**Visualization Training**

**Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Scoring:**

2 – correct task and time

1 – incorrect task at correct time / correct task at incorrect time

0 – incorrect task and time / no task

**Questions:**

1. What will you see when the event occurs?
2. If it is a visual cue, what color will it be?
3. What size will the event be?
4. What will you hear when the event occurs?
5. How will you feel when the event occurs?
6. Do you have any specific thoughts about the event?
7. Please imagine yourself performing the task.

**Visualization 1:**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*Hand patient a sheet of paper and ask that s/he write down descriptions for each of the questions asked for each task\***

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| **Time** | **Task** |
| +0:00 | **“Hand me your pen in 2 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in two minutes? What does the pen look like? What color is it? What size is the pen? With what hand will you hand me the pen? Do you have any specific thoughts about the event?”** |
| +0:02 | Patient should hand you the pen*Hand the pen back* |
| +0:03 | **“When I hand you a sheet of paper, fold it in half. Please imagine yourself doing the task. What color is the paper? Which way will you fold it? How does the paper feel? Do you have any specific thoughts about the event?”** |
| +0:05 | *Hand patient a blank sheet of paper*Patient should fold paper in half |
| +0:06 | **“Switch the pen in your hand to the other pen on the table in 2 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What numbers will be there in two minutes? What colors are these pens? How do they feel in your hand? Will they make a noise as you place them on the table? Do you have any specific thoughts about the event?’** |
| +0:08 | Patient should switch pen |
| +0:09 | **“When I knock on the table three times, point to the door. Please imagine this event. What does the knocking sound like? What will my hand look like? Where is the door? What does it look like? Which hand will you use to point?”** |
| +0:11 | *Knock on the table three times*Patient should point to the door |
| +0:12 | **“When I press play on the stereo, raise your hand. Please imagine yourself doing the task. What color is the stereo? What size is it? What sounds will be associated with pressing play? Which hand will you raise? How do you feel about this task?”** |
| +0:14 | *Press play on stereo*Patient should raise hand*Press stop on stereo* |
| +0:15 | **“When I hand you this envelope, please self address it. Imagine yourself doing this. What will you see when I hand you the envelope? How will you write on it? Where on the envelope will you write your address? What color will the ink be? How do you feel about this task?** |
| +0:17 | *Hand patient envelope*The patient should self address it |
| +0:18 | **“In two minutes, draw a flower on the top of your paper. What numbers are on the clock now? What numbers will be there in two minutes? What will this look like? How large will it be? What shape will it be? Where on the paper will you draw it? How does this make you feel?”** |
| +0:20 | Patient should draw a flower on the top of his or her paper |
| +0:21 | **“Write down three animals in two minutes. What numbers are on the clock now? What numbers will be there in two minutes? What animals will these be? Where will you write them on the paper?**  |
| +0:23 | Patient should write the names of three animals |
| +0:24 | **“When I hand you a tape recorder, press play. What will this look like? What color is it? Where is the play button? What sound may be caused from this? Please imagine yourself doing this. How does this make you feel?”** |
| +0:26 | *Hand patient the tape recorder*Patient should press the play button |
| +0:27 | **“Turn up the volume of the stereo in 2 minutes. What numbers are on the clock now? What numbers will be there in two minutes? What does the stereo look like? Where is the dial? Which way will you turn it? What will happen when you do? How does this make you feel?”** |
| +0:29 | Patient should turn up the volume |
| +0:30 | **“When I stand up, turn off the lights. What will my motion look like? Where is the light switch? What will happen when you flip the switch? Which hand will you flip the switch with? How will this make you feel?”** |
| +0:32 | *Stand up*Patient should turn off the lights |

