

Brain mechanisms of Post-traumatic stress disorder (PTSD) and its treatment by EMDR therapy

The Post-Traumatic Stress Disorder (PTSD) occurs following exposure to a traumatic event. In particular, it results in a deficit of emotional regulation involving the amygdalae and the prefrontal cortex. We have been able to show, using EMDR therapy, that after symptomatic remission, normal brain function and in particular of these two structures is restored. We then looked at the mechanisms of action of this short and effective PTSD therapy.