

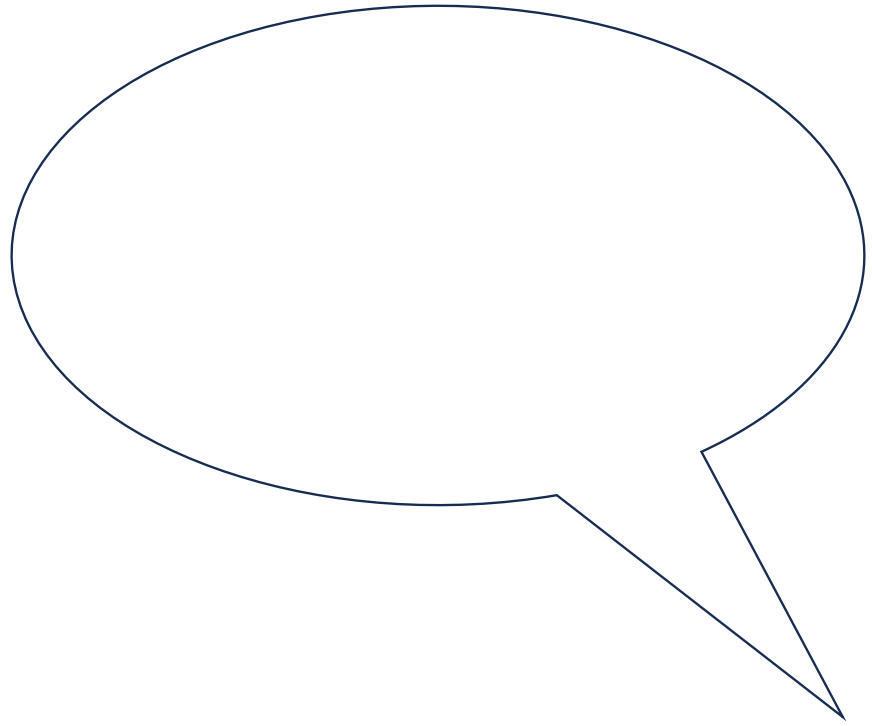
EMDR- Artigos e Pesquisas 2022 e 2023







































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
































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EMDR is effective

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Original Article

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Comparative effectiveness of psychotherapies in adults with posttraumatic stress disorder: a network meta-analysis of randomised controlled trials

Ninik Yunitri^{1,2}, Hsin Chu^{3,4}, Xiao Linda Kang^{1,5}, Bayu Satria Wiratama⁶, Tso-Ying Lee⁷, Li-Fang Chang^{1,8,9,10}, Doresses Liu^{1,11,12}, Christina Yeni Kustanti^{1,13}, Kai-Jo Chiang^{1,14,15}, Ruey Chen^{1,16,17}, Philip Tseng^{18,19,20} and Kuei-Ru Chou^{1,12,16,21,22} 

Our analyses showed that CPT and **EMDR** were consistently in the upper quartile as the **most effective therapies for improving PTSD symptoms at immediate post-treatment, short-term and long-term follow-up**. However, in terms of **loss of PTSD diagnosis**, NET, CPT, and **EMDR** were the **most effective** therapies. In addition, CPT, CT, **EMDR**, and NET switched interchangeably as the **most effective therapies in decreasing anxiety and depression symptoms**. In consideration of the comparative effectiveness of PTSD psychotherapies on improving the primary and secondary outcomes in the current NMA, we suggest CPT, CT, EMDR, and NET as the four most recommended therapeutic approaches.

The Münster Meta-analyses

Psychotherapy and Psychosomatics

Systematic Review

Psychother Psychosom
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Psychological Interventions for Adult Post-Traumatic Stress Disorder Are Effective Irrespective of Concurrent Psychotropic Medication Intake: A Meta-Analysis of Randomized Controlled Trials

Thole H. Hoppen Nexhmedin Morina

BJPsych The British Journal of Psychiatry (2022)
221, 658–667. doi: 10.1192/bjp.2022.111

REVIEW

Safety of psychological interventions for adult post-traumatic stress disorder: meta-analysis on the incidence and relative risk of deterioration, adverse events and serious adverse events

Thole H. Hoppen, Anna S. Lindemann and Nexhmedin Morina

BJPsych The British Journal of Psychiatry (2023)
Page 1 of 8. doi: 10.1192/bjp.2023.24



Review

Efficacy of psychological interventions for post-traumatic stress disorder in children and adolescents exposed to single versus multiple traumas: meta-analysis of randomised controlled trials

Thole H. Hoppen, Richard Meiser-Stedman, Tine K. Jensen, Marianne Skogbrott Birkeland and Nexhmedin Morina

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Are psychological interventions for adult PTSD more efficacious and acceptable when treatment is delivered in higher frequency? A meta-analysis of randomized controlled trials

Thole H. Hoppen^a, Ahlke Kip, Nexhmedin Morina

Clinical Psychology Review 100 (2023) 102239



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Review

Efficacy of psychological interventions for PTSD in distinct populations - An evidence map of meta-analyses using the umbrella review methodology

Ahlke Kip^a, Linnéa N. Iseke^a, Davide Papola^b, Chiara Gastaldon^b, Corrado Barbui^b, Nexhmedin Morina^c



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The Efficacy and Acceptability of Psychological Interventions for Adult PTSD: A Network and Pairwise Meta-Analysis of Randomized Controlled Trials

Thole H. Hoppen¹, Marvin Jehn¹, Heinz Holling¹, Julian Mutz², Ahlke Kip¹, and Nexhmedin Morina¹