**Visualization: 2**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** |
| +0:00 | **“Draw a picture of the second word on the list in 2 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in two minutes? What does the word look like? What color is it? With what hand will you draw this object? Do you have any specific thoughts about the event?”** |
| +0:02 | Patient should draw the object |
| +0:03 | **“When I hand you a sticky note, write your phone number on it. Please imagine yourself doing the task. What color is the paper? What will it look like when I hand it to you? What is your number? How will you write the numbers? Do you have any specific thoughts about the event?”** |
| +0:05 | *Hand patient a sticky note*Patient should write phone number |
| +0:06 | **“Tap your pen on the table twice in 2 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What numbers will be there in two minutes? What color is the pens How does it feel in your hand? What noise will it make as you tap it on the table? Do you have any specific thoughts about the event?’** |
| +0:08 | Patient should tap pen |
| +0:09 | **“When I knock on the table, touch your nose. Please imagine this event. What does the knocking sound like? What will my hand look like? What will your hand on your nose feel like? What does it look like? Which hand will you use?”** |
| +0:11 | *Knock on the table*Patient should touch nose |
| +0:12 | **“When I give you a marker, draw three shapes on your paper. Please imagine yourself doing the task. What color is the marker? What size is it? What shapes will you draw? Which hand will you use? How do you feel about this task?”** |
| +0:14 | *Hand patient marker*Patient should draw three shapes |
| +0:15 | **“When I push back my chair, tell me your favorite holiday. Imagine yourself doing this. What will you see when I push my chair? How will it sound? Which holiday is your favorite? How do you feel about this task?** |
| +0:17 | *Push chair*The patient should tell you his or her favorite holiday |
| +0:18 | **“In two minutes, stomp your feet. What numbers are on the clock now? What numbers will be there in two minutes? What will this look like? What will the stomps sound like? How will this feel? How does this make you feel?”** |
| +0:20 | Patient should stomp feet |
| +0:21 | **“Hand me your sticky note in two minutes. What numbers are on the clock now? What numbers will be there in two minutes? What hand will you use to hand me the note? What will this feel like?**  |
| +0:23 | Patient should hand over sticky note |
| +0:24 | **“When I hand you a book, open it. What will this look like? How do the pages feel? Does the book have a smell? How heavy is it? How does this make you feel?”** |
| +0:26 | *Hand patient the book*Patient should open it |
| +0:27 | **“Turn on the stereo in 2 minutes. What numbers are on the clock now? What numbers will be there in two minutes? What does the stereo look like? Where is the on button? How will it feel to push it? What will happen when you do? How does this make you feel?”** |
| +0:29 | Patient should turn on stereo*Turn off stereo after* |
| +0:30 | **“When I hand you a notebook, open it and write the name of a family member in it. What will my motion look like? What does the notebook look and feel like? Who’s name will you write? How will writing the name feel? How will this make you feel?”** |
| +0:32 | *Hand patient notebook*Patient should write family member’s name |

**Visualization: 3**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** |
| +0:00 | **“Stand up and then sit back down in 3 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What will this motion feel like? Do you have any specific thoughts about the event?”** |
| +0:03 | Patient should stand and then sit down |
| +0:04 | **“When I turn off the lights, clap your hands. Please imagine yourself doing the task. What will you see? How will clapping your hands feel? Do you have any specific thoughts about the event?”** |
| +0:06 | **“When I hand you an envelope, write the name of a friend on it. Please imagine yourself doing the task. What will you see when I hand you the envelope? What will you write? Do you have any thought about the event?”** |
| +0:07 | *Turn off lights*Patient should clap hands |
| +0:09 | *Hand patient the envelope*Patient should write the name of a friend on it |
| +0:10 | **“Sign your name on the top of your word search in three minutes. Please imagine this event. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What will you use to sign your name? What does your signature look like?”** |
| +0:13 | Patient should sign name |
| +0:14 | **“When I hand you the clock, tell me the time. Please imagine yourself doing the task. What does the clock look like? What size is it? How do you feel about this task?”** |
| +0:16 | **“Turn off the computer screen in three minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What will happen to the computer and how will you turn it off?”** |
| +0:17 | *Hand patient the clock*Patient should tell you the time |
| +0:19 | Patient should turn off the computer |
| +0:20 | **“In three minutes, raise your hand. What numbers are on the clock now? What numbers will be there in three minutes? Which hand will you use? How will this feel? How does this make you feel?”** |
| +0:23 | Patient should raise hand |
| +0:24 | **“When I knock on the table three times, knock on the table twice. Please imagine yourself doing this. What will it sound like? What will it feel like? Do you have any specific thoughts about the event?**  |
| +0:27 | Patient should hand over sticky note |
| +0:28 | **“When I hand you a compass, point it North. Please imagine yourself doing this. What will it look like? How will you move to find North? Do you have any thoughts about this?** |
| +0:31 | *Hand patient the compass*Patient should point it North |

