



# EMDR Europe Research & Practice Conference

Bologna 2023



**The Journey of EMDR**

23<sup>rd</sup> - 25<sup>th</sup> June 2023

# Quick Reference Timetable

The detailed programme is available on the [official website](#) and on the Mobile App.

## Friday June 23<sup>rd</sup>

- 9:00 - 17:30 Pre-Conference Workshops
- 17:45 - 18:15 Opening & Welcome - Isabel Fernandez
- 18:15 - 18:30 David Servan Schreiber Award
- 18:30 - 19:30 Keynote - Boris Cyrulnik
- 19:30 - 20:00 Welcome Cocktail

## Saturday June 24<sup>th</sup>

- 9:00 - 10:00 Parallel Symposia
- 10:00 - 10:30 Break - Exhibitors' Stands And Poster Boards
- 10:30 - 12:30 Parallel Symposia
- 12:30 - 14:00 Lunch Break
- 14:00 - 15:30 Parallel Symposia
- 15:30 - 16:00 Break - Exhibitors' Stands And Poster Boards
- 16:00 - 17:30 Parallel Symposia
- 17:45 - 18:00 Francine Shapiro Award
- 18:00 - 19:00 Keynote - Luca Ostacoli
- 20:30 Gala Dinner

## Sunday June 25<sup>th</sup>

- 9:15 - 9:30 Faces of memories - EMDR trauma healing in Northern Uganda
- 9:30 - 10:30 Keynote - Jackie June Ter Heide
- 10:30 - 11:00 Break - Exhibitors' Stands And Poster Boards
- 11:00 - 12:30 Parallel Symposia
- 12:30 - 14:00 Lunch Break
- 14:00 - 15:30 Parallel Symposia
- 15:30 - 16:00 Break - Exhibitors' Stands And Poster Boards
- 16:00 - 17:00 Keynote - Isabel Fernandez
- 17:00 - 17:30 Closure

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# Welcome

Dear friends,

Bologna, the city where the first University was founded will be hosting the next EMDR Europe Conference. It is a very symbolic place for us to gather together as a scientific and professional community. Founded in 1088, you can still visit the place of the University, in downtown Bologna. In fact, the word University comes from the word "Universitas", that from that moment through all the Middle Ages defined the group of students who were organized in associations, giving the first structure to undergraduate curriculum. The evolution of this brought us to the modern Universities. In 1732 the University had the first woman among the University chairs, showing already a very inclusive spirit. In 1988, 430 Deans of European Universities signed the Bologna Magna Charta Universitatum Europaeum that gave birth to an integration process of universities in Europe. Now 802 universities from Europe and overseas share the principles of this Charta. The main principles are that education can give a significant contribution to the future of humanity, the need to respect the balance of life and nature, to link education to research, to promote a continuous dialogue among cultures and to create a forum for discussion, cooperation and exchange of knowledge.

The rich history of Bologna and of its university is of great inspiration to our professional community, so it is the best place to hold our European conference in 2023.

The 2023 EMDR Conference will be a Research and Practice Conference, where researchers, clinicians and colleagues coming from many countries in Europe and in the world can gather together and have a deep personal and professional experience.

I am sure that all participants will feel enriched after the three days of attending the Conference and will share positive moments that will be of great benefit to attendees and ultimately their clients.....

**Isabel Fernandez**  
President of EMDR Europe Association



# EMDR Conference Committee (ECC) & Scientific Committee

EMDR Conference Committee (ECC)



Dear all,  
It's been 10 years since I started this challenging task of working on the organization of the EMDR Europe Conferences. It started by chance and it turned into an annual commitment!

As Chair of the EMDR Europe Conference Committee I am pleased to welcome you to the EMDR Europe Research & Practice Conference and I wish you a pleasant stay in Bologna.

**Bruna Maccarrone**  
Chair of EMDR Conference Committee



Isabel Fernandez



Judith Havelka



Olivier Piedfort-Marin



Sofia Mariani



Marian Tobin



Patricia Waaijman

Scientific Committee



Michael Hase



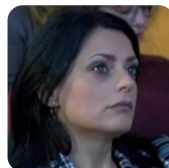
Sara Carletto



Carlijn De Roos



Isabel Fernandez



Alessandra Minelli



Antonio Onofri



Luca Ostacoli



Manuela Spadoni



Paulina Zelviene

# Professional Congress Organizer



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It is one of the world's leading Professional Congress Organizers (PCO) offering a wide portfolio of housing and PCO services from logistics to on-site management and from advanced web solutions to association management.

The team building EMDR 2022 is located in various European countries, and after the great success of EMDR 2019 and 2021, we are very proud and excited to partner with the EMDR Europe Association for this event in 2022.

Staff



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# Keynotes' Abstracts and Biographies

Auditorium 1 - Sala Europa | June 23 | 17:45 - 19:30 (with Opening & Welcome)  
(Translation into Italian - Spanish - French - Polish)



**Boris Cyrulnik** is a renowned French neuropsychiatrist, best known for the development of the concept of resilience, based on Bowlby's research, which he popularized in 22 books and essays in psychology, most of them on resilience after trauma.

He sold about 2,5 million copies with some of his books translated in English, German, Italian, etc. He has also edited 18 professional books.

