

EMDR

Eye Movement Desensitization and Reprocessing

Kay Werk, LISW

kaywerk@gmail.com

What is EMDR Therapy?

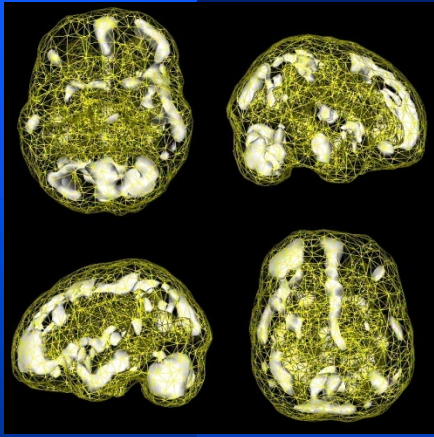
An extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, and panic disorders.

EMDR Therapy

- The [American Psychiatric Association](#)
- [International Society for Traumatic Stress Studies](#)
- [Substance Abuse and Mental Health Services Administration](#)

EMDR Therapy

- U.S. [Dept. of Veterans Affairs/Dept. of Defense](#)
- [The Cochrane Database of Systematic Reviews](#)
- The [World Health Organization](#)
- Many other national and international organizations recognize EMDR therapy as an effective treatment.



Brain SPECT Imaging in PTSD and EMDR

With Permission from

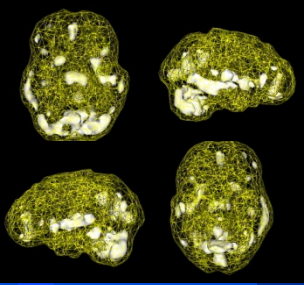
Daniel G. Amen, MD

Amen Clinics, Inc.

Newport Beach & Fairfield, CA and Tacoma, WA

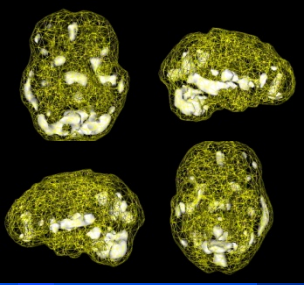
Washington, DC coming early 2004

www.brainplace.com



Amen Clinic, SPECT and EMDR

- Mid 90s Dr. J. Lendl introduces us to EMDR, starts to work in our clinic
- Personal experience with EMDR

