

## Literaturverzeichnis zum Beitrag

# Die Imagery Rehearsal Therapie: Behandlung von Alpträumen

- Burgess, M., Gill, M. & Marks, I. (1998). Postal self-exposure treatment of recurrent nightmares: Randomised controlled trial. *British Journal of Psychiatry*, 172, 257–262.
- Casement, M. D. & Swanson, L. M. (2012). A meta-analysis of imagery rehearsal for post-trauma nightmares: Effects on nightmare frequency, sleep quality, and posttraumatic stress. *Clinical Psychology Review*, 32, 566–574.
- Gieselmann, A., Böckermann, M., Sorbi, M. & Pietrowsky, R. (2017). The effects of an internet based imagery rehearsal intervention: A randomized controlled trial. *Psychotherapy and Psychosomatics*, 86, 231–240.
- Hansen, K., Höfling, V., Kröner-Borowik, T., Stangier, U. & Steil, R. (2013). Efficacy of psychological interventions aiming to reduce chronic nightmares: A meta-analysis. *Clinical Psychology Review*, 33, 145–155.
- Hill, C. E. & Knox, S. (2010). The use of dreams in modern psychotherapy. *Review of Neurobiology*, 92, 291–317.
- Kunze, A. E., Arntz, A., Morina, N., Kindt, M. & Lancee, J. (2017). Efficacy of imagery rescripting and imaginal exposure for nightmares: A randomized wait-list controlled trial. *Behavior Research and Therapy*, 97, 14–25.
- Krakow, B. (2004). Imagery rehearsal therapy for chronic posttraumatic nightmares: A mind's eye view. In: R. I. Rosner, W. J. Lyddon & A. Freeman (Hrsg.). *Cognitive therapy and dreams* (S. 89–109). New York: Springer.
- Krakow, B., Hollifield, M., Johnston, L., Koss, M., Schrader, R., Warner, T. D., Tandberg, D. et al. (2001). Imagery rehearsal therapy for chronic nightmares in sexual assault survivors with posttraumatic stress disorder: A randomized controlled trial. *Journal of the American Medical Association*, 286, 537–545.
- Lu, M., Wagner, A., von Male, L., Whitehead, A. & Boehnlein, J. (2009). Imagery rehearsal therapy for posttraumatic nightmares in U.S. veterans. *Journal of Traumatic Stress*, 22, 236–239.
- Pietrowsky, R. (2021). *Träume in der Kognitiven Verhaltenstherapie*. Göttingen: Hogrefe.
- Roth, W. T. (2005). Physiological markers for anxiety: Panic disorder and phobias. *International Journal of Psychophysiology*, 58, 190–198.
- Schredl, M., Lüth, K. & Schmitt, J. (2020). Interest in telephone nightmare counselling in patients with sleep-related breathing disorders. *Somnologie*, 24, 2–10. <https://doi.org/10.1007/s11818-020-00254-9>
- Schmucker, M. & Köster, R. (2014). *Praxishandbuch IRRT. Imagery Rescripting & Reprocessing Therapy bei Traumafolgestörungen, Angst, Depression und Trauer*. Stuttgart: Klett-Cotta.
- Steil, R., Jung, K. & Stangier, U. (2011). Efficacy of a two-session program of cognitive restructuring and imagery modification to reduce the feeling of being contaminated in adult survivors of childhood sexual abuse: A pilot study. *Journal of Behavior Therapy and Experimental Psychiatry*, 42, 325–329.
- Thünker, J. & Pietrowsky, R. (2011). *Alpträume – ein Therapie-manual*. Göttingen: Hogrefe.
- Thünker, J. & Pietrowsky, R. (2012). Effectiveness of a manualized imagery rehearsal therapy for patients suffering from nightmare disorders with and without a comorbidity of depression or PTSD. *Behavior Research and Therapy*, 50, 558–564.
- Thünker, J. & Pietrowsky, R. (2021). *Alpträume – ein Therapie-manual, 2. überarbeitete und erweiterte Auflage*. Göttingen: Hogrefe.
- Van Schagen, A. M., Lancee, J., Spoormaker, V. I. & van Den Bout, J. (2016). Long-term treatment effects of imagery rehearsal therapy for nightmares in a population with diverse mental disorders. *International Journal of Dream Research*, 9, 67–70.

Prof. Dr. Reinhard Pietrowsky