) imagery competing tasks. This workshop will further introduce the imagery-competing task intervention (ICTI), a technique to reduce intrusive memories after trauma.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.

Participants completing this workshop, live or on-demand, are eligible to receive 1.5 CE credits.

Price

Professionals: \$60.00 CAD + tax

Students: \$48.00 CAD + tax