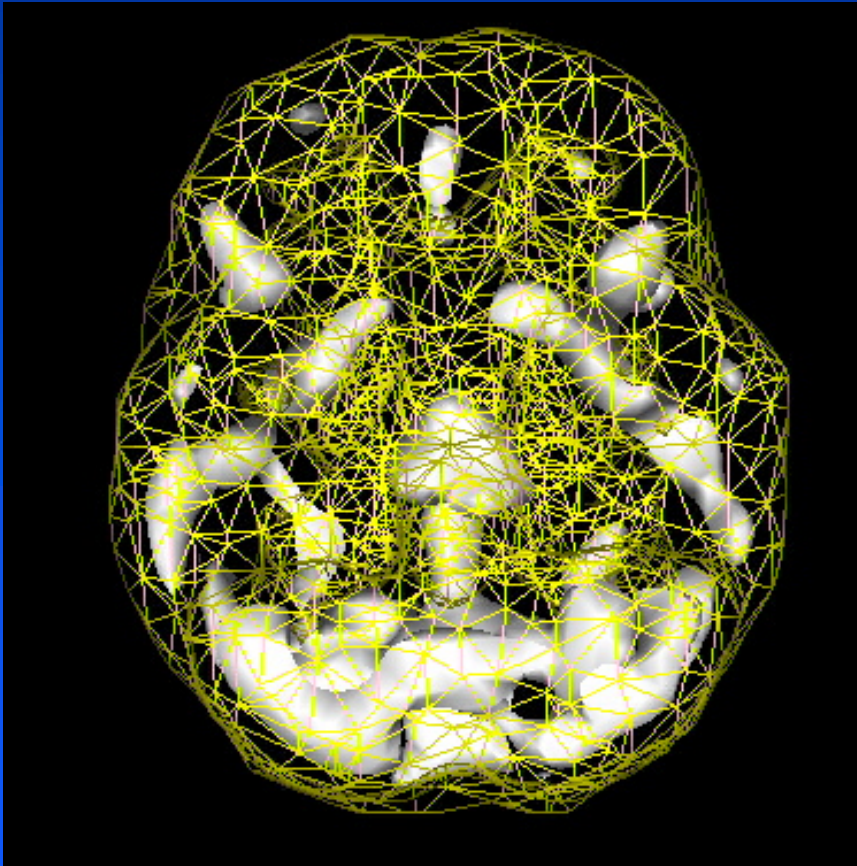


Amen Clinic, SPECT and EMDR

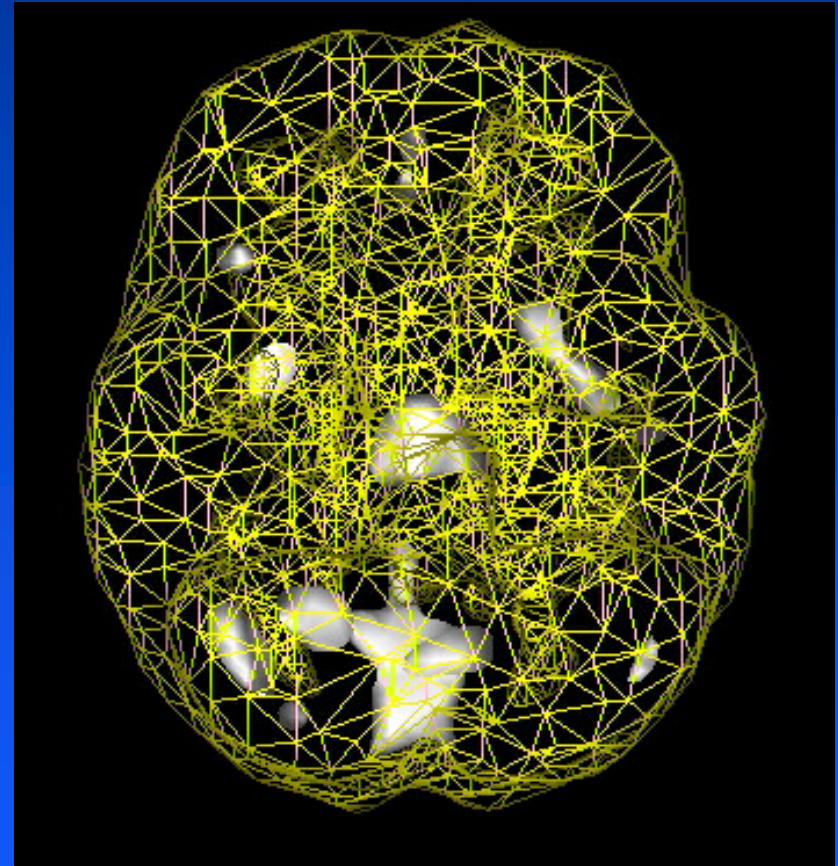
- 1997 we start doing before and after studies, EMDR calms brain function
- 2001 K. Lansing with support from Dr. Shapiro design a SPECT/EMDR study

