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WORKING ON ENDOGENOUS OPIOIDS RELEASE WITH EMDR: A BOTTOM-UP  
PATHWAY TO DISSOCIATION RESOLUTION

Response to threat induces the release of numerous analgesic neurochemicals, which include Endogenous Opioids and Endogenous Cannabinoids. They both are involved in dissociative symptoms, commonly experienced in peritraumatic dissociation. According to the latest scientific research Endogenous Opioids, which are associated with hypo-arousal Dorso-vagal Parasympathetic response, also cause the disruption of the thalamic relay with relative impairment of integration of the brain and possible consequent division of personality. To sum up Endogenous Opioids excessive release may account for both dissociative symptoms and dissociative processes.

Starting from this unifying neurochemical hypothesis suggestions and videos will be provided to teach the clinician to work with EMDR on this psychophysical condition. Clinical experience shows that targeting this condition, that is the starting psychophysical point of dissociation, maintaining the patient on the brink of the dissociative drift and preventing him or her to deep into it, lets the patient become more confident and empathic with the original psychophysical sufferance, which led to dissociation, paving a road to bottom-up resolution of the dissociative condition.