Safety

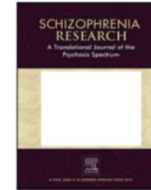
- **Sucidality** Winkler et al. 2021 Despite our initial caution, we have not had any major issues with safety so far in the EMDR group personal communication Lisa Burback
- **Pregnancy** Baas et al 2020 Yet, given the elevated maternal stress and cortisol levels in pregnant women with PTSD, and the fact that so far no adverse effects on the unborn child have been reported associated with the application of trauma-focused therapy, treatment of PTSD during pregnancy is most likely safe.
- **Serious medical illnesses COPD** Mooren et al 2022 **Implantable Cardioverter Defibrillator Shocks** Peregrinova & Jordan 2019 **Post-stroke** Smart 2022
- **Intensive treatment** Bongaerts et al. 2012 No participants dropped out of treatment and no significant symptom worsening occurred either on the CAPS-5, PCL-5, ITQ from pre-to post-treatment, and from pre-treatment to one-month follow-up. No adverse events associated with online treatment were reported



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EMDR versus waiting list in individuals at clinical high risk for psychosis with post-traumatic stress symptoms: A randomized controlled trial

Jie Zhao^{a,b}, Dong-Yang Chen^{a,b}, Xian-Bin Li^{a,b}, Ying-Jun Xi^{a,b}, Swapna Verma^{c,d},
Fu-Chun Zhou^{a,b,*}, Chuan-Yue Wang^{a,b}

- **Conclusions:** EMDR treatment not only effectively improved traumatic symptoms, but also significantly reduced the attenuated psychotic symptoms and resulted in a higher remission rate of CHR. This study highlighted the necessity of adding a trauma-focused component to the present approach of early intervention in psychosis.
- **3.3. Safety analyses**
Three patients (5.3 %) reported suicide attempts during the study, one in the EMDR group and two in the WL group (3.6 % vs.6.9 %, $P = 1.000$). No other severe adverse events (SAEs) were reported. Two patients in the EMDR group tapered their antidepressants dosages according to the suggestions of their treating psychiatrist, considering the improvements of symptoms. None of the patients changed their prescribed antipsychotics or mood stabilizers during the study. None of the patients received additional psychotherapy during the study.
- The dropout rate of EMDR therapy was 17.9 % (N = 5).

Intermediate worsening of symptoms

DOI: 10.1002/jts.22907

RESEARCH ARTICLE



The bumpy road of trauma-focused treatment: Posttraumatic stress disorder symptom exacerbation in people with psychosis

Simone R. Burger^{1,2} | Amy Hardy^{3,4} | Tineke van der Linden^{1,5} | Catherine van Zelst² | Paul A. J. de Bont⁶ | Berber van der Vleugel⁷ | Anton B. P. Staring⁸ | Carlijn de Roos⁹ | Ad de Jongh^{12,13} | Machteld Marcelis^{5,11} | Agnes van Minnen^{12,13} | Mark van der Gaag^{1,2} | David P. G. van den Berg^{10,2}

Both early exacerbation and between-session exacerbation were relatively common (32.3% and 46.5%, respectively) but were unrelated to poor treatment response or an increased likelihood of treatment drop-out. Both clinicians and patients need to be aware that symptom exacerbation during TFT is common and not related to poor out-comes. Symptom exacerbation can be part of the therapeutic process, should be acknowledged and guided, and should not be a barrier to the implementation of TFT in people with psychosis.

Important: Exacerbation refers to PTSD symptoms npt psychotic symptoms

EMDR can change biology

Molecular Psychiatry
<https://doi.org/10.1038/s41380-019-0549-3>

ARTICLE

Successful treatment of post-traumatic stress disorder reverses DNA methylation marks

Christiaan H. Vinkers^{1,2} · Elbert Geuze^{3,4} · Sanne J. H. van Rooij⁵ · Mitzy Kennis⁶ · Rimmelt R. Schür³ · Danny M. Nispeling³ · Alicia K. Smith^{5,7} · Caroline M. Nievergelt^{8,9} · Monica Uddin¹⁰ · Bart P. F. Rutten⁹ · Eric Vermetten^{4,11} · Marco P. Boks³

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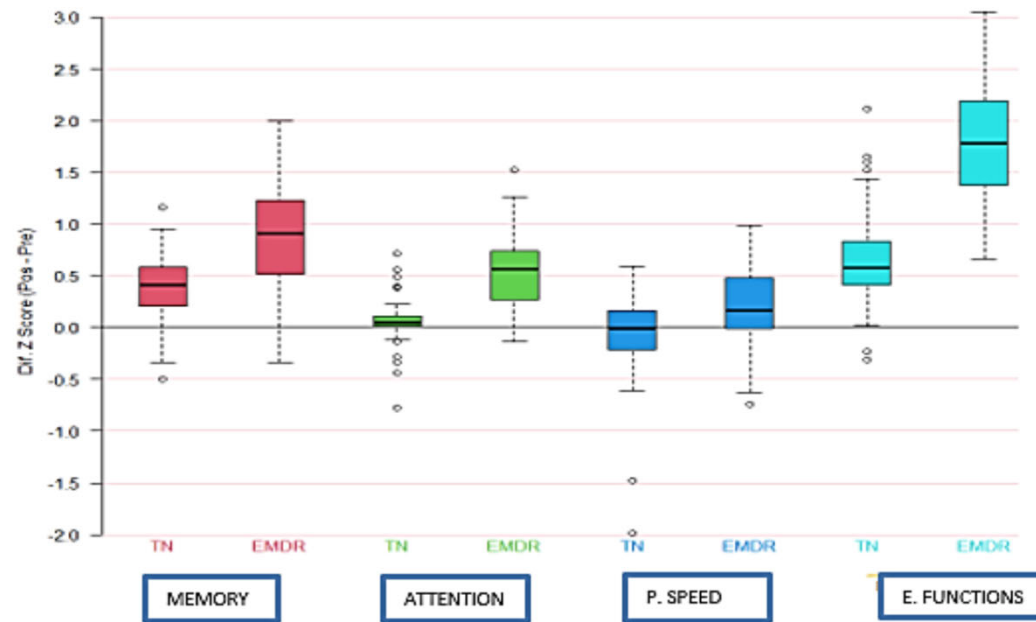
OPEN **Epigenetic impact of a 1-week intensive multimodal group program for adolescents with multiple adverse childhood experiences**

