



Abstract Nr: 213
Internet ID: 514

Type of Presentation: Oral Presentation

Using Eye Movement Desensitisation and Reprocessing (EMDR) to Heal Trauma in People with a Label of Psychosis and their Families.

Cathy Thorley

North East London Foundation Trust, LONDON, United Kingdom

Learning Goal:

Eye Movement Desensitisation and Reprocessing (EMDR) is a therapy used to heal Trauma. Participants will hear what EMDR is and get an understanding of what happens in EMDR sessions. They will also hear how it is being used to help people labelled with psychosis and others close to them.

Abstract Text:

Trauma in psychosis tends to feature highly. This can be, for example, trauma in childhood or adolescence and also trauma associated with receiving a psychosis label and inpatient admissions. Trauma is also likely to feature when people are disconnected from their home through emigration and associated negative experiences such as racism. Witnessing a family member or friend going through trauma is also likely to be traumatising for them.

In this workshop the links between trauma and Psychosis will be considered and how EMDR can be particularly useful in this area.

The author will explain how EMDR is thought to work, what the therapy looks like and how it can be used with family members. Some simple preparation exercises will be demonstrated in which the audience will be invited to join. The workshop will also explain how EMDR works both with the persons thinking and also at a deeper level to free trauma that is held within the body. The research for using EMDR in this area will be discussed and also how it is being used in teams that work with people with a psychosis label.

The author is a Family Therapist working in a large London NHS Trust where she is also the Clinical lead for Peer Supported Open Dialogue. She is nearing EMDR consultant status.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**