

Title

Treating DID with EMDR: A New Way of Stabilisation Using a Picture-Based EMDR Technique.

Submission Statement

Most patients with traumatic memories and especially highly traumatised people suffering from DID are submerged by traumatic pictures and flashbacks of body sensations. In my daily practice I have developed a new technique using not triggering pictures of animals or landscape as a counterpart to the traumatic pictures. It has proven to be very helpful to work with a peaceful digital picture on a tablet during the EMDR process. The patient gets directly in contact with this picture, which he then keeps in mind as an anchor allowing him to avoid to be submerged by his terrific memories. This technique is extremely helpful with people with poor resources who have difficulties with the classic visualisation exercises like the safe place or light stream techniques.

Abstract

A good stabilisation is essential for patients with DID and other highly dissociative disorders as a preparation for the treatment of traumatic memories with EMDR. However, the most common problem is that most of these patients do not have enough resources for a good stabilisation work or that they are unable to hold the resource during BLS. In practice it has proven to be helpful to use pictures of animals or landscape to activate and maintain a positive state of mind and to achieve a good stabilisation.

A special technique, which has been developed for this purpose, uses peaceful digital pictures on a tablet computer or a smartphone in combination with bilateral stimulation. This allows patients to develop helpful resources and positive body sensations.

The audience of this lecture will know, in which cases the use of this technique is appropriate. They will learn when and how to use it, which pictures are appropriate and how patients can use the pictures on their smartphone. Finally, they can also integrate the newly developed resource in the actual trauma work after the stabilisation phase.

For the daily practice, the audience will be provided with a hands-on guide for the new technique in English, French and German.