He was University professor in Mons (Belgium) and holds four titles of Doctorate Honoris Causa in Belgium (Mons and Louvain), Peru (Lima) and Canada (Laval). With his books he received several awards such as the famous "Renaudot Award" in France in 2008, and in 2012 the Award of Human Rights and the Award for best foreign book in Italy.

He has led three missions for UNICEF in Rumania, Bulgaria, and Congo DRC, and 11 governmental missions in psychiatry for the French government. In 2020 he received the title of Commander of the Legion of Honor, one of the highest civil ranking orders in France.

## Biological and cultural narrative of resilience

*Resilience is a process that makes us capable of another kind of development after a trauma. A psycho-ecological perspective of resilience could be described with three sensorial niches. The first sensorial niche takes place in the womb where the mother's stress is transmitted to the fetus by cortisol and catecholamines, consequently, the baby has some factors of vulnerability imprinted in its biological memory. The second sensorial niche lays in the mother's arms where the main figure of attachment is expressed through low frequencies of her voice and eye contacts, a maternal figure may be surrounded with a second parent, once called the "father". The third sensorial niche is rooted in the family's words and its cultural narratives. When the internal working model is congruent with surrounding narratives, the child feels a coherent protective factor. However, when there are discrepancies between these narratives, the child will develop a split-mind which is a factor of vulnerability. It is therefore necessary for clinicians to give up linear explanations and to think in terms of beneficial or harmful integrated causalities.*



**Luca Ostacoli** is a Psychiatrist, Psychotherapist, Head of Psychotraumatology Service at Città della Salute e della Scienza Hospital (Turin), Past Head of the University Clinical Psychology Unit at Sant'Anna Hospital, 2016-2020, San Luigi Hospital, Orbassano, 2000-2016.

President of the Piedmont Section of the Italian Society for Medical Psychotherapy, Past Psycho-Oncology Referent for the Piedmont Regional Oncology Commission.

Training in Psychodynamic Therapy, EMDR Consultant, Sensorimotor Psychotherapy, Mindfulness and Body Centered Therapy.

Full Professor at Turin University in Clinical Psychology, Department of Clinical and Biological Sciences, School of Medicine; teacher at Specialization Schools in Psychiatry, Clinical Psychology, Oncology and at the Degree Course in Medicine and Surgery.

President of Degree Course "Psychiatric Rehabilitation Techniques", President of master's degree course "Science of Rehabilitation", Director of Masters in Psychoncology (2000- 2015) and Clinical Mindfulness (2016-2020).

Leader of workshop in psychotherapy, Integrating EMDR with Mindfulness Based and Body Centered Techniques, in Italy and in many European countries.

Coordinator of the Research Group "Embodied Minds", focused on the Neurobiological effects of Psychotherapy and the development of neurobiological based Psychological Treatments.

Author of more than 50 papers published in International Journals, Coordinator of RCTs and Leader of Turin Unit in Nevermind project, funded by the European Union. Member of the European Depression EMDR Network (EDEN), co-author of the book "The EMDR treatment of Depression", translated in Germany, English and Italian.

In 2018 he received the EMDR International Association Award and in 2019 the Francine Shapiro Award for Research on the Psychotherapeutic Treatment of Depression.

## The treatment of neglect at the core of depression

*Childhood Neglect is associated with the emotion regulation strategies that are most strongly related to depression, like rumination and repetitive negative thinking, social avoidance, difficulties to feel emotions in the body and low persistence of positive experiences; the lack of self-compassion mediates the vulnerability to shame in interpersonal relationships. In simple words, reduced ability to feel alive and to love. The EMDR treatment may be challenging, we must apply an integrated approach. We need to process a relatively small number of crucial episodes but at deeper level, to reach the child's pain, affecting the interpretation of self, others and of the world. We must combine processing with nurturing, helping the person's adult part to take care of the child one. The key words are slowness, space, rhythm, tenderness, emphasis on receptivity and compassion. The most delicate moment, at the top of the ascent towards childhood pain, is the emergence of sadness, the feeling of loss and transformation. A hard law of life states that the basic needs of early childhood, that have not been met, can no longer be recovered, because any attention the person may receive as an adult can never compensate for them. Many of the acts of the "coercion to repeat" arise from this unresolved grief, trying to "get back" what was lost. Paradoxically, we must help the person to feel that sadness, very close to them, not hurry to go over it, supporting the mourning process. The therapist's inner setting is very important: a lot of work can be done inside, especially in those precious moments without words during Bilateral Stimulation, when we are very close to each other, physically and emotionally. We can open our receptivity to the patient's virtual image evoked inside us, containing suffering and transforming it; we can sustain the patient's process with Loving Kindness silent intentions; we can be sensitive to the patient's human positive qualities, letting us be nurtured by them, with the Loving Presence approach. This connection with the deprived child part is one of the deepest we can have in our therapist's life; when transformation takes place, session after session, we are enriched too; we feel grateful towards the patients and our awareness of human value increases.*





**Jackie June ter Heide** trained as a clinical psychologist at Leiden University, the Netherlands, and as a theologian at Cambridge University, UK. She currently works as a therapist at ARQ Centrum'45, an institute for patients suffering from complex psychotrauma in the Amsterdam area, the Netherlands. There she specializes in treatment of profession-related PTSD and moral injury.

