

THE ADVANTAGES OF USING EMDR PSYCHOTHERAPY IN PSYCHIATRY

My abstract is based on work from clinical data compiled over a period spanning almost 3 years (between June 2015 and March 2018) in the treatment of 46 patients suffering from various psychiatric disorders. In order to develop my argument, I will draw on 3 main areas of clinical observation :

1. A significant improvement in the quality of life of chronic patients suffering from various psychiatric disorders.
2. The impact of the highly efficient use of EMDR psychotherapy administered on in-patients for a first psychic decompensation with psychotic symptomatology. Against this backdrop, the observation of a history of numerous traumatic events.
3. The prevention of hospitalization and the likelihood of a “pathologization” with people who have already been treated by EMDR, too prematurely, via a consultation centre (CMP).