Perla Kaliman^{1,2,11}, Marta Cosin-Tomás^{1,4,5,9}, Andy Madrid^{6,9}, Susana Roque López⁷, Elkin Llanaez-Anaya⁸, Ligia A. Papale⁸, Reid S. Alisch⁸ & Richard J. Davidson¹

Compared with no treatment, the effects of PTSD treatment on increased ZFP57 methylation were over and above the effect of symptom reduction alone ($B = 0.623$, $t = -2.298$, $p = 0.025$). Of the two treatment modalities, this effect was **stronger for EMDR** ($B = -0.61$, $t = -2.19$, $p = 0.033$) than for tf-CBT ($B = -0.67$, $t = -1.70$, $p = 0.095$), even though the effects of tf-CBT and EMDR were not different in a direct comparison ($p = 0.836$).

Methylation changes in SIRT5 and TRAPPC2L genes showed associations with changes in trauma-related psychological measures. Results suggest that this multimodal group program for adolescents (including 4 sessions EMDR group therapy) with multiple victimization modulates the DNA methylome at sites of potential relevance for health and behavioral disorders associated with ACEs.

EMDR improves neurocognitive functioning



RESEARCH ARTICLE

DOI: 10.47750/jptcp.2023.30.03.062

Eye movement desensitization and reprocessing (EMDR): Efficacy in improving clinical, neuropsychological, and quality of life in women victims of violence

Meneses Meneses Alexandra Yakeline ^{1,2,3}, Fernandez-Gonzalo, Sol ^{3,4,5}, Jodar Vicente Mercé ^{3,4,6*}

EMDR promotes Post-traumatic Growth

Frontiers in Psychology

TYPE Systematic Review
PUBLISHED 09 February 2023
DOI 10.3389/fpsyg.2023.1074972

Therapeutic interventions impact brain function and promote post-traumatic growth in adults living with post-traumatic stress disorder: A systematic review and meta-analysis of functional magnetic resonance imaging studies

Zachary P. Pierce^{1,2*}, Emily R. Johnson^{1,2}, Isabelle A. Kim^{2,3},
Brianna E. Lear², A. Michaela Mast^{1,2} and Jessica M. Black^{1,2}

Discussion: Our systematic review and meta-analysis showed that CPT, EMDR, and PE each exhibited a robust effect on PTG impacts across the course of treatment. However, when looking closer at comparative analyses of neural activity (ALE) and PTGI scores (Pearson correlation), EMDR exhibited a more robust effect on PTG impacts and brain function than CPT and PE.

Mechanisms of Action Of mice and men

eNeuro

Open Source Tools and Methods

Novel Tools and Methods

2MDR, a Microcomputer-Controlled Visual Stimulation Device for Psychotherapy-Like Treatments of Mice

Isa Jauch,¹ Jan Kamm,¹ Luca Benn,¹ Lukas Rettig,¹ Hans-Christoph Friederich,² Jonas Tesarz,²
Thomas Kuner,¹ and Sebastian Wieland^{1,2}

<https://doi.org/10.1523/ENEURO.0394-22.2023>

International Journal of Psychophysiology 184 (2023) 64–75



Contents lists available at ScienceDirect

International Journal of Psychophysiology

journal homepage: www.elsevier.com/locate/ijpsycho



Facilitated extinction but impaired extinction recall by eye movement manipulation in humans – Indications for action mechanisms and the applicability of eye movement desensitization

Christoph Szeska^{*}, Heino Mohrmann, Alfons O. Hamm

Liebermann EMDR Trainer Cooperation 2023

- Replication of the study by Baek et al 2019 with a more sophisticated technical device

Saccadic eye movements facilitated the extinction of fear bradycardia and fear-potentiated startle responses. Higher saccadic accuracy and range correlated with reduced fear-potentiated startle. However, during extinction recall, fear-potentiated startle and fear bradycardia resurged and partly reached levels obtained after fear acquisition. Threat expectancy was not affected by different eye movements and was not elevated during extinction recall.

Results support an inhibitory SC-BLA pathway in humans by which eye movements may reduce low-level defensive responding. Yet, manipulating eye movements during extinction learning seems to impair extinction recall for behavioral and physiological defensive response indices.

Mechanisms of Action

Wadji et al. *BMC Psychology* (2022) 10:245
<https://doi.org/10.1186/s40359-022-00951-0>

BMC Psychology

RESEARCH

Open Access

Can working memory account for EMDR efficacy in PTSD?



Dany Laure Wadji^{1,3*}, C. Martin-Soelch¹ and V. Camos²


We examined whether the WM hypothesis provides an explanation for the beneficial effect induced by bilateral stimulation during EMDR therapy for PTSD. A notable finding of this review is that most studies indicated a reduction in the evaluation of the vividness and emotionality of the traumatic stimuli after EMDR in the healthy sample as well as in the PTSD sample. Overall, the studies examined provide support for the WM hypothesis.

