

# Eye Movement Desensitization and Reprocessing - EMDR

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# EMDR:

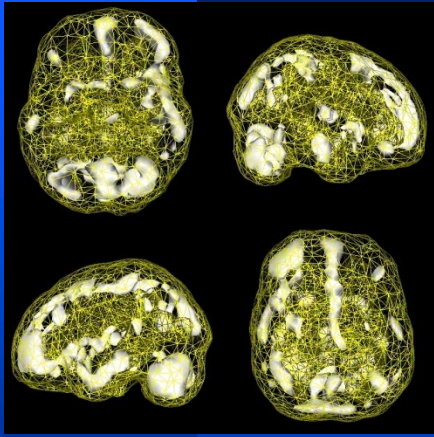
- RELATIVELY RAPID & EFFECTIVE TREATMENT
- FOR PSYCHOLOGICAL TRAUMA

# TRAUMA

- An experience or series of incidents  
OUTSIDE THE RANGE OF NORMAL  
EXPERIENCE
  - ◆ RE-EXPERIENCING
  - ◆ HYPERAROUSAL (HIGH ALERT)
  - ◆ NUMBING
- SYMPTOMS LAST MORE THAN 30  
DAYS

PUBLIC SAFETY FORCES TRAINED FOR THESE SITUATIONS

**OVERWHELMING SINGLE  
EPISODE CUMULATIVE EFFECT**



# ***Brain SPECT Imaging in PTSD and EMDR***

**With Permission from**

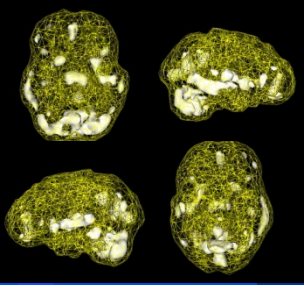
