

# Imagery in Action: Enhancing EMDR



**Dr Sarah Dominguez, BIO**

Sarah is a clinical psychologist and the director of The Wattle Centre, a psychology centre based in NSW, Australia, where she sees clients in private practice. Sarah supports clients with a range of presentations and histories, including those with difficulties related to eating and body image and individuals who have been sexually assaulted. She has authored numerous peer-reviewed publications and book chapters and has been an invited presenter and Keynote at several international conferences.

Sarah is an EMDR Association of Australia (EMDRAA) accredited consultant and trainer. She serves on the EMDRAA board and is the chair of the EMDRAA Scientific Committee. She also serves on several international committees and workgroups. She delivers training in trauma-focused interventions, including EMDR therapy and imagery rescripting, to therapists across Australia. In addition, she offers several on-demand courses, such as EMDR Refresher and Using EMDR and Schema Therapy.

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## Learning Objectives.

1. Understand the role of imagery in EMDR.
  2. Apply practical imagery techniques across EMDR phases.
  3. Use case examples to enhance trauma outcomes.
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## Abstract

This session equips EMDR therapists with practical ways to use imagery to strengthen client outcomes. While EMDR often produces rapid change, some clients struggle with avoidance, cognitive blocks, or overwhelm. In these cases, imagery, including imagery rescripting, can be integrated across EMDR phases to improve tolerance, engagement, and efficiency.

Imagery is a well-established tool for increasing emotional access, reframing distressing memories, fostering self-compassion, and supporting behavioural change. Research also shows it can reduce dropout rates in trauma-focused treatments.

Through research insights, clinical examples, and step-by-step demonstrations, participants will learn how to identify when imagery is clinically indicated and how to apply these strategies to deepen rapport, overcome ambivalence, regulate affect, and improve outcomes in EMDR therapy.