Jackie June is an EMDR Europe practitioner as well as an EMDR supervisor in training, and completed a PhD comparing the safety and efficacy of EMDR therapy and stabilization in refugees with PTSD. In addition, she is a senior researcher and coordinator of the ARQ research track on complex trauma.

Jackie June has published on numerous topics including EMDR therapy for refugees, Complex PTSD, the dissociative subtype, moral injury and treatment of police officers. She is currently head researcher of several studies on moral injury in military veterans funded by the Netherlands Veterans Institute.

Jackie June is a member of the editorial board of the European Journal of Psychotraumatology and a guest editor of a special issue on emerging treatments for moral injury of *Frontiers in Psychiatry*. When off work, she enjoys creative writing and has published several essays and short stories.

## EMDR treatment for moral injury

*Background and aims: Some professionals, such as military service members or first responders, deal with morally challenging situations on a day-to-day basis. Moral injury is a relatively new concept that refers to the psychosocial consequences of involvement in high stakes situations where moral beliefs and expectations are transgressed. Following such situations, people may experience a strong dissonance between their moral convictions and the reality of their experience, resulting in negative beliefs about themselves, others and the world; strong feelings of guilt and shame; social withdrawal; PTSD-symptoms such as recurrent nightmares; and self-defeating behaviour. In order to help patients live with their experiences of moral injury, EMDR therapy may be helpful. It may be used to adjust inaccurate cognitions about the event (such as hindsight bias or overestimation of guilt) or broader negative attributions (such as perceiving oneself as worthless or bad). To that end, case conceptualisation, cognitive interweaves and future templates may be employed that focus specifically on moral injury. In addition, EMDR therapy may need to be embedded in a broader therapeutic framework that encompasses other techniques to help patients heal from moral injury, including interventions based on imaginary exposure, cognitive therapy, and acceptance and commitment therapy (ACT). The aim of this keynote is to acquaint EMDR therapists with the concept of moral injury and with EMDR interventions as well as other therapeutic interventions that may help patients heal from moral injury.*

*Methods: Moral injury and its treatment are discussed using clinical case examples, research and video material.*

### Learning Objectives

1. Are familiar with the concept of moral injury, especially in patients who work in high stakes professions.
2. Know how to focus their EMDR case conceptualization, cognitive interweaves and future templates on healing moral injury.
3. Know which additional interventions may be offered to help patients heal from moral injury.



**Isabel Fernandez** is a clinical psychologist working in Milan. She has been trained in Cognitive Behavioural Therapy and has been on the faculty of the Italian School of Cognitive Behavior for 18 years, providing specialization training in psychotherapy. She has worked as a consultant psychologist at the psychiatric ward of Niguarda Hospital, conducting clinical research projects. Currently, she is Director of the Psychotraumatology Research Center of Milan and has published many papers, articles and books on trauma, EMDR and other topics. She is chairman of the Italian EMDR Association and President of EMDR Europe Association and a member of the Board of Directors of the Italian Federation of Scientific Psychological Societies. She has been a member of the Standing Committee Trauma and Disasters and the Board Prevention and Intervention (of the European Federation Psychological Associations) from 2005 to 2014.

She has organized interventions with EMDR in mass disasters and has worked in cooperation with Civil Defense, Military, Law enforcement officers and Fireworkers to provide psychological support and trauma treatment for emergency workers. She trains graduates students and clinicians in trauma, EMDR and crisis intervention in Italy and Spain. She has made research and published on Post-traumatic stress reactions in children and adults in emergency settings and mass disasters.

In 2019 awarded with the title of Knight Commander by the President of Italy, for her contribution to society, public health and for the Early interventions in the aftermath of mass disasters of EMDR Italy Association.

## Our journey with EMDR therapy as individuals and as an EMDR Association...

*The development of EMDR therapy in Europe has been an important journey to all those that have been involved personally but also as a community. This journey has reached every day many populations and thousands of clients and clinicians. It has been and continues to be always a process full of challenges and discovery at the same time. This is what we experience every time we do an EMDR session or an EMDR training or when we share experiences or research findings in our EMDR community.*

*The significant growth of EMDR therapy has opened many doors and has taken EMDR to be a well established treatment, recognized and incorporated at an institutional level in many countries. It has been the result of big efforts of many people with a great vision over 24 years. This has made us aware that the need for EMDR therapy is huge, but at the same time National Associations and clinicians have taken the responsibility to respond to this need.*

*In the last 8 years this process has been very evident to me, as President of EMDR Europe Association. Since my first encounter with EMDR in 1997, I have witnessed the fascinating and successful journey of this therapy that is still bringing endless wonders to our field and to me personally. I firmly believe that our history and our structure will be the secure base to further growth, innovations and development. Research, advocacy and networking, new applications that we cannot even foresee now and a high position of EMDR therapy in the field of mental health is what the future will hold for EMDR. During the presentation I will retrace the main stages of my experience accompanying the evolution of EMDR Europe Association...*

*Keeping in mind that a long journey starts with a single step, as EMDR Europe we have chosen to take one step at a time, consistently and all together. This is what needs to keep guiding us for our future, as the journey of EMDR will continue...*



4,9 Excellent



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# Pre-Conference Workshops

## Abstracts and Biographies

### Schedule

9:00 - 10:30	Part I
10:30 - 11:00	Coffee Break
11:00 - 12:30	Part II
12:30 - 14:00	Lunch Break
14:00 - 15:30	Part III
15:30 - 16:00	Coffee Break
16:00 - 17:30	Part IV



Workshop from 2022 Conference in Valencia



**Steven Marcus** received his EMDR Training from Dr. Shapiro in 1992. Soon after he became an EMDR Institute Facilitator assisting at EMDR Trainings. Dr. Marcus is a charter member of EMDRIA and is an EMDRIA Approved Consultant and an EMDRIA Certified Therapist.

