



EMDR : A therapy for the 21st century

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EMDR Therapy Memory Therapy



- Memory / Memory Network
 - Past
 - Present
 - Future

EMDR Therapy Memory Therapy

- Nature Reviews Neuroscience (September 2007)
- **Remembering the past to imagine the future:
the prospective brain**
- Daniel L. Schacter et al.
- ...imagining the future depends on much of the same neural machinery that is needed for remembering the past. These findings have led to the concept of the prospective brain; an idea that a crucial function of the brain is to use stored information to imagine, simulate and predict possible future events.



EMDR Therapy

The Adaptive Information Processing Model



- The inherent information processing system normally leads to integration and adaptive resolution (including following upsetting experiences) (van der Kolk & Fisler, 1995)
- Under normal circumstances, this information processing may occur during thinking, talking, expressive/artistic activities, and/or dreaming.

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The Adaptive Information Processing Model

- The memory system is composed of schemas that control much of human functioning and are based on different types of information:
- Sensory
- Cognitive
- Emotional
- Somatic
- Behavioral

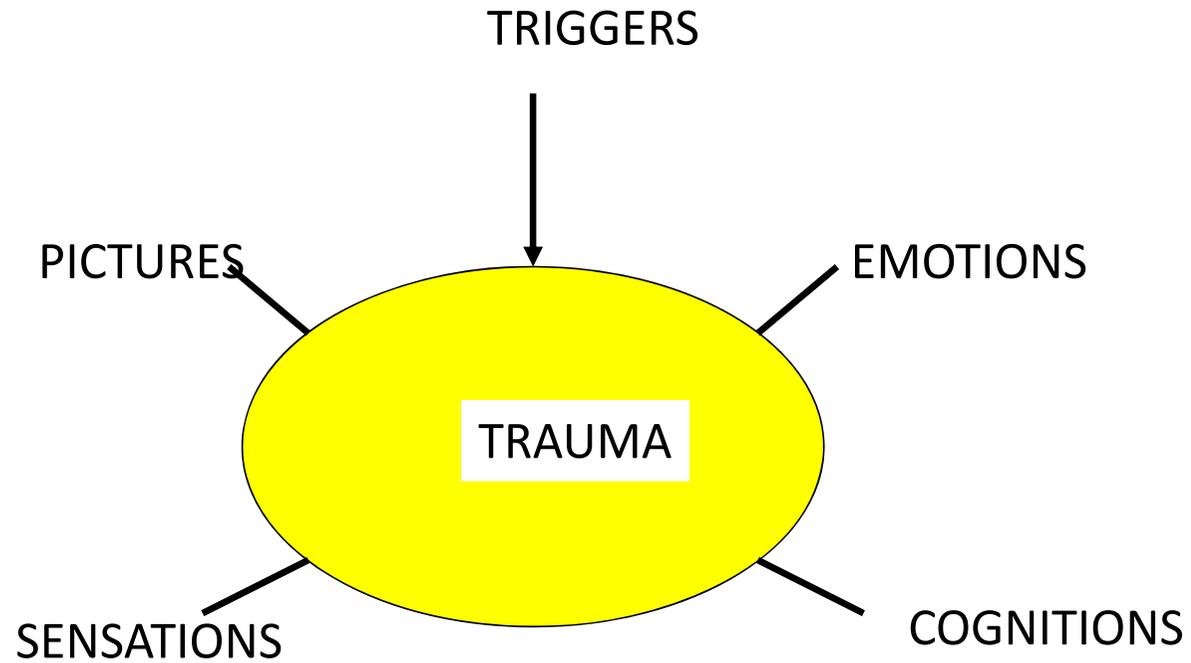
EMDR Therapy

The Adaptive Information Processing Model

- Adaptive information processing leads to adaptive learning
- Non-adaptive information processing leads to non-adaptive learning / pathology
- The PTSD model
- Pathology = Flash Backs

EMDR Therapy

The Adaptive Information Processing Model





EMDR Therapy

The Adaptive Information Processing Model

- Trauma is ANY event that has a negative ongoing impact on a person's life.
- The definition is based on the event's impact (and not on its nature).

EMDR Therapy History

- In 1987, psychologist Francine Shapiro discovered that her voluntary eye movements reduced the intensity of negative, disturbing thoughts.
- Dr. Shapiro initiated a research study (Shapiro, 1989) examining the efficacy of EMDR in treating traumatized Vietnam combat veterans and victims of sexual assault.
- EMDR significantly reduced the symptoms of post traumatic stress disorder (PTSD) in these research subjects.
- Although EMDR was originally developed by Dr. Shapiro with lateral eye movements as a core feature of its methodology, alternate forms of bilateral stimulation are now being used, such as alternate right-left auditory tones and taps on the client's hands.

What is EMDR Therapy

- **EMDR-- Eye Movement Desensitization and Reprocessing** is a psychological method for treating emotional, behavioral and somatic difficulties that are caused by disturbing life experiences, ranging from traumatic events such as combat stress, assaults and natural disasters, to upsetting childhood events.
- EMDR is a complex method that brings together elements from well-established clinical theoretical orientations including psychodynamic, cognitive, behavioral, and client-centered.

The Eight Stages of EMDR Treatment

The eight phases of the EMDR protocol represent an integrative comprehensive treatment approach incorporating traditional and state of the art elements.

1. Client History and Treatment Planning
2. Client Preparation
3. Assessment
4. Desensitization
5. Installation
6. Body Scan
7. Closure
8. Reevaluation

How does EMDR Therapy work

- EMDR specifically targets traumatic material and appears to restart this 'stalled' information processing in a focused manner, facilitating the resolution of the traumatic memories through the activation of neurophysiological networks in which appropriate and positive information is stored.

EMDR Therapy

A short exercise

- Put your two feet on the floor
- Put your hands on your lap, one hand on one leg.
- Do alternate tapping
- Focus on a recent mildly unpleasant memory
- Find picture, words, emotions and body sensations
- Follow instructions

What Happens during EMDR?

- **During EMDR, the clinician works with the client to identify the specific problem that will be the focus of treatment.**
- **Utilizing a structured protocol, the practitioner guides the client through a description of a disturbing event related to his or her presenting problem(s). The practitioner asks the client to identify and focus on the image, cognitions, emotions, and somatic distress associated with the traumatic memory.**
- **While the client is engaged in eye movements or some other form of bilateral stimulation, he or she is experiencing various aspects of the initial memory or other related memories.**
- **The practitioner pauses with the eye movements or bilateral stimulation at regular intervals to ensure that the client is processing adequately on his or her own.**

What Happens during EMDR? (cont.)

- "adaptive resolution"
- A change in perspective
- A new and positive cognitive perspective
- A reduction in emotional disturbance
- A reduction in somatic disturbance

- The comprehensive "three-pronged approach" employed in the EMDR method addresses:
 - 1) earlier life experience;
 - 2) present-day stressors; and
 - 3) desired thoughts and actions for the future.

- EMDR treatment may last from 1-3 sessions to 1 year or longer for complex problems.

- Video

EMDR Therapy Working Mechanism

- The “million dollar question”
- We use what ever works
- On going research
- Several possible theories:
 - REM
 - Working Memory
 - Left/Right Hemisphere interaction
 - What do we know for sure
- Marco Pagani’s interview



EMDR Therapy Research, Guidelines



- PTSD
- Anxiety disorders
- Children and adults
- Trauma survivors
- Performance enhancement
- Somatic disorders



EMDR
EUROPE

Thank you very much
For the opportunity
To be with you

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