

State of art on the efficacy of EMDR in treating Depression and depressive symptoms.

Depression is one of leading cause of disease burden worldwide, and it's associated with huge personal, social and economic costs.

Recent research pointed out that stress and adverse childhood experience are significant factors in both the occurrence and development of depressive episodes.

Eye Movement Desensitization and Reprocessing therapy (EMDR) is widely recognized as an empirically supported treatment for Post-traumatic Stress Disorder (PTSD) and it's currently used to address a range of complaints that follow distressing life experiences.

A previous review indicated that EMDR has the potential to be an evidence-based treatment for depression, although further research is required. The aim of the presentation is to present the state of art of the literature findings about the efficacy of EMDR in treating Depression as primary diagnosis and in treating depressive symptoms in comorbidity with other disorders, such as PTSD and Anxiety Disorder.

Learning goals:

- 1) what are the main research findings about the efficacy of EMDR in treating depressive symptoms?
- 2) Are there any differences between research findings on the efficacy of EMDR in treating Depression as a primary diagnosis and in treating depressive symptoms comorbid with other Disorders?
- 3) Which kind of EMDR protocols were used in research studies on EMDR efficacy in treating Depression?
- 4) Is EMDR an Evidenced-Based Treatment for Depression?

I kindly ask to include this presentation in the EDEN symposium (part-2).