Dr. Marcus was the lead author on the 1997 & 2004 randomized controlled studies of EMDR Treatment of PTSD in an HMO Setting. In 2008 Dr. Marcus randomized controlled study Phase 1 of Integrated EMDR: An Abortive Treatment for Migraine Headaches was published in the Journal of EMDR Research and Practice.

Dr. Marcus has presented workshops in How to Treat Headaches with EMDR in Australia, Belgium, Canada, France, Germany, Israel, Netherlands, Turkey, UK and the USA. Dr. Marcus was on the staff of Kaiser Hospital Psychiatry Dept. for 25 years, specializing in anxiety disorders, trauma, occupational problems, chemical dependency, stress reduction. Dr. Marcus now is in private practice in Los Altos Ca. treating anxiety disorders, trauma, occupational problems, insomnia and headaches.

## Treating Headaches with EMDR Therapy

*Headaches are the most common form of pain reported to medical professionals. Ninety percent of the European and American public gets occasional headaches. An estimated 45 million Americans have severe reoccurring headaches. Up until now the primary treatment for headaches has been pharmaceuticals. This workshop seeks to familiarize you with a successful, safe, natural, non-medication alternative for the treatment of headaches that utilizes EMDR Therapy. This workshop will employ lecture, demonstration and practice of an integrated EMDR approach to headache treatment.*

*Objectives include: Overview of Dr. Marcus' Migraine Research, overview of headache pathophysiology, headache trigger identification, headache threshold theory, Summary of the 4 Stages of Migraine, understanding the role of Adaptive Information Processing for headache treatment. Live Practice of acute headache treatment, Overview of multi-session headache treatment. This workshop is for trained EMDR practitioners but previous experience in headache treatment is not required.*

### Learning Objectives

1. Identify the 4 Stages of Migraine and how this can benefit your clients.
2. Identify 6 Headache provoking triggers for headache prevention.
3. Compare benefits of natural EMDR Headache Treatment vs. Medications.
4. Identify the 3 essential elements of an Integrated EMDR approach for stopping an acute migraine or tension headache.
5. Practicum: Learn to stop an Acute Migraine Headache in your office.
6. Overview Protocol for Multi-Session Headache Treatment.
7. How to treat a headache during any of the 8 phases of the Standard EMDR Protocol.



**Deany Laliotis** is an international trainer, consultant, and psychotherapist who teaches EMDR therapy using a relational approach to treating developmental trauma. Currently, Deany is the Founder and Director of The Center for Excellence in EMDR Therapy which offers intensive training from the Basic to Master courses. As Director of Training for EMDR Institute for many years, Deany worked closely with Francine Shapiro as EMDR evolved to become a more comprehensive psychotherapy approach. Deany was awarded the Francine Shapiro Award for Outstanding Service and Clinical Excellence by the EMDRIA in 2015. She is currently the co-chair of the Council of Scholars, an international think tank of EMDR thought leaders who are devoted to ensuring the future of EMDR therapy. She has authored and co-authored several book chapters and articles on EMDR and is currently writing her own book. She lives in Washington, DC with her husband and EMDR trainer, Dan Merlis.

## Using Interweaves to Treat Complex Trauma

*We were all taught in our basic training and supervision: “Stay out of the way! Trust the client!” But what if the client’s system is too compromised from all the traumas they’ve endured? What if there’s too much missing developmentally? What if the client’s adaptations get in the way of reprocessing?*

*Staying out of the way IS important, but it’s not sufficient. With clients who have been severely hurt from their earliest moments, we need to know how and when to facilitate the client’s reprocessing experience, not only when they’re stuck, but also to help repair and correct early attachment wounds. This workshop is about how and when to use the Clinical Interweave Categories (CICs) developed by Deany Laliotis and Debbie Korn, using the AIP conceptualization of the case to help inform the moment to moment unfolding of the reprocessing session. You will walk away with a clear map to guide your sessions, not only bringing them to resolution, but helping your clients grow and change beyond symptom relief, transforming their sense of self as well as their relationships with others.*



**Carlijn De Roos** is a clinical psychologist, psychotherapist and researcher, currently working at a center for child and youth psychiatry (Levvel) and the Amsterdam University Medical Center in Amsterdam, the Netherlands. She is a senior EMDR Europe approved Child & Adolescent Trainer. Together with Renée Beer she developed the Child & Adolescent EMDR training in the Netherlands and delivered EMDR training and presentations nationally and internationally. Carlijn is specialised in the treatment of infants, children, adolescents and adults with trauma-related disorders and persistent physical symptoms. She conducted and participated in several RCT's to investigate the efficacy of EMDR and trauma-focused CBT for traumatized children and adolescents and wrote her dissertation on this topic. Furthermore she is chair of the EMDR Europe child and adolescent committee and member of several the scientific committees.