EMDR – KC

One Session

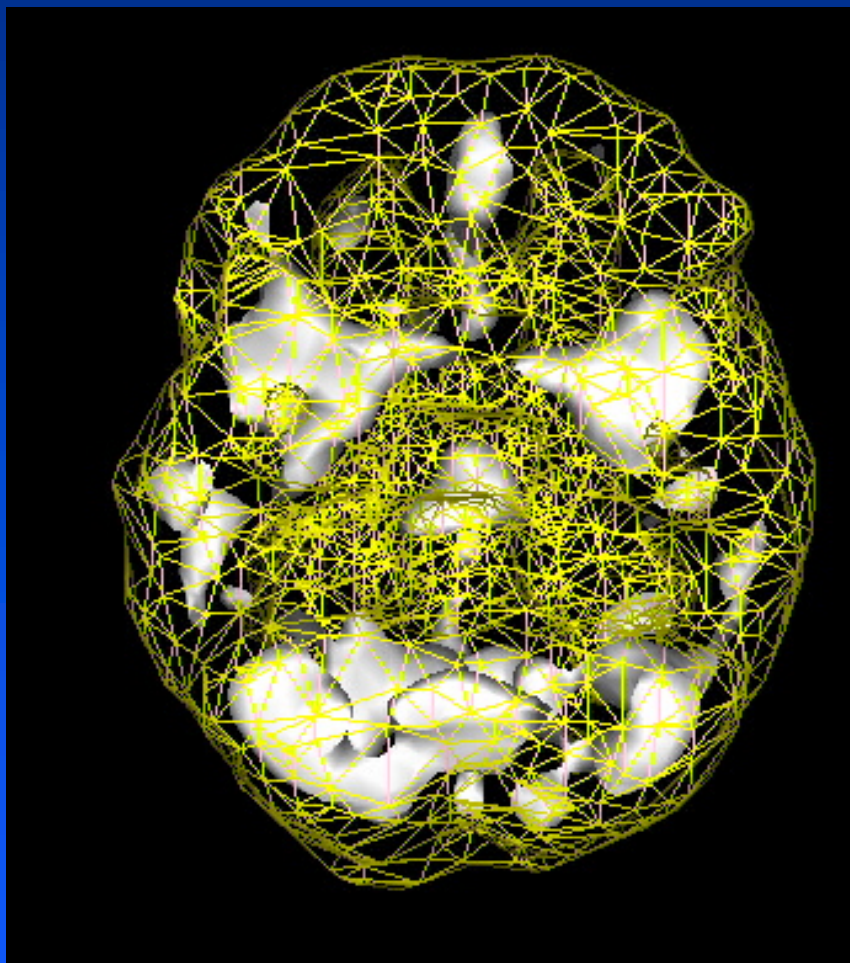


before

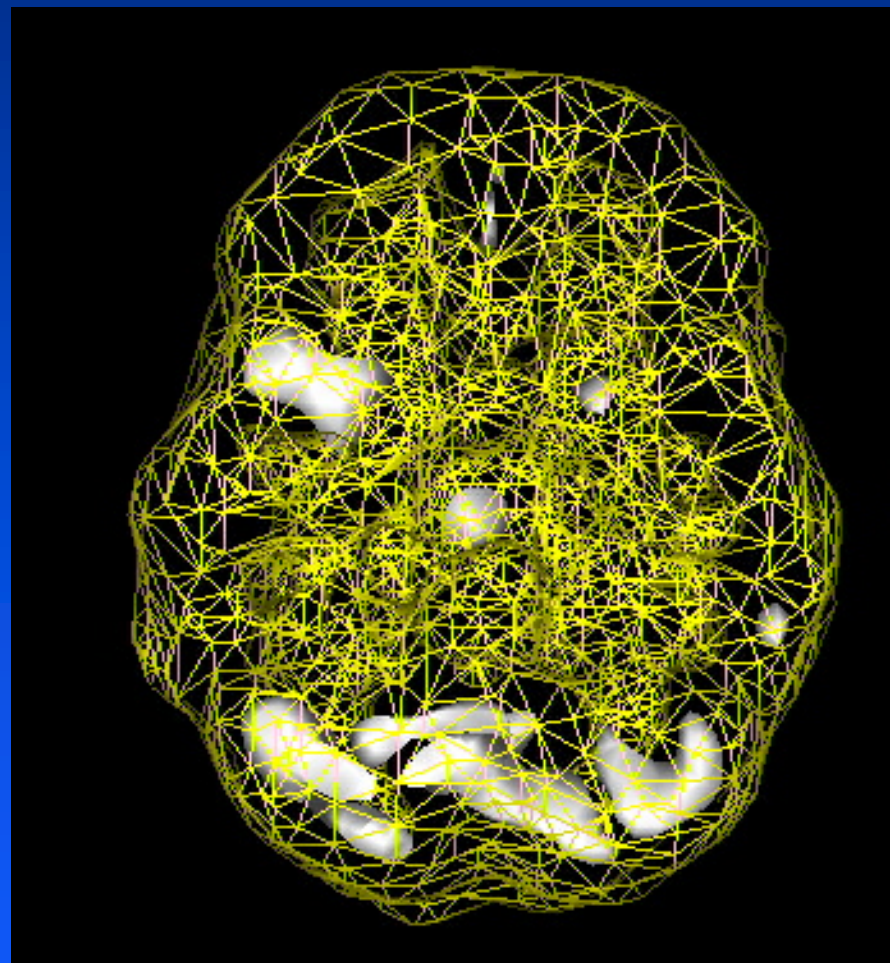


after

EMDR -- MH



before



after

SPECT and PTSD

Amen Clinic 2003 Study

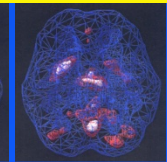
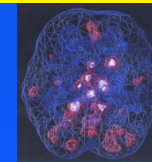
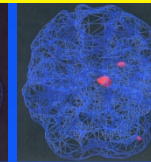
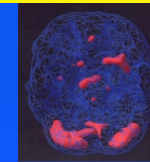
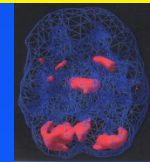
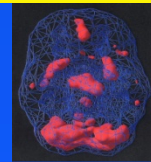
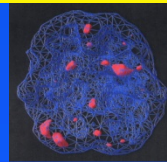
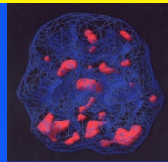
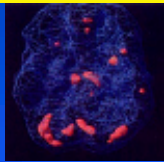
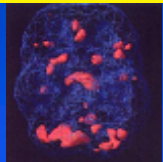
