



EMDR EUROPE TRAINERS' DAY

Palais de la Musique et des Congrès,
Place de Bordeaux,
STRASBOURG

Thursday 28th June 2018

THE STANDARD PROTOCOL - WHAT SHOULD WE TEACH?

09.00 Neurobiological mechanisms of action in EMDR

Marco Pagani

The attempt to experimentally describe the neurobiological changes occurring during EMDR sessions is a fascinating challenge. Here we report previous and ongoing evidence of how EMDR impacts on brain pathophysiology are determining functional normalisation and symptoms relief.

09.30 Recent developments in research - what should we teach?

Peter Liebermann

According to EMDR Europe, the following aspects should also be considered during the EMDR Standard Training:

- The empirical support of EMDR pertaining to different clinical populations.
- Theory related to EMDR and trauma-related conditions for which there is empirical support for the application of EMDR.
- Legal, ethical and research issues regarding EMDR utilisation.
- Differences between EMDR and other therapeutic approaches
- Principles and procedures for assessing and building skills in affect tolerance and management, including traditional stabilisation skills, 'safe place', and procedures for recognising when such methods are needed.

About 100 articles on EMDR are being published every year. In addition, however, there is certainly ten times more literature on the consequences of trauma or other therapeutic approaches that are equally relevant. Keeping an overview as a trainer is a challenge, but at the same time, the question of the relevance of all this knowledge for training arises.

So the question is what do we do with the results of research? Is everything as clear as it sometimes seems? Should we present controversial views?

I present a subjective selection of the literature with a focus on the last two years that could serve either as a background knowledge or should be mentioned during the training.

10.30 Break

11.00 Mechanisms of action in EMDR therapy: Multiplex effects of bilateral stimulation

Andrew Leeds

After 25 years of research on EMDR therapy's mechanisms, we cannot provide an evidence-based explanation for all its treatment effects. Before examining mechanisms, we must first consider differences between mediators, mechanisms, and moderators of change in psychotherapy in general (Kazdin, 2007) and in EMDR therapy. An analysis of the literature generates six distinct categories for hypothesised mechanisms of action. These distinct categories of hypothesised mechanism provide diverse multiplex effects, sometimes converging and sometimes diverging, leading to various outcomes in different clinical contexts and in different EMDR procedures. These categories include:

- 1) The orienting response;
- 2) The REM and/or slow wave sleep analog;
- 3) Temporal binding via the thalamus;
- 4) Inter- and intra-hemispheric activation;
- 5) Prefrontal attentional flexibility, mindfulness, and meta-cognitive awareness;
- 6) Working memory.

Implications for EMDR therapy include moderators such as the degree of structural dissociation and mediators including dual attention and modes of bilateral stimulation.

12.00 Panel discussion.

12.45 Lunch (A lunch box will be available to buy.)

13.45 Have no fear - What and how we should be teaching about Dissociation from an AIP/EMDR perspective.

Udi Oren

The understanding of the concept of Dissociation, and especially the way we should treat clients suffering from Dissociation has been a topic of heated discussions within the EMDR community. The presentation will begin with a brief focus on one of the most important aspects of an EMDR training: supporting the participants in the challenge of integrating EMDR therapy into their practices. It will underline the notion of "have no fear" as a central theme of the EMDR training. Caution is important. Fear is counter-productive.

The presentation will continue with the idea of teaching the concept of Dissociation as a continuum. One that goes all the way from the very common day to day / normal dissociative phenomenon, all the way to the very rare severe Dissociative Disorders, with many common disorders in the middle of the continuum containing dissociative symptoms. The AIP model will be the only one used in explaining concepts related to Dissociation. The next part will look at the ways in which dissociative symptoms show up in a session and how to go about dealing with them.

The presentation will end with a focus on the different strategies, as well as specific tools that can be utilised by the EMDR therapist in the therapy of a client suffering from Dissociation.

14:15 Keep it simple – tips and strategies for EMDR training

Isabel Fernandez

Introducing EMDR therapy to experienced and to young clinicians is a complex task during EMDR training. In the last decades, trainers have dealt with different aspects of the learning process that participants go through during standard training. This presentation offers tips and strategies that can be useful to make trainings effective, in order to reorganise their clinical experience in the AIP perspective. The approach has to be gradual and not challenging, translating EMDR concepts and the model in a simple way, to accompany trainees on their way to reach excellence with EMDR therapy. A special focus will be dedicated to showing participants the link of EMDR therapy to the new DSM – 5 classifications of mental disorders.

14.45 Small group discussion on the afternoon's themes (one Child & Adolescent group).

(Chaired by members of the Standards Committee)

15.30 Feedback from small groups.

16.00 Close