**Renee Beer** is a clinical psychologist and a cognitive behavior therapist. She is a senior EMDR child & adolescent (c&a) trainer and has delivered many EMDR trainings and presentations in several countries within and outside of Europe. She is also accredited as trainer in Trauma-Focused Cognitive Behavioral Therapy and she likes exploring and exchanging how the best of different worlds can(not) be combined. She is chair of the EMDR Europe c&a trainers and an active member of the Global Child EMDR Alliance, that organized the first online World Congress on EMDR with c&a in 2021. She produced various publications on EMDR with c&a, including a Handbook for EMDR with children and adolescents (2017), edited in collaboration with Carlijn de Roos, written in Dutch. They are now preparing a Handbook for EMDR with c&a in English, that will be published by Oxford University Press. This will be a sequel to the Oxford Press EMDR Handbook, that includes a child & adolescent section, for which she co-authored 2 chapters.

## EMDR Storytelling: conceptual considerations, research findings and treatment aspects

*EMDR storytelling, originated by Joan Lovett (1999) and elaborated later by several EMDR C&A trainers and specialists, is an adaptation of the standard protocol. It is a procedure, created to make EMDR therapy possible for children and adults with mental retardation who have symptoms related to exposure to traumatic events in the preverbal phase or for those who have no verbal access to relevant memories. They cannot activate these memories directly because they have no narrative. Therefore, their symptom-related unprocessed memories are activated and desensitized via a narrative of the parents/caregivers. The first part of the workshop will cover the meaning and function of the narrative in several therapy-forms and compare these. Some criteria will be proposed which can be helpful to coach parents/caregivers in writing an adequate story for EMDR therapy of their child. In the second part, the focus will be on 'lessons learned' from research findings regarding the efficacy of EMDR in young children (aged 0-8 years). Results of a new study will be presented, using EMDR-storytelling in young children with PTSD, aged 1.5-8 years old. In the third part of the workshop specifics of the use of EMDR storytelling in combination with the standard protocol for children aged 4-18 year with symptoms related to preverbal memories, will be discussed and practiced.*



**Susan Darker-Smith** is the clinical director of the Child Trauma Therapy Centre and a Senior Europe Accredited EMDR Child & Adolescent Trainer. She is a founding Trustee of the Trauma Response Network UK, a charity set up to deliver pro bono emergency EMDR therapy to those affected by mass trauma in the UK as well as being a founding member of the Global Child-EMDR Alliance, a non-profit set up during the Covid pandemic to provide support and free resources to EMDR therapists working with children and families. She has presented both nationally and internationally in the field of EMDR and Children and has co-written a chapter on Neurodiversity-Affirming EMDR Therapy for children with Autism and ADHD in the Oxford Press EMDR Handbook. She is a passionate advocate for modifying EMDR to fit the needs of the child whilst remaining true to the standard protocol (the heart of EMDR).

## EMDR within the Spectrum : Neuro-divergent Affirming EMDR modifications for Children with Autism and ADHD

*Autistic and ADHD children have many strengths which can often benefit society, despite the equal challenges that may be experienced by neurodiverse children trying to navigate a neurotypical social world. Where neurodiverse children experience trauma, therapists need to be neurodiverse-aware and affirming in order to create a positive emotional connection with their client, in which the client feels seen, heard, and valued. In EMDR processing, the neurodiverse child may need additional modifications to the standard EMDR protocol to help make EMDR more accessible, to help them self-regulate in ways which are sensitive to their neurodiversity, and to help the experience of unpredictable emotions become tolerable. The child's neurodiversity can be utilised (with or without the storytelling method) as a unique opportunity for resourcing, the use of an extended preparation phase may help the child manage trait anxiety and the modification of EMDR to take into account the child's strengths as well as their challenges (e.g. making EMDR more novel and breaking sessions into shorter sections for the child with ADHD; utilising the storytelling method for children with Autism to help create momentum in the processing) is a necessary adaptation for engaging neurodivergent children in therapy.*