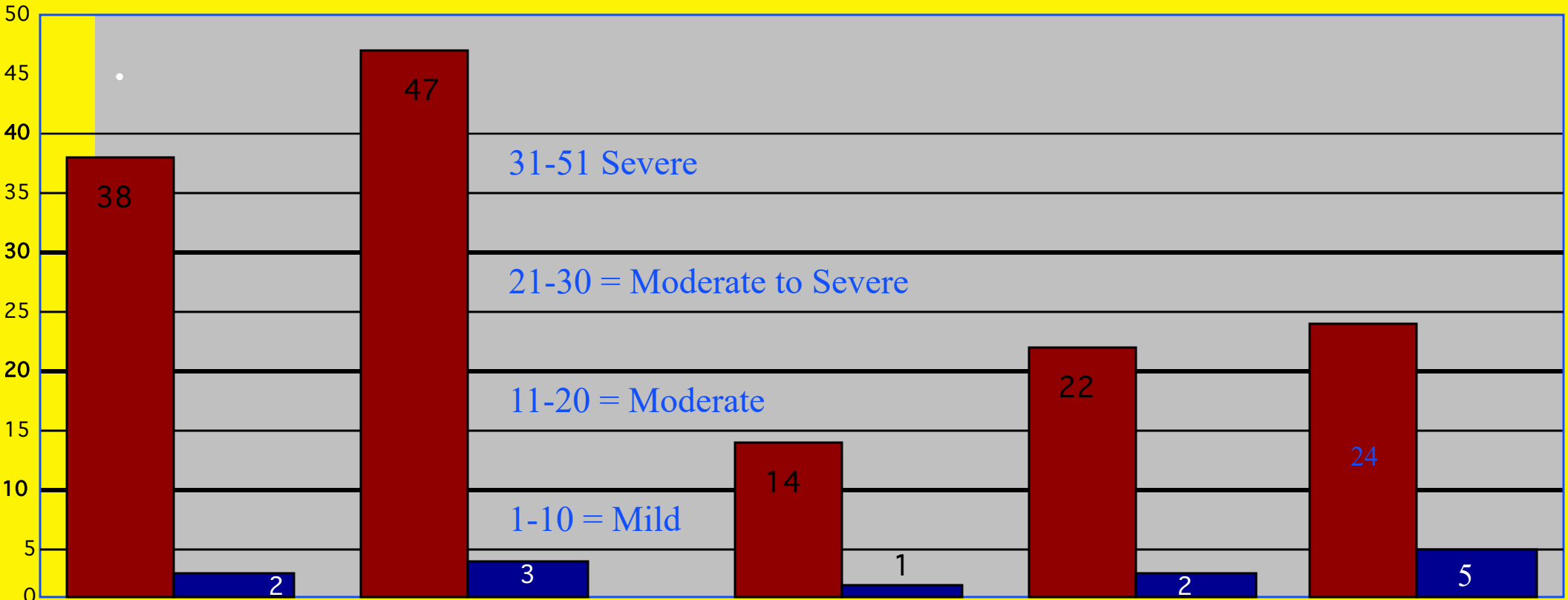
- **19 patients with PTSD by DSM-IV**
- **Compared to 19 age, sex matched normals**
- **Baseline study**
- **Analysis – SPM**
- **Results – marked increased prefrontal and left and right temporal lobe activity**

SPECT and PTSD

Amen Clinic 2003 Study

- **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**

SPECT and EMDR

Amen Clinic 2001 - 2003 Study Results

- **After Tx 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**

Conclusions

- EMDR has a calming effect on the right temporal lobe

Conclusions

- **Looking before you intervene helps you be more effective and target treatment**