COGNITION AND EMOTION
<https://doi.org/10.1080/02699931.2019.1666800>

 Routledge
Taylor & Francis Group

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Changing emotional visual and auditory memories: are modality-matched dual-tasks more effective?

Gaëtan Mertens , Vera Bouwman, Jonas Fonn Asmervik and Iris M. Engelhard

These results suggest that the WM theory for EMDR therapy may be too simplified. Most likely other factors are at play that mediate the effectiveness of EMDR therapy, besides WM interference, such as changed memory appraisals (e.g. changed meaning or negativity of the memory; see Gunter & Bodner, 2008) and positive expectancies of patients and students in the laboratory (Gunter & Bodner, 2008; Shapiro & Forrest, 2016).



Mechanisms of Action

A Biologically Inspired Neural Network Model to Gain Insight Into the Mechanisms of Post-Traumatic Stress Disorder and Eye Movement Desensitization and Reprocessing Therapy

Andrea Mattera*, Alessia Cavallo, Giovanni Granato, Gianluca Baldassarre† and Marco Pagani†

While cognitive and exposure therapies are centered on the activities focusing on the traumatic memories, during an EMDR session, the patient is invited to notice the trauma with a distant attitude (“Imagine you are on the train and the scenery is passing by. Just notice the scenery without trying to grab hold of it or make it significant.”; from Shapiro, 1995). It is known that distancing and distraction activate the prefrontal, cingulate, and parietal cortices (among which are the dlPFC) and are very effective in emotion regulation, in particular in amygdala downregulation. Moreover, it is observed that the dlPFC is activated following bilateral eye stimulation. The parameter ϕ of the model, which in EMDR resulted to be 30% higher than in PE indicates that: (1) the regions recruited by EMDR are different from the regions recruited by PE; (2) EMDR-recruited regions have a higher capacity to inhibit amygdala compared to the regions activated during PE. The parameter ψ , which is 3.3 times higher in EMDR than PE, indicates an enhanced cortical learning rate during the bilateral stimulation, as suggested by the slow waves recorded during the therapy in patients. The physiological alternation during sleep between slow waves and rapid eye movement periods promotes memorization and facilitates the elaboration and contextualization of traumatic memories. The evidence that EMDR therapy induces the appearance of slow waves concurrently with bilateral stimulation speaks in favor of faster synaptic and neuronal plasticity and hence faster processing of traumatic memories as compared to other psychotherapies.

Stress in the workplace (COVID)

Frontiers in Psychology

TYPE Original Research
PUBLISHED 09 May 2023
DOI 10.3389/fpsyg.2023.1120203

Frontiers in Psychology

TYPE Original Research
PUBLISHED 12 October 2022
DOI 10.3389/fpsyg.2022.969028

Frontiers in Psychology

TYPE Original Research
PUBLISHED 08 September 2022
DOI 10.3389/fpsyg.2022.964334

Intervention with EMDR on a sample of healthcare workers in the nephrology and dialysis service during the COVID-19 emergency: from immediate treatment effect to long-term maintenance

Caterina Belvedere^{1,2*}, Paolo Fabbrini³, Elena Alberghini³, Simona Anna Ghedini¹, Isabel Fernandez^{2,4}, Giada Maslovaric², Marco Pagani⁵ and Eugenio Gallina⁶

The psychological impact of the COVID emergency on Italian nursing homes staff and the effectiveness of eye movement desensitization and reprocessing

Elisa Faretta¹, Giada Maslovaric¹, M. Ignazia Garau¹, Gabriella Marmondi¹, Laura Piras¹, Simona Rezzola¹, Alessia Incerti¹, Anna Nardoni¹, Marco Pagani² and Eugenio Gallina^{3*}

Post-traumatic stress disorder among healthcare workers during the COVID-19 pandemic in Italy: Effectiveness of an eye movement desensitization and reprocessing intervention protocol

Isabel Fernandez^{1,2}, Marco Pagani³ and Eugenio Gallina^{1*}

Frontiers in Psychology

ORIGINAL RESEARCH
published: 06 July 2022
doi: 10.3389/fpsyg.2022.901855



ORIGINAL ARTICLE
Alpha Psychiatry 2022;23(3):121-127
DOI: 10.5152/alphapsychiatry.2022.21763

A Stage 1 Pilot Cohort Exploring the Use of EMDR Therapy as a Videoconference Psychotherapy During COVID-19 With Frontline Mental Health Workers: A Proof of Concept Study Utilising a Virtual Blind 2 Therapist Protocol

Derek Farrell^{1*}, Anastasia Fadeeva², Zeynep Zat¹, Lorraine Knibbs¹, Paul Miller³, Ian Barron⁴, Helga Matthes¹, Cordula Matthes¹, Neta Gazit⁵ and Matthew D. Kiernan²

Recent Traumatic Episode Protocol EMDR Applied Online for COVID-19-Related Symptoms of Turkish Health Care Workers Diagnosed with COVID-19-Related PTSD: A Pilot Study

Esmer Sağaltıcı¹
Mustafa Çetinkaya²
Şengül Kocamer Şahin³
İlgin Gülten⁴
Şenel Karaman⁴

REVIEW ARTICLE

Treatment of Posttraumatic Stress Disorder: A State-of-the-art Review

Lisa Burback^{1,*}, Suzette Brémault-Phillips², Mirjam J. Nijdam^{3,4}, Alexander McFarlane⁵ and Eric Vermetten^{6,7}

Efficacy of the four main evidence-based trauma treatments (PE, CPT, TF-CBT, and EMDR) are considered comparable, although there is some debate over whether one may be more effective, efficient, or cost-effective than another.