# Schedule

Friday, June 23 2023

Auditorium 1 - Europa

**Session Name** Opening & Welcome

**Time** 17:45 - 18:15

**Speaker** Isabel Fernandez

**Session Name** Keynote

**Time** 18:15 - 19:30

**Title** Biological and cultural narrative of resilience

**Speaker** Boris Cyrulnik

<b>Session Name</b>	<b>EMDR Therapy in Group Settings</b>
<b>Time</b>	9:00 - 10:00
<b>Abstract Title</b>	<b>EMDR group intervention in an outpatient randomized and hospital setting: implementation and effects of "G-TEP"</b>
<b>Speaker</b>	Markus Stingl, Madeleine Hemmerde
<b>Abstract Title</b>	<b>Online EMDR Group Psychotherapy</b>
<b>Speaker</b>	Andre Monteiro
<b>Session Name</b>	<b>Theoretical and Neurophysiological Evidence of EMDR Therapy</b>
<b>Time</b>	10:30 -12:30
<b>Abstract Title</b>	<b>Preliminary neurophysiological evidences of attachment and the role of EMDR in the treatment of ANOREXIA NERVOSA</b>
<b>Speaker</b>	Renata Del Giudice
<b>Abstract Title</b>	<b>A biologically inspired neural network model to gain insight into the mechanisms of Post-Traumatic Stress Disorder and Eye Movement Desensitization and Reprocessing therapy</b>
<b>Speaker</b>	Marco Pagani
<b>Session Name</b>	<b>EMDR in Somatic Disorders</b>
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	<b>Post-traumatic stress disorder among healthcare workers during the COVID-19 pandemic in Italy: Effectiveness of an eye movement desensitization and reprocessing intervention protocol</b>
<b>Speaker</b>	Eugenio Gallina
<b>Abstract Title</b>	<b>A randomized controlled trial of Eye Movement Desensitization and Reprocessing (EMDR) in the treatment of fibromyalgia</b>
<b>Speaker</b>	Zeynep Zat Çiftçi
<b>Session Name</b>	<b>EMDR and emotional processing: Working with emotionally disconnected patients</b>
<b>Time</b>	16:00 - 17:30
<b>Abstract Title</b>	<b>EMDR and emotional processing: Working with emotionally disconnected patients</b>
<b>Speaker</b>	Anabel Gonzalez
<b>Session Name</b>	<b>Keynote</b>
<b>Time</b>	18:00 - 19:00
<b>Title</b>	<b>The treatment of neglect at the core of depression</b>
<b>Speaker</b>	Luca Ostacoli

**Session Name** EMDR Therapy for Children and Adolescents

**Time** 9:00 - 10:00

**Abstract Title** Treatment Evaluation of the Trauma Management Protocol (EMDR-TMP) for Complex-traumatized Children.

**Speaker** Melitta Schneider

**Abstract Title** Parent-Child EMDR protocol for infants and young children

**Speaker** Arianne Struik, Gerinda van Haaften, Anja Dumoulin

**Abstract Title** Overcoming children's barriers to engage in EMDR with the Sleeping Dogs method

**Speaker** Arianne Struik

**Session Name** Childhood Trauma and Systemic Aspects

**Time** 10:30 -12:30

**Abstract Title** Affect Focused EMDR for Childhood Trauma

**Speaker** Ludwig Cornil, Olivier Van Limbergen

**Abstract Title** EMDR and Systemic Model in ITVT (Integrated Treatment with Variable Team)

**Speaker** Luisa Morassi, Tiziana Sotgia

**Session Name** The Therapeutic Relationship in EMDR Therapy

**Time** 14:00 - 15:30

**Abstract Title** The Therapeutic Relationship in EMDR Therapy

**Speaker** Michael Hase, Roger Solomn

**Session Name** Controlled Research - New Data

**Time** 16:00 - 17:30

**Abstract Title** EMDR Treatment of Deviant Arousal in Exhibitionistic Disorder: Preliminary Results of a Randomized Controlled Trial

**Speaker** Nina Ten Hoor

**Abstract Title** Traumatic maternity birth experience and early EMDR: Observational study and follow-up of 9 patients

**Speaker** Dominique Merg Essadi

<b>Session Name</b>	<b>EMDR-Integrative Group Treatment Protocol (IGTP) with Ukraine War Survivors: An Interpretative Phenomenological Analysis</b>
<b>Time</b>	9:00 -10:00
<b>Abstract Title</b>	<b>EMDR-Integrative Group Treatment Protocol (IGTP) with Ukraine War Survivors: An Interpretative Phenomenological Analysis</b>
<b>Speaker</b>	Sabrina Mahmood
<b>Session Name</b>	<b>Researchers meeting</b>
<b>Time</b>	10:30 - 12:30
<b>Session Name</b>	<b>EMDR Research: Current activities and scientific developments</b>
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	<b>EMDR Research: Current activities and scientific developments</b>
<b>Speaker</b>	Jonas Tesarz
<b>Session Name</b>	<b>EMDR Therapy: Different Research fields and populations</b>
<b>Time</b>	16:00 - 17:30
<b>Abstract Title</b>	<b>Diversity and Transgender in EMDR Therapy</b>
<b>Speaker</b>	Karsten Böhm
<b>Abstract Title</b>	<b>EMDR in pediatric oncology: comparison between EMDR and standard psychotherapy in pediatric patients, siblings and caregivers</b>
<b>Speaker</b>	Sabrina Ciappina

**Session Name** EMDR Therapy and Special Conditions

**Time** 9:00 -10:00

**Abstract Title** Tourette & Trauma

**Speaker** Diomira Neri

**Abstract Title** EMDR Safety Platform group protocol: self-regulation and emotional processing with perpetrators in domestic violence

**Speaker** Maria Aparecida Junqueira Zampieri

**Session Name** EMDR Therapy and Eating Disorder

**Time** 10:30 -12:30

**Abstract Title** EMDR versus Cognitive-Behavioral Therapy (CBT) in patients with ANOREXIA NERVOSA: theoretical premises, research design, and preliminary results of a randomized clinical trial

**Speaker** Simona Anselmetti

**Abstract Title** Elucidating the longitudinal interplay of childhood trauma and emotion dysregulation in the treatment of Anorexia Nervosa: a one-year follow-up study

**Speaker** Eleonora Rossi

**Abstract Title** Impact of traumatic experience and effectiveness of CBT-Eb plus EMDR versus CBT-Eb efficacy in patients with eating disorders. An explorative comparative randomized clinical trial

**Speaker** Mariaelena Bertani

**Abstract Title** Early stages of Eye Movement Desensitization and Reprocessing (EMDR) and Psychodynamic psychotherapy in patients with eating disorders: a preliminary analysis