**Daniel G. Amen, MD**

***Amen Clinics, Inc.***

**Newport Beach & Fairfield, CA and Tacoma, WA**

**Washington, DC coming early 2004**

**[www.brainplace.com](http://www.brainplace.com)**

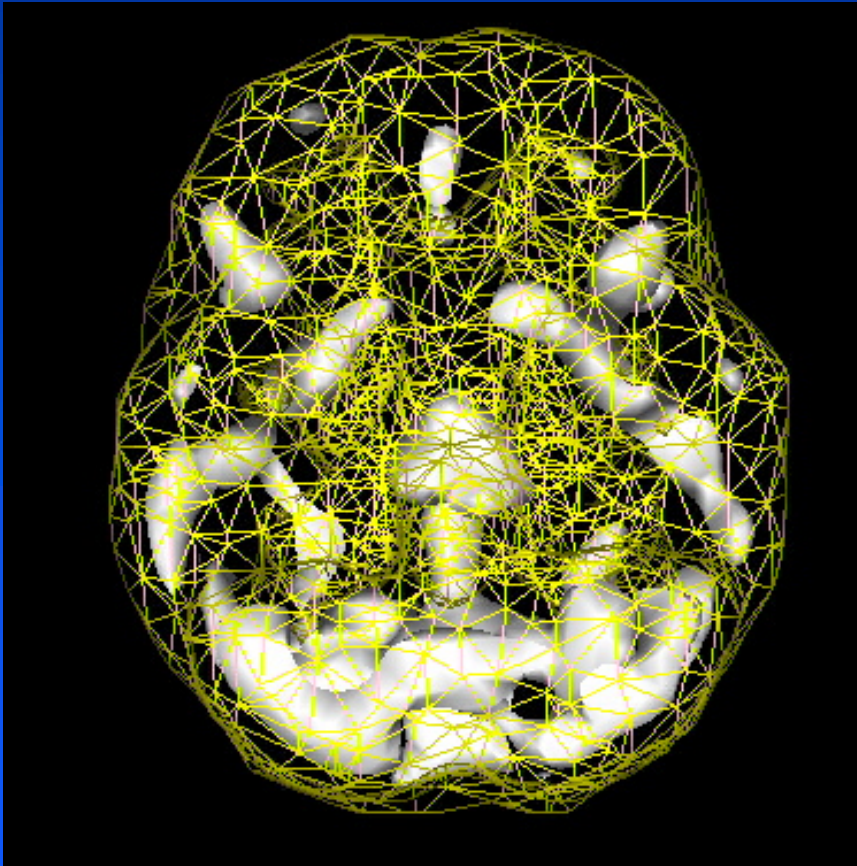


# **Amen Clinic, SPECT and EMDR**

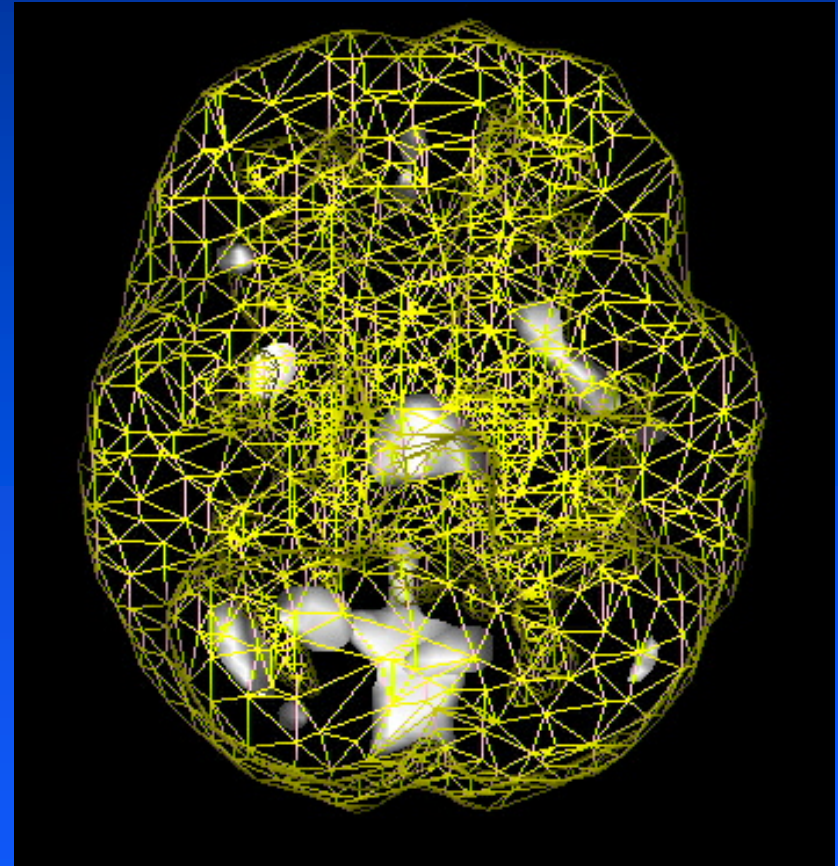
- **Mid 90s Dr. J. Lendl introduces us to EMDR, starts to work in our clinic**
- **Personal experience with EMDR**
- **1997 we start doing before and after studies, EMDR calms brain function**
- **2001 K. Lansing with support from Dr. Shapiro design a SPECT/EMDR study**

