

# 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 an emergency situation.
- We can finally discuss about the using 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 a real clinical situation, but we improve the intervention with quantitative assessments to show the efficiency of EMDR therapy with children's group in an emergency situation.