**Visualization: 4**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** |
| +0:00 | **“Write your birthday on the top of your word search in 3 minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What is your birthday and how will you write it? Do you have any specific thoughts about the event?”** |
| +0:01 | **“When I move the clock, remind me to set an alarm. Please imagine yourself doing this task. What does the clock look like? How might I move it? What will you say? Do you have any specific thoughts?** |
| +0:03 | Patient should write birthday |
| +0:04 | *Move clock*Patient should remind you to set an alarm |
| +0:05 | **“In three minutes, turn off the lights then turn them on again. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What will happen when you flip the switch? How will this feel? Do you have any specific thoughts?** |
| +0:08 | Patient should turn off the lights |
| +0:09 | **“Draw a flower on the top of your word search in three minutes. Please imagine this event. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? What will you use to draw the flower? What will the flower look like?”** |
| +0:12 | Patient should draw flower |
| +0:13 | **“When I push my chair back, lay your hand flat on the table. Please imagine yourself doing the task. What will my motion look like? How will the table feel under your hand? How do you feel about this task?”** |
| +0:15 | **“Point to the ceiling in three minutes. Please imagine yourself doing the task. What numbers are on the clock now? What color are these numbers? What will the clock look like in three minutes? Where will you point your finger and how will this feel?”** |
| +0:16 | *Push chair back*Patient should lay hand on table |
| +0:18 | Patient should point to the ceiling |
| +0:19 | **“In three minutes, pick up the phone. What numbers are on the clock now? What numbers will be there in three minutes? Which hand will you use? How will this feel? How does this make you feel?”** |
| +0:20 | **“When I hand you a pencil, spin it on the table. Please imagine yourself doing this. What does the pencil look like? How does it feel to spin it? What will this look like? Do you have any specific thoughts?** |
| +0:22 | Patient should pick up the phone  |
| +0:23 | *Hand patient the pencil*Patient should spin the pencil on the table |
| +0:24 | **“When I hand you a blank sheet of paper, fold it in half. Please imagine yourself doing this. Which way will you fold it? Do you have any thoughts about this?** |
| +0:27 | *Hand patient the paper*Patient should fold it in half |
| +0:28 | **“When I start humming, tell me that last two words you found. Please imagine yourself doing this task. What will you hear? How will you tell me the words you found? Do you have any specific thoughts about this?** |
| +0:31 | *Start humming*Patient should tell you the last two words found |

**Visualization: 9**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** |
| +0:00 | **“Tell me the color of your pen in 6 minutes. Please imagine yourself doing this.”** |
| +0:02 | **“When I stretch my arms, ask me for a piece of paper.”** |
| +0:06 | Patient should say color of pen |
| +0:08 | *Stretch arms*Patient should ask for paper |
| +0:09 | **“When I pick up the phone, remind me to call my doctor. Please imagine this happening.”** |
| +0:10 | **“Tell me a place you’d like to visit in 6 minutes. Please imagine this happening.”** |
| +0:15 | *Pick up phone*Patient should remind you to call doctor |
| +0:16 | Patient should tell you a place to visit |
| +0:17 | **“When I tap on the table, draw the first object on the list. Please imagine this event.”** |
| +0:23 | *Tap on the table*Patient should draw first object |
| +0:24 | **“When cough four times, ask if I need water. Please imagine yourself doing this.”** |
| +0:27  | **“Hum a song in 6 minutes. Please imagine this happening.”** |
| +0:30 | *Cough four times*Patient should ask if you need water  |
| +0:33 | The patient should hum a song |

**Visualization: 10**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Time** | **Task** |
| +0:00 | **“Hand me your word search in 6 minutes. Please imagine yourself doing this.”** |
| +0:02 | **“When I flick the lights, snap your fingers.”** |
| +0:06 | Patient should hand you the word search*Hand the word search back* |
| +0:08 | *Flick the lights*Patient should snap fingers |
| +0:09 | **“When I clap my hands, tell me the last word you found. Please imagine this happening.”** |
| +0:10 | **“Tell me two types of shoes in 6 minutes. Please imagine this happening.”** |
| +0:15 | Patient should tell you the last word found |
| +0:16 | Patient should tell you two types of shoes |
| +0:17 | **“When I knock on the table three times, circle your name on the word search. Please imagine this event.”** |
| +0:23 | *Knock on the table three times*Patient should circle name |
| +0:24 | **“When I hand you the pencil holder, empty it out. Please imagine yourself doing this.”** |
| +0:27  | **“Tell me the name of your Dad in 6 minutes. Please imagine this happening.”** |
| +0:30 | *Hand patient the pencil holder*Patient should empty it out  |
| +0:33 | The patient should tell you the name of his or her dad |