Further, TFPs such as EMDR have been used specifically to treat Major Depression and other disorders and are associated with increased measures of posttraumatic growth even if posttraumatic growth is not specifically addressed by the therapy

A number of studies have reported that dissociative symptoms, including depersonalization and derealization, do not moderate treatment effects for NET], EMDR, or intensified treatments for PTSD. Overall, current research indicates that complex trauma populations do not necessarily need to be excluded from PTSD treatment, especially TF-CBT, EMDR, NET, and modified interventions specifically designed for complex populations.

EMDR vs CBT

Review

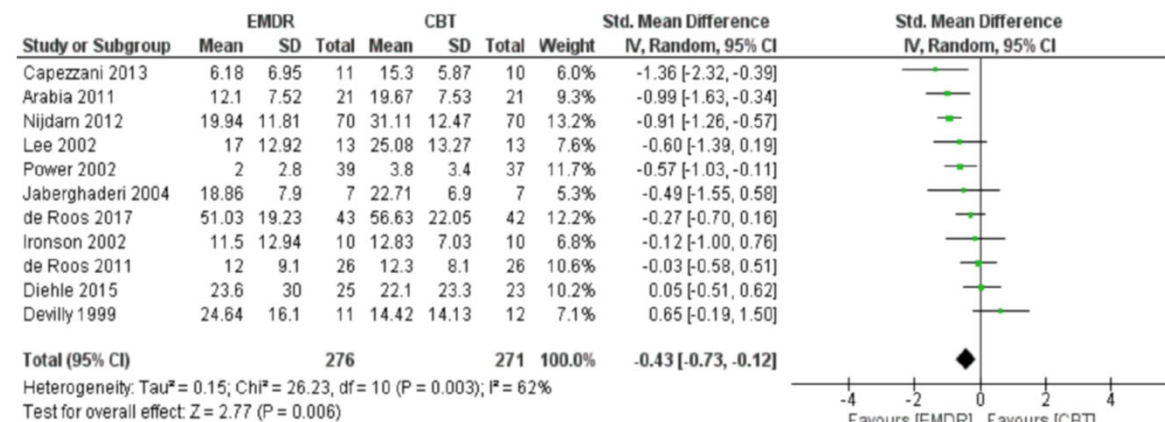
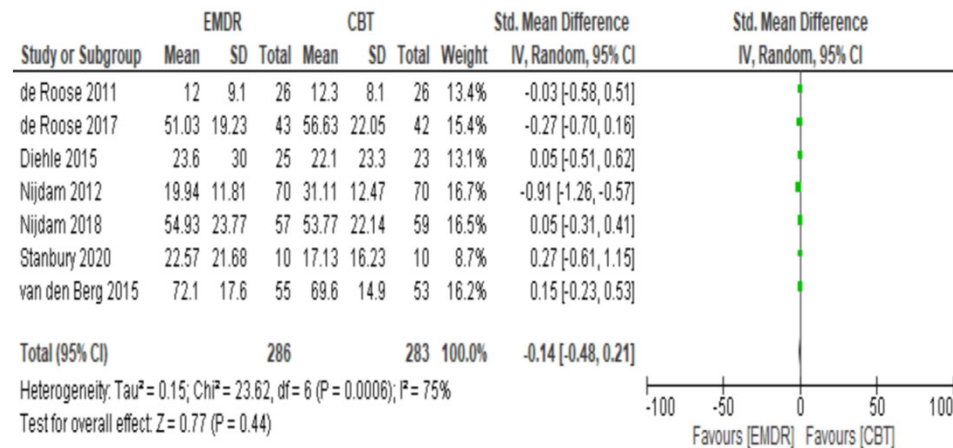
Eye Movement Desensitization and Reprocessing versus Cognitive Behavior Therapy for Treating Post-Traumatic Stress Disorder: A Systematic Review and Meta-Analysis

Ali Hudays ¹, Robyn Gallagher ², Ahmed Hazazi ³, Amal Arishi ⁴ and Ghareeb Bahari ^{5,*}

Cognitive Behavioral Therapy versus Eye Movement Desensitization and Reprocessing in Patients with Post-traumatic Stress Disorder: Systematic Review and Meta-analysis of Randomized Clinical Trials

Ali M. Khan ¹, Sabrina Dar ², Rizwan Ahmed ³, Ramya Bachu ⁴, Mahwish Adnan ⁵, Vijaya Padma Kotapati ⁶

Figure S1: Meta-analysis of the effects of post-treatment on PTSD symptoms



Special issues

Suicidality



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Current Research in Behavioral Sciences

journal homepage: www.elsevier.com/locate/crbeha



Trauma focused psychotherapy in patients with suicidal ideation: A scoping review

Lisa Burback^a, Raman Dhaliwal^a, Matthew Reeson^a, Taylor Erick^b, Kelly Hartle^a, Ethan Chow^c, George Vouronikos^c, Nicole Antunes^d, Tyler Marshall^a, Megan Kennedy^e, Liz Dennett^e, Andrew Greenshaw^a, Lorraine Smith-MacDonald^f, Olga Winkler^{a,*}

43 studies have been included, 12 of them were EMDR studies

In contrast to common apparent clinical practice decisions restricting TFT to patients without suicidal symptoms, limited evidence indicates that TFT, including intensive delivery, may not increase suicide risk.

