

TITLE:

*EMDR Therapy: Navigating the Transdiagnostic Terrain.*

ABSTRACT SUMMARY:

In an era where mental health diagnoses are increasingly overlapping and interconnected, understanding and applying effective therapeutic approaches requires a nuanced perspective, focusing on each individual client. Accordingly, over the last several years, there has been growing interest in addressing psychological distress transdiagnostically rather than using the traditional categorical diagnostic framework. For many clinicians, working transdiagnostically aligns with their existing client-centred, AIP approach. For others, however, it can cause confusion, particularly regarding how to stay true to an evidence-based framework when current evidence is predominantly based on the diagnostic-focused system.

Accordingly, this presentation will demonstrate how EMDR clinicians can approach their client work through a transdiagnostic lens while remaining true to current evidence-based practice. This session aims to provide practitioners with a theoretical background, practical insights, and specific strategies for optimising EMDR therapy in a diverse clinical landscape. Attendees will gain a deeper understanding of navigating complex cases and enhancing therapeutic outcomes by leveraging EMDR's flexibility to address the multifaceted nature of mental health challenges.