

Title: „EMDR in End-Of-Life-Care“

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Abstract

The end of life is difficult to understand and to go along with. Various studies have demonstrated that EMDR could be a helpful therapy for those patients; they often experience persisting difficulties in regulating their emotions, especially fear of the forthcoming unknown. In this practical workshop, EMDR is presented as a method in the treatment in End-Of-Life-Care.

Palliative-patients experienced EMDR as a useful and motivating method. Furthermore, they felt encouraged to deal with their emotions in additional psychological treatments. EMDR is shown as a useful augmentation method to somatic strategies and medication in treating patients in End-Of-Life-Care by using videos, live-demonstrations and speech. Especially, important interweaves for palliative patients and the timing in therapy will be shown.

Learning

- Demonstrate the use of the EMDR-protocol for End-Of-Life-Care
- Create specific interweaves for End-Of-Life-Care
- Differentiation between the use of EMDR in PTSD and End-Of-Life-Care
- Combination of behaviour and emotional level in the treatment for palliative patients
- Use of negative and positive Cognitions in palliative patients

Presentation format: Symposium

Presentation duration: Symposium - Standard Paper - 30 min.

Academic level: Intermediate

Content of presentation (theory/practice/research): < 20% / 30 - 50% / 20 - 30%

Conflict of interest: no