Intellectual disabilities

EMDR therapy with people who have intellectual disabilities: process, adaptations and outcomes

Joanne L.B. Porter

Description of adaptations to the Standard Protocol



Safety, Feasibility, and Efficacy of EMDR Therapy in Adults with PTSD and Mild Intellectual Disability or Borderline Intellectual Functioning and Mental Health Problems: A Multiple Baseline Study

Inge Verhagen, Renate van der Heijden, Ad de Jongh, Hubert Korzilius, Liesbeth Mevissen & Robert Didden

Use of the Dutch EMDR C&A protocol

ULRICH ELBING
BIRGIT MAYER
KERSTIN BÜNGENER
ELISABETH SIEVERT
INGO SCHÄFER

**Diagnostik und Therapie
Posttraumatischer Belastungs-
störungen bei Menschen mit
intellektueller Beeinträchtigung**

Ein systematisches Review

TRAUMA & GEWALT 16, 232–248. DOI 10.21706/tg-16-3-232

Recommendation for EMDR



Contents lists available at [ScienceDirect](#)

Comprehensive Psychiatry

journal homepage: www.elsevier.com/locate/comppsy

Psychological therapies for people with intellectual disabilities: An updated systematic review and meta-analysis







Katherine Tapp^a, Leen Vereenooghe^b, Olivia Hewitt^{a,c}, Emma Scripps^a, Kylie M. Gray^{a,f,g}, Peter E. Langdon^{a,d,e,g,*}

No recommendation due to the quality of studies

Dementia

REVIEW ARTICLE

Treatment of post-traumatic stress disorder in people with dementia: a structured literature review

J.E. RUISCH ^{1,2} A.H.M. NEDERSTIGT^{3,4} A. van der VORST ² S.N. BOERSMA ⁴ M.T. VINK,⁵
C.M. HOEBOER ⁶ M. OLFF ^{6,7} and S. SOBCZAK ^{8,9}

EMDR treatment is most described in this population (n = 5) and shows positive results, and the studies are of sufficient quality (n = 3). Further research in the form of a randomised controlled trial is required to study the effectivity of different treatment interventions in this population.

Borderline Personality Disorder

DOI: 10.1002/jclp.23521

RESEARCH ARTICLE

WILEY

Trauma-focused treatment of a client with Complex PTSD and comorbid pathology using EMDR therapy

A. De Jongh^{1,2,3,4,5,6}  | L. C. S. Hafkemeijer⁷

The results of the treatment during which a variety of interventions were used, including the “Flashforward technique,” cognitive interweaves and the “Blind to therapist method” are in line with the underlying model of EMDR therapy, the AIP model. This predicts that if the therapy focuses on desensitizing meaningful memories or other mental representations that are believed to underlie the patient's presented complaints, it will affect their presenting symptoms and comorbid psychopathology, a process commonly referred to as “processing.” We would like to argue in favor of approaching the treatment of CPTSD in the same way as treating “regular” PTSD (De Jongh et al., 2016).



Contents lists available at [ScienceDirect](#)

Journal of Behavior Therapy and Experimental Psychiatry

journal homepage: www.elsevier.com/locate/jbtep



Adding EMDR for PTSD at the onset of treatment of borderline personality disorder: A pilot study

Bobbie Wilhelmus^{a,*}, Marlies A.E. Marissen^b, David van den Berg^{a,c}, Annemieke Driessen^a, Mathijs L. Deen^a, Karin Slotema^{a,b}

EMDR and Medical Issues

- Aphasia

Behandeling van posttraumatische stresssymptomen met EMDR bij een patiënt met afasie

E.P.J. Janssen, L. van Donzel

TIJDSCHRIFT VOOR PSYCHIATRIE - JAARGANG 65 - MAART 2023

 frontiers | Frontiers in Medicine

TYPE: Original Research
PUBLISHED: 04 April 2023
DOI: 10.3389/fmed.2023.1101935

- Atopic Dermatitis

 Check for updates

OPEN ACCESS

EDITED BY
Andrew Robert Thompson,
Cardiff and Vale University Health Board,
United Kingdom

REVIEWED BY
Louise Lönn Dahl,
Karolinska Institutet (KI), Sweden
Derek Farrell,
University of Worcester, United Kingdom
Paola Castelli Gattinara,

Reducing scratching behavior in atopic dermatitis patients using the EMDR treatment protocol for urge: A pilot study

Mathijs R. de Veer^{1,2*}, Rick Waalboer-Spuij², Dirk Jan Hijnen²,
Do Doeksen³, Jan J. Busschbach¹ and Leonieke W. Kranenburg¹






International Journal of
*Environmental Research
and Public Health*



- Traumatic Childbirth and Childbirth-related PTSD

Article

Traumatic Childbirth Experience and Childbirth-Related Post-Traumatic Stress Disorder (PTSD): A Contemporary Overview

Leonieke Kranenburg^{1,*}, Mijke Lambregtse-van den Berg² and Claire Stramrood³

Cancer

Psychological interventions for cancer-related post-traumatic stress disorder: narrative review

Daniel Anderson,¹  Victoria Jones²

BJPsych Bulletin (2023) Page 1 of 10, doi:10.1192/bjb.2023.42

EMDR appears useful when compared with treatment as usual. When compared with individual CBT, EMDR appears to perform better.

