

The experiences of group-based imagery exercises for clients with borderline personality disorder

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Borderline personality disorder is a chronic psychological condition that markedly impacts on functioning. The purpose of this study was to qualitatively explore experiences of imagery rescripting for patients with borderline personality disorder. Experiences of patients in group schema therapy were analysed using thematic analysis. The study identified a range of factors in group settings experienced by the patients which impacted on their engagement in imagery, and which were influenced by experiences of earlier imagery work. This study suggested the need for additional support to help patients develop skills that will enhance experiences of group-based imagery rescripting.