



Research in EMDR

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EMDR Research in France

- Over the last years, in France there is research on various topics involving many institutions (Universities, Hospitals, National Research establishments, CNRS INSERM)
- Clinical studies, random control trial protocols, lab research on EMDR mechanisms.
- I will give you a brief overview of this dynamic activity

Pr. Cyril Tarquino, Lorraine University, MSH

- He directed 6 Ph.Ds, organises annual national and international seminars, and created the first University Master in France on EMDR. Current research projects :
- **Cancer trauma - use *EMDR with a protocol acting directly on phantom breast pain***. 13 women who underwent single or double mastectomy due to cancer. Pretest/post-test design, data were collected two weeks before and after the treatment, during follow-up at 3 months and again at 6 month

EMDR and breast cancer : To evaluate **anxiety and depression** in women who have been treated with **EMDR** psychotherapy compared to those who have received

EMDR and domestic abuse

- Objective: to compare three groups of patients who are victims of domestic abuse. EMDR versus support, hypnosis, or CBT types therapy
- Longitudinal follow-up at three and six months will be offered to measure the effects of the treatment on reduction in PTSD, anxiety and long-term depression scores.

EMDR Standard protocol more efficient than EMDR Chronic Pain protocol on chronic pain management Brennstuhl Marie-Jo & Tarquinio Cyril

- EMDR therapy versus eclectic healthcare in a hospital unit specialized in the management of chronic pain. **Forty-five patients divided into three groups** were treated by standard protocol of EMDR therapy, pain protocol of EMDR therapy and eclectic therapy. Results show the effectiveness of EMDR therapy on sensory, cognitive, behavioural and emotional but also traumatic components of pain, EMDR standard protocol being most efficient after five sessions, and a reduction of pain extending one month after therapy has been discontinued.
- **Martine Iracane- Work accidents –Efficiency of EMDR**

Pr. Yvan Paquet University of REUNION, STAPS (sport and physical education)

- Student population, who underwent **educational trauma** with **mathematics** (failure, humiliation particularly at the college, adolescents). EMDR standard protocol - improves scores in mathematics and self image

De Fouchier C (Ph.D. student),
Pr. A Blanchet & Pr. L Jehel

- University Paris 8; **EMDR vs psychoeducation & relaxation for refugees victims of torture** from Central and Owest Africa

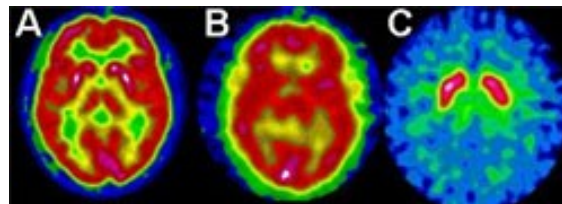
EVEREST, 3yr Hospital Research program

- **Chronic post-traumatic stress** with or without depression in psychiatry environment – test of **EMDR** versus **support therapy**. **Hospital Psychiatry clinic (Dr. Guillaume Guérineau de Lamérie, CMP ASM de Narbonne)**
- Determine **association with biological marqueurs** of responses to stress (corticotropic & sympathetic systems), measured during EMDR session and the evolution of symptoms 3 months later

Team S. Khalfa

Model of fear conditioning

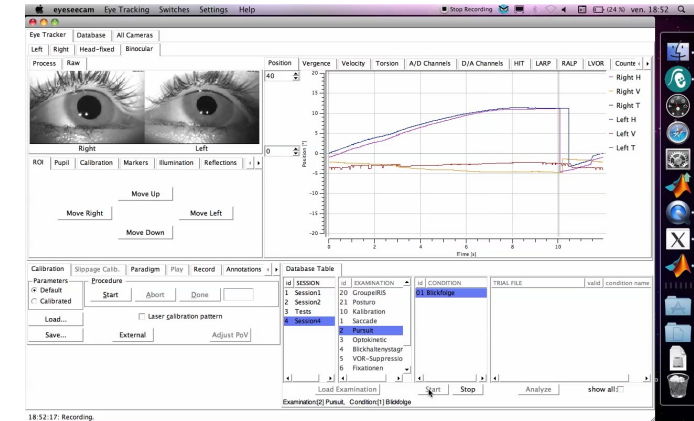
- Fear conditioning and extinction –mechanisms are impaired in PTSD and can be restored in EMDR therapy
- Investigate effect of BAS
- Conomitant brain activation (64 channel EEG recording)



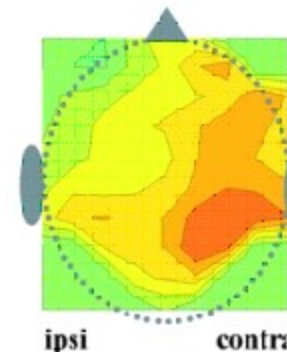
- Cerebral, cognitive and psychophysiological mechanisms underlying psychiatric disorders related to stress, and investigates the vulnerability factors (psychological, cerebral,

Z. Kapoula- Neurophysiology of eye movements and EMDR

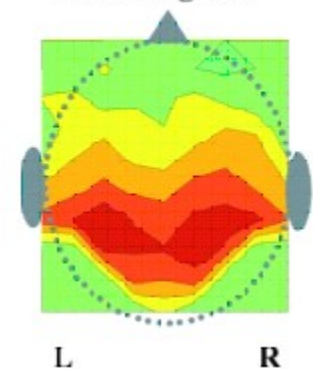
- Effects of left right saccades progressively distantiating versus straight ahead fixation progressively distantiating on non verbal evaluation of distress – in relation to differential brain activation involved by the two types of eye movements



A. Saccade



C. Convergence



Direct Ph.D. (E Dobbelaere) on use of EMDR vs resource (single intervention) for coaching (students, athletes fears in relation to performances)



Future of EMDR Research in France

Our academic goal: Spread research and teaching beyond psychology university – connect with cognitive and emotional neurosciences

EMDR can inspire research lines beyond and reciprocally can be enriched