**Speaker** Marina Balbo

**Session Name** A journey from loneliness to belonging: EMDR multi-sessions group therapy for victims of sexual assault

**Time** 14:00 - 15:30

**Abstract Title** A journey from loneliness to belonging: EMDR multi-sessions group therapy for victims of sexual assault

**Speaker** Dorit Seal

**Session Name** EMDR Therapy: from pregnancy to childhood

**Time** 16:00 - 17:30

**Abstract Title** Primary Prevention: Utilizing EMDR Therapy During Pregnancy

**Speaker** Mara Tesler Stein

**Abstract Title** Creative Approaches for EMDR across the Child Lifespan

**Speaker** Ann Beckley-Forest, Annie J. Monaco, Susan Darker-Smith

<b>Session Name</b>	<b>Keynote</b>
<b>Time</b>	9:30 - 10:30
<b>Title</b>	<b>EMDR treatment for moral injury</b>
<b>Speaker</b>	Jackie June Ter Heide

<b>Session Name</b>	<b>EMDR and Mood Disorders: neurobiological and clinical aspects</b>
<b>Time</b>	11:00 - 12:30
<b>Abstract Title</b>	<b>EMDR and Mood Disorders: neurobiological and clinical aspects</b>
<b>Speaker</b>	Sara Carletto

<b>Session Name</b>	<b>ROUND TABLE - Learn from the past - notice the present - desire the future of EMDR.</b>
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	<b>ROUND TABLE - Learn from the past - notice the present - desire the future of EMDR.</b>
<b>Speaker</b>	Richard Mitchell, Roger Solomon, Eleonora Rossi

<b>Session Name</b>	<b>Keynote</b>
<b>Time</b>	16:00 - 17:00
<b>Title</b>	<b>Our journey with EMDR therapy as individuals and as an EMDR Association...</b>
<b>Speaker</b>	Isabel Fernandez

<b>Session Name</b>	Understanding EMDR therapy as a Transdiagnostic Approach.
<b>Time</b>	11:00 - 12:30
<b>Abstract Title</b>	Understanding EMDR therapy as a Transdiagnostic Approach.
<b>Speaker</b>	Sarah Dominguez

<b>Session Name</b>	Mechanisms of attachment and trauma. Clinical and neurobiological considerations for EMDR treatment of eating disorders
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	Mechanisms of attachment and trauma. Clinical and neurobiological considerations for EMDR treatment of eating disorders
<b>Speaker</b>	Cristina Civilotti

<b>Session Name</b>	<b>EMDR Therapy - Healing and Wellbeing</b>
<b>Time</b>	11:00 - 12:30
<b>Abstract Title</b>	<b>Transformative procedures to accelerate healing in EMDR processing</b>
<b>Speaker</b>	Keren Mintz Malchi
<b>Abstract Title</b>	<b>The Use of EMDR Self-help Techniques in Enhancing Psychological Wellbeing: A Study on the Efficacy of EMDR Self-help Techniques</b>
<b>Speaker</b>	Ahdiyeh Akbari

<b>Session Name</b>	<b>Psychological trauma: From research to clinical practice: the experience in the AUSL of Piacenza</b>
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	<b>Psychological trauma: From research to clinical practice: the experience in the AUSL of Piacenza</b>
<b>Speaker</b>	Michela Monfredo



<b>Session Name</b>	<b>Circular EMDR Epistemological validity of the EMDR approach and its possible extension to the use of the sleeping brain data</b>
<b>Time</b>	11:00 - 12:30
<b>Abstract Title</b>	<b>Circular EMDR Epistemological validity of the EMDR approach and its possible extension to the use of the sleeping brain data</b>
<b>Speaker</b>	Enrico Zaccagnini
<b>Session Name</b>	<b>WorldPsychologists Organization, how to set up an NGO in times of war.</b>
<b>Time</b>	14:00 - 15:30
<b>Abstract Title</b>	<b>WorldPsychologists Organization, how to set up an NGO in times of war.</b>
<b>Speaker</b>	Gea Dunnik, Wendy Weijts

## Important Information: Access and Seat Availability

To make sure to secure a seat, we recommend you come early to the room.

Access to the symposia will be granted to those who have selected the symposium. To verify your selection, we kindly ask you to have your badge scanned upon entry. CPD credits and Certificate of Attendance are provided only when you scan your badge.

If you selected a symposium that is at full capacity (no more seats are available), we kindly suggest the following options:

- Check if it is live-streamed in the overflow room.
- Explore alternative symposia through our Mobile App.

Please remember that all symposia will be recorded and made available for replay on the Virtual Platform until October 31, 2023,

Leslie Pertz  
LMSW, PMH-C, NIC  
EMDR Approved Consultant



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# Conference Information

## General Information

The Conference opens on June 23<sup>rd</sup>

- Check-in from 14:00 to 17:45\*
- Keynote from 17:45 to 19:30
- June 24<sup>th</sup> from 8:15 to 19:15
- June 25<sup>th</sup> from 8:15 to 17:30

\*If you attend the trainers & consultants' day and/or the pre-conference workshop, please check the corresponding section below. You will need to check-in prior to the conference opening.

The programme is available on the Mobile App and on the Website. The conference is based upon a series of symposia and will include four keynote speakers.

