

ABSTRACT : “EMDR : from Technique to Psychotherapy – Integrating EMDR psychotherapy with other therapeutic modalities” (Oral presentation)

This presentation will enable you to identify that EMDR therapy, guided by the AIP model, has become a psychotherapeutic modality in its own right.

We will focus on the concept of psychotherapy:

As early as 1989, F Shapiro noted :

“I realized how much more could be achieved besides anxiety reduction. Altering the procedures could also offer the opportunity for insights and automatic changes in all kinds of emotions, body reactions and behaviors. Beliefs about oneself, others and the world could change, opening up new possibilities for the future”

Shapiro, F. (2012), *Getting past your past*, 27

The goal of this presentation is to enable you to build bridges between the therapeutic modality that you were originally trained in and EMDR psychotherapy.

A brief reminder of main current therapeutic models will be provided:

- 1. Psychoanalysis
- 2. CBT
- 3. Humanistic Psychology : the example of Gestalt
- 4. Systemic Therapy: the case of Couples therapy

In practice, how to bridge these models with EMDR psychotherapy, illustrated with clinical vignettes :

Bridge between psychoanalytic transference relationship and entry point into EMDR psychotherapy target plan

Bridge between CBT functional analysis and entry point into EMDR psychotherapy target plan

Bridge between monodrama in Gestalt therapy (humanistic) and entry point into EMDR psychotherapy target plan

Bridge between relational patterns (systems analysis) and entry point into EMDR psychotherapy target plan

Learning objectives :

- Consider EMDR psychotherapy as a complete model of psychotherapy
- Expanding your practice beyond simple trauma
- Be able to combine and integrate EMDR psychotherapy with the original therapeutic modality that you are trained in
- Be able to use the best of two models (AIP and the various other modalities) to create your own style as an EMDR psychotherapist.

What is new is the idea of relying on your reference method and on Emdr psychotherapy, along with the AIP model, in order to expand the potential of each method and to feel comfortable integrating Emdr in your daily practice.