

IMMEDIATE TREATMENT FOLLOWING THE NOVEMBER 13 ATTACKS: Use of an EMDR Emergency Protocol

Post-immediate Use of EMDR Therapy Following the November 13, 2015 Attacks in Paris

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Objective: The objective of this presentation is to report on an emergency posttraumatic treatment following the November 13, 2015 attacks in Paris.

Method: 36 children and 20 adults were treated with EMDR therapy or debriefing within 48 hours after the attacks. Quantitative assessments were performed pre- and post-treatment and at a 3-month follow-up.

Results: The EMDR treatment administered to the children and the debriefing used with the adults both showed their efficacy through the reduction on all quantitative measures.

Discussion: Our results indicate that the EMDR approach and emergency treatment strategies may be promising treatment strategies that are non-invasive and preventive. Although these results should be completed by studies on larger samples with a control group, they remain promising in that they suggest that an emergency psychological treatment based on EMDR procedures may prove effective in preventing the installation of a post-attack posttraumatic stress disorder.

Learning objective :

- The first learning objective of this presentation is to inform the participant how we can treat children in an emergency situation with EMDR therapy.
- It's also important to know that it's working very well and we can show significantly and statistically this efficacy.
- This procedure also proves the preventive role of EMDR in emergency situations.
- We can finally discuss about the use of EMDR therapy versus / or with debriefing with children and adults in case of terrorism attacks.

What's new ?

This presentation is innovative by the fact it's a mix between clinical report and quantitative research. We do the treatment in real clinical situations, but we improve the intervention with quantitative assessments to show the efficiency of EMDR therapy with children groups in emergency situations.