Supplementary table 2*. Responses to the feedback questionnaire*

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| Question | *N* | Mean | *SD* |
| Did the imagery exercises make sense? | 12 | 6.58 | 0.67 |
| How helpful were the imagery exercises in helping you feel safer? | 12 | 6.00 | 0.95 |
| How helpful were the imagery exercises in helping you feel more understanding of yourself? | 12 | 5.67 | 0.98 |
| How manageable was it to practise imagery exercises between each session? | 12 | 5.67 | 1.15 |
| Will you continue using these techniques? | 12 | 6.33 | 0.65 |
| How would you rate the treatment overall? | 12 | 6.58 | 0.67 |
| If this intervention were to be offered again, would you recommend it to others? | 12 | 6.58 | 0.67 |