Mindful Continuing Education

Eye-Movement Desensitization Reprocessing (EMDR) Therapy for PTSD and Beyond

Introduction

1. EMDR therapy utilizes a theoretical framework of Adaptive Information Processing (AIP), which posits that the primary source of psychopathology is the presence of memories of adverse life experiences inadequately processed by the brain.

A. True
B. False

Results

2. When analyzing the efficacy of EMDR therapy in reducing PTSD symptoms compared to control conditions and other interventions, including CBT, two meta-analyses found EMDR to be:

A. Slightly more effective
B. Moderately more effective
C. Significantly more effective
D. No more effective

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3. Each of the following is an accurate statement about study findings pertaining to EMDR and depression and anxiety EXCEPT:

A. Findings from the meta-analysis report EMDR therapy as signi?cantly reducing symptoms of depression overall, with moderate e?ects being evident
B. EMDR therapy signi?cantly reduced symptoms of anxiety with a moderate e?ect size being evident
C. 12 of the 26 randomized controlled trials (RCTs) within the meta-analysis reported a signi?cant reduction of subjective distress, and a large e?ect size being evident
D. Treatment sessions that were at least 30 minutes were signi?cantly more e?ective than shorter EMDR sessions for symptoms of depression and anxiety

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4. When assessing the impact of EMDR on psychotic symptoms and social functionally, EMDR was found to be most effective in reducing auditory hallucinations and improving personal social performance.

A. True
B. False

Discussion

5. Overall study findings indicated that EMDR therapy was e?ective with a range of presenting problems and symptoms, and low drop-out rates across all studies indicate that EMDR therapy is well tolerated by clients.

A. True
B. False

Recommendations for Future Research

6. Recommendations for future research include incorporating longitudinal evaluation beyond 6 months, analyzing the economic bene?ts of EMDR therapy in comparison with other trauma-focused interventions, and including comparative studies on the e?cacy of EMDR therapy across:

A. Populations
B. Cultures
C. Disorders
D. Disciplines

EMDR Beyond PTSD: A Systematic Literature Review

7. EMDR therapy consists of a standard protocol which includes eight phases and bilateral stimulation to desensitize the discomfort caused by traumatic memories, with the aim of achieving reprocessing and integration within the patient's standard biographical memories.

A. True
B. False

Results-EMDR Therapy in Affective Disorders

8. In a study of twenty bipolar patients with subsyndromal symptoms and a history of traumatic events, results showed moderate reductions in a?ective scores in favor of the EMDR over treatment as usual (TAU) group after treatment, with the most statistically significant results occurring at the 24 weeks follow-up.

A. True

B. False

EMDR Therapy in Unipolar Depression

9. Research indicates that EMDR might be a helpful tool to facilitate psychological improvement in patients with myocardial infarction who su?er subsequent depressive symptoms, and it may improve:

A. Somatic symptoms
B. Sleep disturbances
C. Physical comfort
D. Irritability and agitation

EMDR Therapy in Anxiety Disorders

10. In several studies evaluating the impact of EMDR on specific anxiety disorders, the most favorable results occurred with:

A. Panic disorders
B. Improvements in self-esteem
C. Anxious and OCD symptoms
D. Agoraphobia

EMDR Therapy in Substance Use Disorders

11. EMDR therapy may be a useful therapy for patients with substance use disorders who have a history of traumatic life events, and as an adjuvant psychotherapy to standard treatment of alcohol dependence for helping to decrease cravings.

A. True
B. False

EMDR Therapy and Chronic Pain

12. In one RCT that investigated the e?cacy of EMDR therapy in the treatment of patients su?ering from chronic pain and psychological trauma, e?cacy in pain reduction was demonstrated, as measured by pain intensity, disability and:

A. Proper use of medication
B. Treatment satisfaction

C. Improvements in sleep and mood
D. Increase in physical strength

Discussion

13. When compared to psychodynamic psychotherapy, group therapy, and psychoeducation therapy, one study demonstrated that EMDR therapy improved memories of stressful life events at onset of depressive episodes, emotional cognitive processing, and long-term memory conceptual organization.

A. True
B. False

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