EUROPEAN JOURNAL OF PSYCHOTRAUMATOLOGY
2023, VOL. 14, NO. 2, 2203427
<https://doi.org/10.1080/20008066.2023.2203427>



EUROPEAN JOURNAL OF
**PSYCHO-
TRAUMATOLOGY**
THE OFFICIAL JOURNAL OF THE EUROPEAN SOCIETY FOR TRAUMATIC STRESS STUDIES



Taylor & Francis
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CLINICAL RESEARCH ARTICLE

 OPEN ACCESS  Check for updates

Efficacy of eye movement desensitization and reprocessing therapy for fear of cancer recurrence among cancer survivors: a randomized single-case experimental design

J. Bruin^a, Y. R. van Rood^b, K.C.M.J. Peeters^c, C. de Roos^d, R. Tanius^e, J.E.A. Portielje^f, H. Gelderblom^f and S.C.H. Hinnen ^a

The primary aim of this study was to test the efficacy of EMDR therapy for severe FCR among cancer survivors. In accordance with the hypothesis, we found large effect sizes between baseline and post-treatment, and these were maintained during follow-up with moderate effect sizes.

COVID

European Journal of Trauma & Dissociation 6 (2022) 100276



Available online at
ScienceDirect
www.sciencedirect.com

Elsevier Masson France
EM|consulte
www.em-consulte.com

DOI: 10.1002/cpp.2771

BRIEF REPORT

WILEY

Psychological treatment of traumatic memories in COVID-19 survivors

COVID-19

Treating COVID-19 patients with EMDR: A pilot study

Marie-Jo Brennstuhl^{a,g,i}, Tarquinio Pascale^{b,g,i}, Rydberg Jenny Ann^{c,g,i},
Tarquinio Camille Louise^{d,*}, Peter Lydia^{a,g}, Rotonda Christine^{e,i}, Tarquinio Cyril^{f,g,i}

Loredana Dinapoli^{1,2} | Daniele Ferrarese^{1,3} | Daniela Beella^{1,3} |
Stefania Carnevale^{1,4} | Giovanni Camardese⁵ | Gabriele Sani⁵ |
Daniela Pia Rosaria Chieffo^{1,6}

Frontiers in Psychology

TYPE Original Research
PUBLISHED 16 November 2022
DOI 10.3389/fpsyg.2022.1059134

s, Italy

Early psychological intervention in adult patients after hospitalization during COVID-19 pandemic. A single center observational study

t

id to

Elisa Lazzaroni^{1*}, Davide Tosi², Silvia Pontiggia³,
Riccardo Ermolli², Luca Borghesi³, Vittorio Rigamonti¹,
Enrico Frisone⁴ and Stefania Piconi³

Update on treatment for children and adolescents

CHILD AND ADOLESCENT PSYCHIATRY: EDITED BY RICHA BHATIA

Psychotherapeutic interventions for childhood posttraumatic stress disorder: an update

Rossouw, Jaco^a; Sharp, Tamsin^b; Halligan, Sarah^b; Seedat, Soraya^{a,c,d}

[Author Information](#) 

Current Opinion in Psychiatry 35(6):p 417-424, November 2022. | DOI: 10.1097/YCO.0000000000000821

Conclusions and future directions

Evidence supporting TF-CBT and EMDR as first-line treatments in children and adolescents (6-18 years) with PTSD is strong.

Refugees

Cowling, M. M., & Anderson, J. R. (2023). The effectiveness of therapeutic interventions on psychological distress in refugee children: A systematic review. *Journal of Clinical Psychology*, 1–18.

<https://doi.org/10.1002/jclp.23479>

Five studies

All studies obtaining positive findings. It must be noted that while the study by Lempertz et al. (2020) found significant reductions in teacher-rated PTSD symptom severity ($d = 0.93$), parent-rated data did not report significant reductions. The study by Oras et al. (2004) revealed that engagement in the EMDR intervention was associated with significant reductions in PTSD and depressive symptom severity, and with improvements in overall functioning. Importantly, these findings also suggest that **EMDR may be an effective intervention when used with both younger children and adolescents** (participants were aged between 4 and 17 years).

For example, studies that particularly investigated the effectiveness of NET, **EMDR**, Play Therapy, as well as Family-based intervention appear to suggest that these forms of therapy also appear **beneficial, particularly when used to target symptoms of PTSD.** ...

It becomes evident that there is **need for upcoming research to prioritize these methods of intervention** to further establish effectiveness.

The view of Refugees

DOI: 10.1002/jts.22917

RESEARCH ARTICLE

ISTSS International Society for Traumatic Stress Studies WILEY

Asylee perspectives on psychotherapies for posttraumatic stress

Galen P. Cassidy^{1,2} | Jennifer McQuaid^{1,3} | Laurie Heatherington¹ | Chi Jiun Su¹

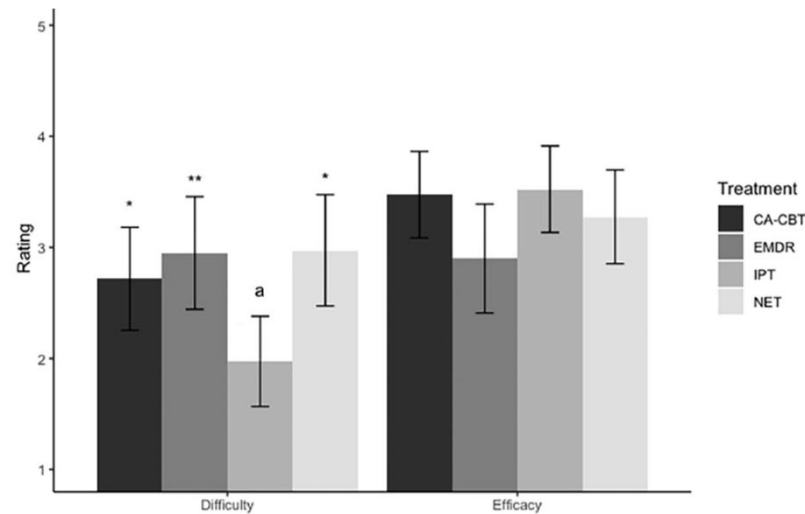


FIGURE 1 Evaluations of existing therapy interventions.

