



Nursing & Midwifery Planning & Development Dublin North Regional Conference
“Nursing & Midwifery; Celebrating Success in Dublin North”

Eye Movement Desensitization and Reprocessing (EMDR) therapy for psychological trauma in adolescents

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Presentation Outline

- Overview of the basic principles of Eye Movement Desensitization and Reprocessing (EMDR)
- Outline how EMDR became part of SVHF
- Case study to demonstrate EMDR
- Benefits and Precautions of EMDR therapy

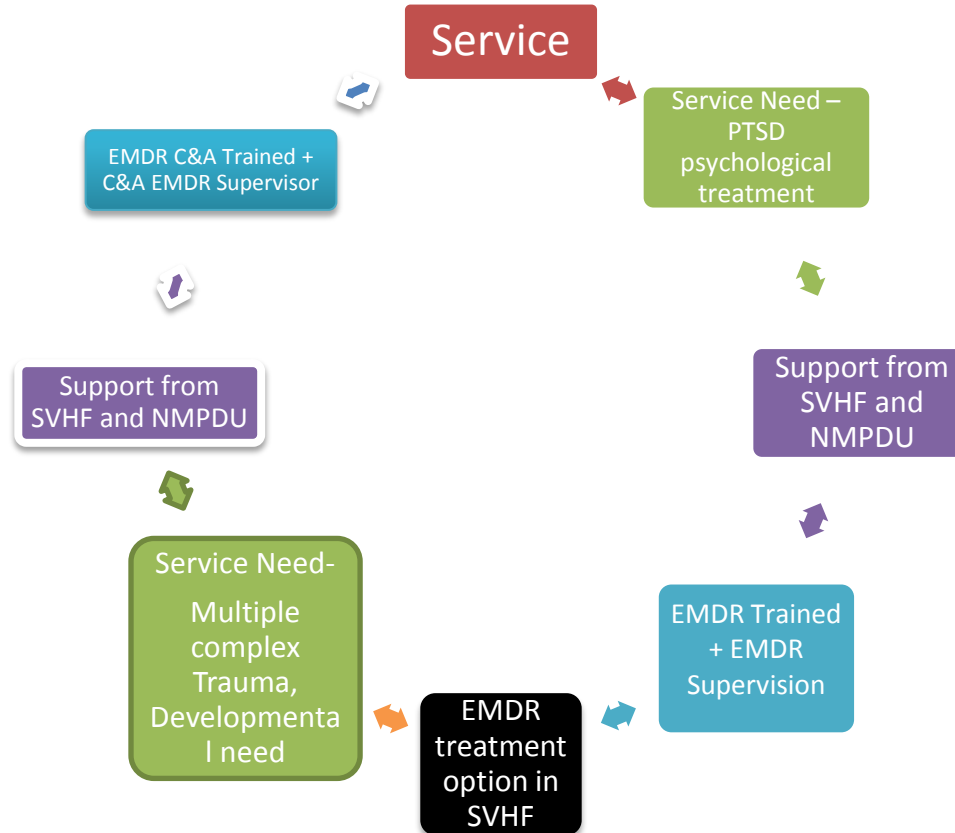
Basic Principles of EMDR therapy

- EMDR was first noticed by Francine Shapiro in 1987 .
- Adaptive Information Processing (AIP) Model
- Time model - Past, present, future.
- EMDR is an 8 phase psychotherapeutic approach (History taking, client preparation, assessment, desensitization, installation, body scan, closure and re-evaluation).
- Bilateral Stimulation (BLS) and Dual Attention
- Pattern Matching

Read Out Loud

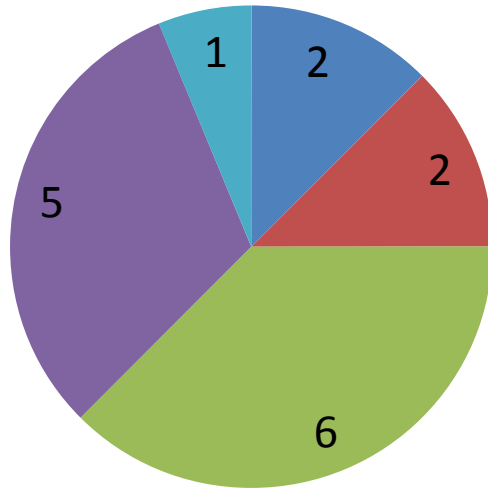
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SVHF- EMDR development to date



