

EMDR/Targeted Therapeutic Walking (TTW)

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Blocked psychotherapy occurs frequently. In this unproductive and discouraging situation, the patient, the psychotherapist and the therapy turn around in circles.

This happens very often with traumatized patients who show little awareness of their resources, and present obsessional defenses (such as difficulty letting go, the need for permanent control, rumination and constant indecision).

EMDR/TTW is a new method that instructs the patient to administer five bilateral simultaneous stimulations (BLS) of his body during a walk. The simultaneous BLS add to the psycho-physiological and sensori-motor effects of the activity of walking thereby triggering the process of desensitization and the adaptive treatment of information (as in TAI model)

In order to unblock the psychotherapy, EMDR/TTW aims to increase motivation and the capacity of the patient to make decisions that are blocked, "turn the page" and thereby free him from the grip of the past. The level of change attained is measured on a scale (Voc 1-7)

From preparation to realisation, the psychotherapeutic effect of EMDR/TTW takes place within the therapeutic relationship. For the patient, it is a session of auto-exposure to self-heal independently outside of the therapist's office. A precise protocol guides the patient through 8 stages of treatment over 3 phases of time (past, present and future) as in EMDR. The phase of discussion and restitution with the therapist is extremely important and decisive for the patient.

EMDR/TTW is a new positive psychotherapy. It is innovative, interactive, collaborative and can be seen as a continuation, an extension complementary to the evolution of EMDR. EMDR and EMDR/TTW can lead the patient to discover that in fact, he is his own placebo.

EMDR/TTW develops the patient's level of intuition, strengthening the therapeutic alliance enabling the therapist to energize and consolidate the practice of EMDR therapy. EMDR/TTW reveals to the patient unsuspected resources, helping him become a true co-therapist active and involved in his therapy.

The presentation will focus on: The conceptualisation and development of EMDR/TTW; results of empirical research based on experimental and phenomenological findings (on 80 patients over 3 years) the areas of application; the protocol, illustrated by videos; how EMDR/TTW complements EMDR demonstrating the advantages of combining the two methods in clinical practice; finally a conclusion with directions for future research.