# EMDR – KC

## One Session

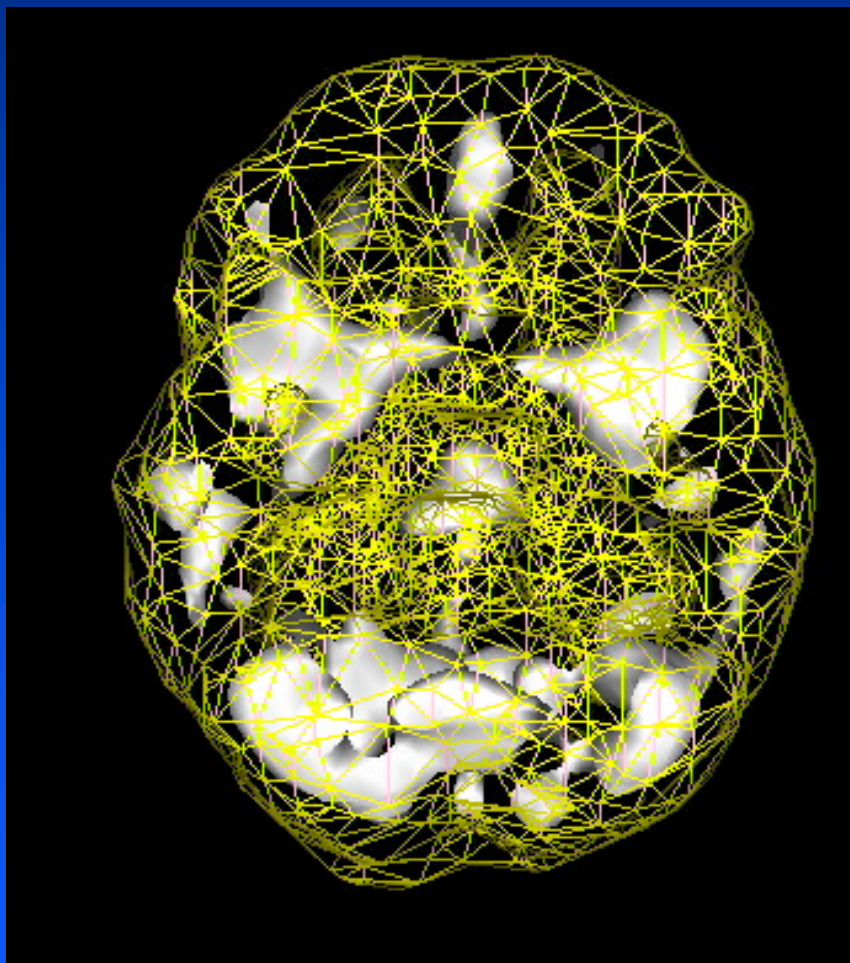


before

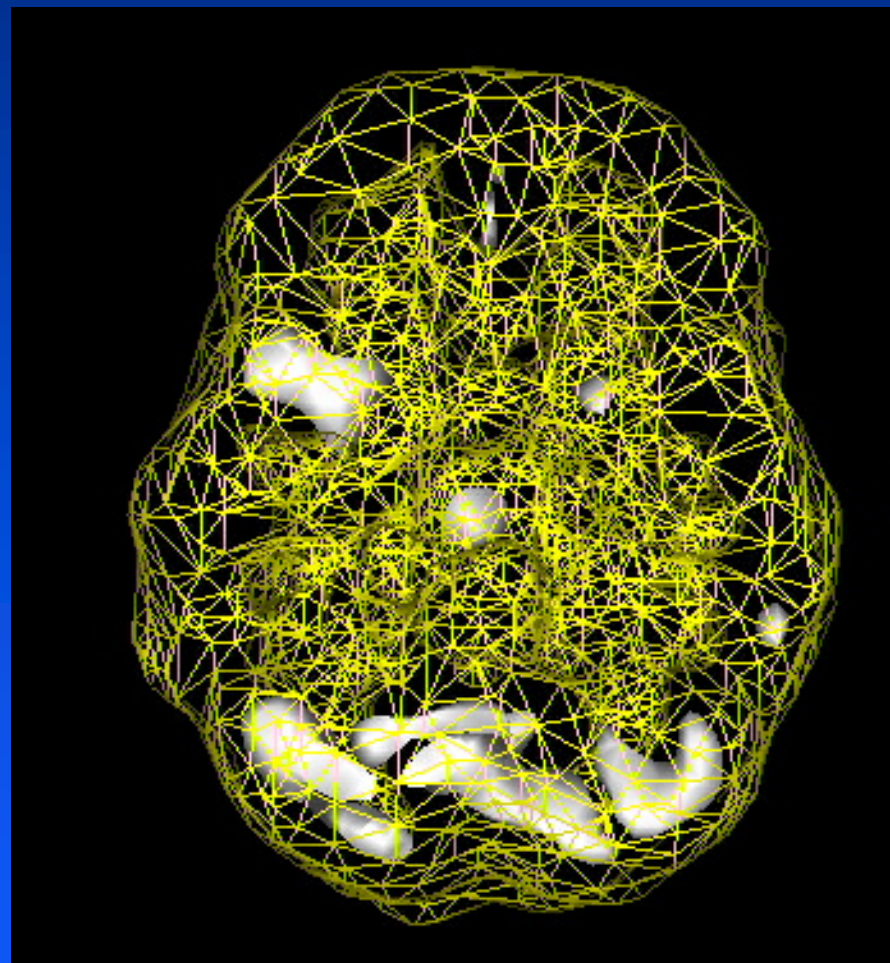


after

# EMDR -- MH



before



after

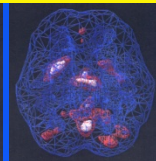
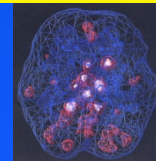
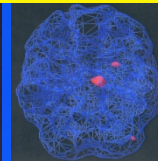
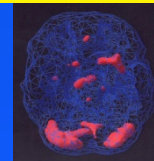
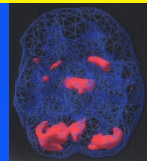
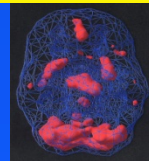
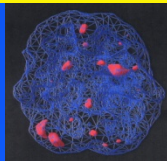
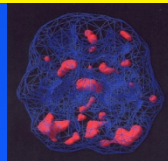
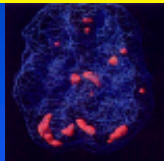
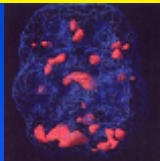
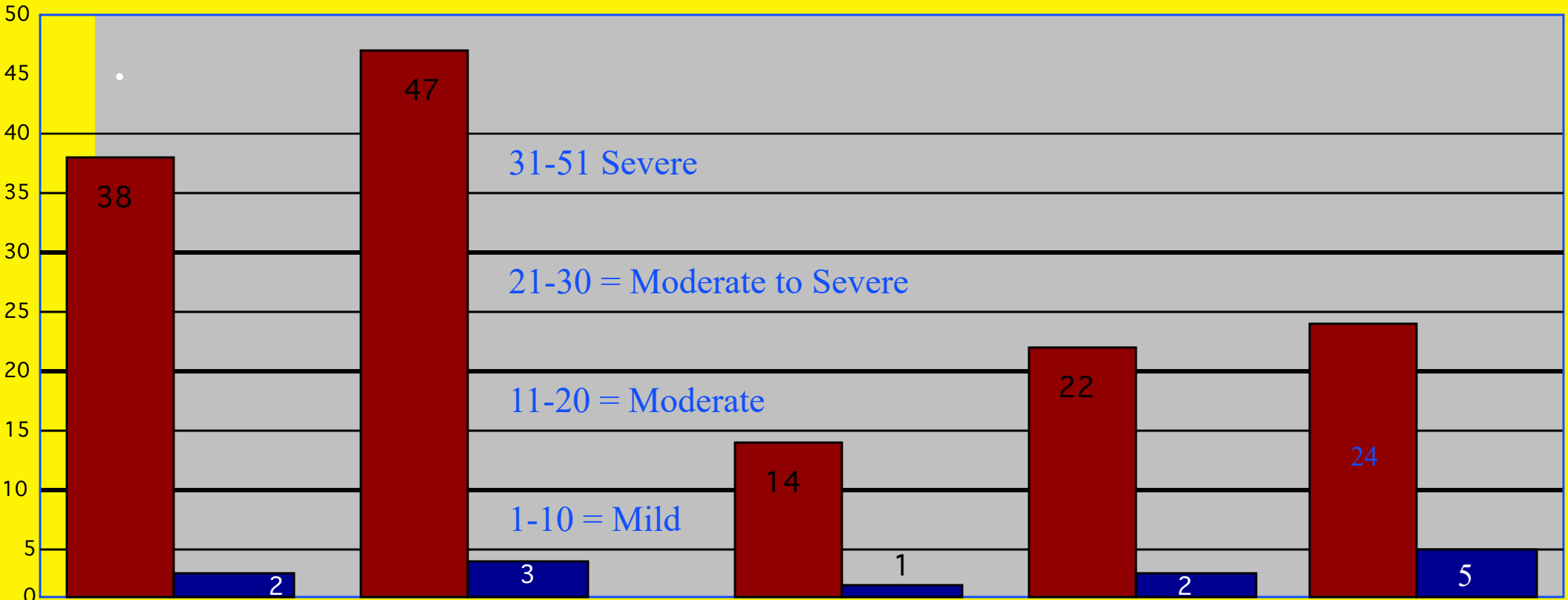


# **SPECT and PTSD**

## **Amen Clinic 2003 Study**

- **19 patients with PTSD by DSM-IV**
- **Compared to 19 age, sex matched normals**
- **Baseline study**
- **Analysis – SPM**
- **Results – marked increased prefrontal and left and right temporal lobe activity**

# CLIENT'S FOA SELF REPORT OF PTSD SYMPTOMS



Subject #1

Subject #2

Subject #3

Subject #4

Subject #5



Pre EMDR



Post EMDR

# **SPECT and EMDR**

## **Amen Clinic 2001 - 2003 Study Results**

- **Initial EMDR session(s) increases overall brain activity, especially in the prefrontal areas, but decreases right temporal lobe activity**
- **After Rx with EMDR increased prefrontal activity, especially on left and significant decreased right temporal lobe activity**

# Does PTSD Reset the Brain?

- Yes
- More likely in vulnerable patients
- Vulnerability seen with pre-existing brain and emotional problems, brain injuries, ADD, etc.

# Does EMDR Help?

- Yes, in our study
- Clinically, marked decrease in symptoms
- Seen on brain SPECT imaging, especially calming in right lateral temporal lobe and increases in PFC

# Conclusions

- EMDR seems to change brain function
- EMDR has a calming effect on the right temporal lobe
- Looking before you intervene helps you be more effective and target treatment

# Finding A Therapist

- You interview them as they interview you
- How long have they done EMDR therapy?
- Have they taken first and second level EMDR Training? Any additional training?
- About how often do they use it monthly?
- Have they worked with Public safety personnel? How often?

# Finding a Therapist

- Most Therapists Have Private Practices
- Columbus No Fee: Mt Carmel Crime & Trauma
- Sliding Scale: Syntero, Dublin Counseling & other offices