EMDR

16 Young People (over 2 and half years)



- PTSD due of an act of war
- Abduction and Physical Assault
- Sexual and physical Assault
- Severe Bullying

EMDR Case Example	Ellen - 16 year old
Presentation	Low mood, anxiety, suicidal ideation, self-harm.
Trauma	<ul style="list-style-type: none"> Physical Abuse from Father Accidentally caused fire Sexual & Physical Assault. (complex multiple trauma)
Family	Insecure attachment to father
Psychotherapy Treatment	EMDR
Create safety	<ul style="list-style-type: none"> Safe place Resource installation (time she was in control i.e. playing football) Ward Environment Access to staff to talk
Manage distress during memory processing	<ul style="list-style-type: none"> Slow sessions Client has control of when sessions occur Planned overnight leave Bring teddy bear to sessions (grounding) Perfume to sessions (grounding) Walks with staff after session Art (outside of sessions).
EMDR sessions (twice weekly)	8 weeks
PTSD scores before treatment	PCL-5 score 70
PTSD scores after treatment (discharged to CAMHS)	PCL-5 score 39
Summary of symptom reduction	<ul style="list-style-type: none"> 75% reduction in "Risk taking behaviour" 50% reduction in "Avoiding external reminders of stressful experiences ie people, places, conversations) 25% reduction in Nightmares 25% reduction in Re Experiencing 50% reduction in feeling startled and super-alert
Outcome	Return to school

EMDR Feedback

Compared to previous experience of psychotherapy	"It can be hard to talk about traumatic experiences and there is not a lot of talking in this therapy"	"I found I could understand more of what happened and feelings have changed towards the traumatic event. I also found it more useful than other therapies"
Young person Feedback	"I thought it was very helpful. It helped me process what was going on and helped me recover. It has reduced negative thoughts, nightmares etc"	I enjoyed it and found it helpful but personally found it difficult. I found EMDR useful as it helped me open up memories and how I am feeling"
Young Persons mothers Feedback	"I found EMDR so helpful and necessary for my daughter. She engaged and wanted to go to sessions because she knew she needed it. I am confident to say it was a positive experience and I am truly grateful. I think it gave her some healing on what she was going through.	"She is doing really good. A lot better a few months back. I am really happy"
Suggested improvements	"To have someone to talk to after sessions"	"Regular walks and art work after sessions to reduce stress"

When considering EMDR as a therapy

Benefits

- ✓ Evidenced based and Recommended therapy (NICE, WHO, APA)
- ✓ A detailed description of the disturbing event is not required.
- ✓ There is little dialogue in sessions
- ✓ No homework is required
- ✓ Treatment is not dependent on language e.g. drawing can be used in the treatment of pre-verbal trauma and mutism.
- ✓ Shorter treatment period
- ✓ Low dropout rate

Precautions

- A thorough assessment is essential
- Stabilisation is essential
- Distressing, unresolved memories may surface
- Processing of memories can continue once EMDR sessions have finished.
- Possible legal implications

Thank you for listening

I wish to acknowledge again the support that I have received from St Vincent's Hospital Fairview (SVHF) Management and the Nursing & Midwifery Planning & Development Unit (NMPDU) in bringing forward EMDR to our service.

Recommended Reading

- Shapiro, F. (2017). Eye movement desensitization and reprocessing (EMDR) Therapy: Basic principles, protocols, and procedure (3rd ed.). New York: Guilford Press.
- Miller, P (2015). EMDR therapy for schizophrenia and other psychosis. New York, NY: Springer Publishing Co.
- Smith, JM & Silvestre, M (2014). EMDR for the next Generation: Healing Children and Families. UK: ACPI