Note: CA-CBT = culturally adapted cognitive behavioral therapy; EMDR = eye movement desensitization and reprocessing; IPT = non-exposure-based interpersonal therapy for posttraumatic stress disorder; NET = narrative exposure therapy.

^aAll notations of significance for difficulty refer to pairwise comparisons with IPT.

* $p < .05$. ** $p < .01$.

The view from the outside






International Journal of
Molecular Sciences



Review

To Predict, Prevent, and Manage Post-Traumatic Stress Disorder (PTSD): A Review of Pathophysiology, Treatment, and Biomarkers

Ghazi I. Al Jowf ^{1,2,3,*}, Ziyad T. Ahmed ⁴, Rick A. Reijnders ^{1,3}, Laurence de Nijs ^{1,3}
and Lars M. T. Eijssen ^{1,3,5,*}

EMDR is a combination between cognitive behavioural therapy and ET in addition to saccadic eye movements during the therapy. The patient remembers the traumatic event, and while focusing on the cognition aspects simultaneously, the therapist moves their fingers in front of the patient and asks the patient to follow them repeatedly until the anxiety subsides

The view from outside

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Current Neuropharmacology, XXXX, XX, XX-XX

1

REVIEW ARTICLE

Treatment of Posttraumatic Stress Disorder: A State-of-the-art Review

Lisa Burbach^{1,*}, Suzette Brémault-Phillips², Mirjam J. Nijdam^{3,4}, Alexander McFarlane⁵ and Eric Vermetten^{6,7}

Intervention	Description and Proposed Mechanism in PTSD
Optimization of Current Evidence-Based Psychotherapies	
Improving efficiency, access and drop-out rates	Shortening treatment by eliminating unnecessary components or improving effectiveness of components. Group therapy formats, or lay therapists, to improve cost-effectiveness. Incorporating self-help or digital components. Remote (telehealth, videoconferencing) delivery, and in-home treatment, to reduce barriers to treatment.
Altering length of exposure element	Conventional wisdom is that lengthy trauma memory exposures are necessary (e.g., PE). However, newer interventions with micro exposures (e.g., Flash Technique), brief exposures (e.g., modified exposure), pendulating exposure (e.g., Somatic Experiencing), or fluctuating exposure (e.g., 3MDR) have been developed.
Combining TFP components	Combining cognitive strategies to PE, for example, or EMDR with PE.
EMDR 2.0	Includes three core elements: a) motivating the patient to focus on the distressing memory, b) optimizing activation of the memory network and the body, and c) use of multiple and often multi-modality working memory-taxing tasks. May incorporate techniques such as modifying posture, adding music, movement and imaginal interweaves (similar to rescripting), and techniques to titrate exposure.
Adding non-trauma-focused elements	Addition of coping (PE-Stress Inoculation Training), emotion regulation skills (e.g., DBT-PE, STAIR-PE), or SUD treatment (Creating Change, COPE).
Intensive scheduling	“Intensive” or “massed” treatment involving multiple sessions per week, in order to accelerate recovery and reduce dropout.
Emerging Psychotherapies and Behavioral Treatments	
Emerging Trauma-Focused Psychotherapies	
Accelerated Resolution Therapy (ART)	Manualized therapy combines features of EMDR with imaginal rescripting of traumatic events, visual imagery, use of metaphors, and Gestalt techniques.
Computerized cognitive interventions	Attention bias modification, attention control training, etc., which aims to normalize attention biases towards and away from threat.
3MDR	An exposure-based intervention incorporating treadmill walking within a personalized, multi-modal, immersive virtual reality environment, and dual attention tasks from EMDR.

The view from outside

EUROPEAN JOURNAL OF PSYCHOTRAUMATOLOGY
2022, VOL. 13, 2122528
<https://doi.org/10.1080/20008066.2022.2122528>



REVIEW ARTICLE



Effects of current treatments for trauma survivors with posttraumatic stress disorder on reducing a negative self-concept: a systematic review and meta-analysis

Liselotte Banz ^a, Mina Stefanovic ^a, Maria von Boeselager^a, Ingo Schäfer ^b, Annett Lotzin ^b, Birgit Kleim ^c and Thomas Ehring ^a

Table 1. Study characteristics coded.

Participants	Psychological intervention	Control group	NSC instrument
1) <i>N</i> randomised	1) Cognitive restructuring (yes/no) ^a	1) Type of control group	1) Type of NSC instrument
2) Female %	2) Cognitive restructuring of explicitly self-related cognitions (yes/no) ^a	a) Inactive control (waiting list or no contact control group)	a) Trauma-related cognitions about the self
3) Age <i>M(SD)</i>	3) Type of therapy	b) Active control (psychological placebo or TAU ^c).	b) Non-trauma-related cognitions about the self
	a) CT/CBT	c) Other psychological intervention	c) Guilt and shame cognitions
	b) Exposure alone		
	c) EMDR		
	d) Other types of therapy		
	e) Trauma-focused (yes/no)		
Kip et al. (2013)			
Accelerated Resolution Therapy	EMDR	No/unclear	TRGI – <i>Guilt Cognitions</i>
Attention Control	Active control	–	57
			26
			41.40 (12.60)
			24
			19.00%

If anyone needs one of the mentioned articles please contact me

p.liebermann@netcologne.de

[Redacted]

[Redacted]