The registration is for the entire conference. However it does not include the Trainers & Consultants sessions nor the pre-conference workshops nor the lunch and dinner.

## Trainers Day

It is scheduled to take place on June 22<sup>nd</sup> from 9:00 to 16:30 in the Bologna Congress Center.

Meeting Room: Auditorium 4 - Sala Emilia

Registration: Please come to the registration desk from 8:15 on Thursday June 22<sup>nd</sup> to pick-up your badge.

## Consultants Day

It is scheduled to take place on June 22<sup>nd</sup> from 14:00 to 17:30 in the Bologna Congress Center.

Meeting Room: Auditorium 2 - Ex Gam

Registration: Please come to the registration desk from 11:00 on Thursday June 22<sup>nd</sup> to pick-up your badge.

## Pre-Conference Workshop

It is scheduled to take place on June 23<sup>rd</sup> from 9:00 to 17:30 in the Bologna Congress Center.

Meeting Rooms: 3 workshops in Auditorium 1 - Sala Europa, Auditorium 2 - Ex Gam, Auditorium 3 - Sala Italia

Registration: Please come to the registration desk from 8:15 on Friday June 23<sup>rd</sup> to pick-up your badge.

## Conference Venue

The location of the conference is the "Palazzo dei Congressi" (Bologna Congress Center).

Piazza della Costituzione, 4  
40128 Bologna BO, Italy  
Tel: +39 051 637 5111

Access to the Venue is facilitated by public transport.

- Bus lines: 28, 35, 38 and 39 from the city center and the railway station.
- Over 800 taxis and rental services with driver.

The Venue is located only 7 km from Bologna International Airport (around 10 minutes | Taxi fare is around € 15)

## Registration Desk

The registration desk is located at the ground floor of the Conference Center in the front of the main entrance.

You can use the Mobile App and the Event Check-In option by scanning the QR Code on the Welcome board. Your name badge will be automatically printed and ready for you to collect at the Registration desk (express lane).

## Information Desk

An information desk is available next to the registration desk during the whole conference for any questions you may have.

## Exhibition Area

- 23 June Friday 08:15 to 20:00
- 24 June Saturday 08:15 to 19:00
- 25 June Sunday 08:15 to 16:00

## Researchers Meeting

### State of the Art of EMDR research in Europe

It is scheduled to take place on June 24th from 10:30 to 12:30 in the Auditorium 3 - Sala Italia. This meeting is open to all participants registered to the Conference.

## Round Table

### Learn from the past - notice the present - desire the future of EMDR

It is scheduled to take place on June 25th from 14:00 to 15:30 in the Auditorium 1 - Sala Europa. This Round Table is open to all participants registered to the Conference.

## Conference Language

The official conference language is English. Main lectures (keynotes and symposia in Auditorium 1 - Sala Europa) will be translated into Italian, French, Spanish and Polish.

Symposia in Auditorium 2 - Ex Gam will be translated into Italian and Spanish.

Headphones for Interpretation will be available for Auditoriums 1 and 2. The pickup point is close to the registration area.

## Name Badge

You will receive your badge during the registration process. It will give you access to the different events. In order to grant each participant the right credit hour, your badge will be scanned at the entrance of every room.

Please wear your name badge during the whole event (including the Gala Dinner). Please make sure to pick up the badge for the accompanying person as well.

## Certificate of attendance and credit hours

Certificate of attendance will be sent by mail. The EMDR Europe conference will be awarded 16 credits to participants who scanned their badge at the entrance of each symposia. You need to attend the whole conference in order to get the Certificate of attendance and the credits.

## Responsibility and Insurance

It is strongly recommended that participants take out insurance to cover loss (including registration fees) incurred in the event of cancellation, medical expenses and loss of personal effects. The Congress Organizer will not accept liability for personal injuries or for loss or damage to property belonging to participants, either during or as a result of the event.

## WIFI

WIFI Network Name (SSID): EMDR  
Password: Emr2023

## Bologna Description

One of the best preserved medieval historic centers in the world, a city rich in culture, art and with an incomparable gastronomic tradition. Bologna has a reputation for being a foodie's paradise. It is the capital of the Emilia-Romagna region, home to some of the most famous pasta dishes, as well as meat, cheese and wine specialties. But there are also plenty of historical and cultural sights - one of which is the arcades from the Middle Ages, which have an impressive length of 38 kilometers and are listed as a UNESCO World Heritage Site. For more information, please visit the Official Tourist Information Site of Bologna.

## Return your Lanyard

Attendees, who will be leaving on their last day of the conference, will have the option to return their badge and lanyard. The collected lanyards will be repurposed and badges recycled. The collection place of lanyards and badges will be at the registration desk.

## Lost & Found

It's always upsetting to lose something, which is why we kindly ask you to drop by the Help Desk in case you found what looks like a lost item. We'll collect the found objects.

## Venue Accessibility & Mobility Assistance

The Venue is accessible for people using a wheelchair. Elevators and disability toilets are available. If you need assistance while visiting EMDR 2023, please contact a member of the Kuoni Tumlare staff at the registration desks on-site.

# Welcome Cocktail, Gala Dinner & Restaurants

## Welcome Cocktail

The Welcome Cocktail is included if you selected it during the registration process and therefore free of charge.

Date: Friday 23rd June

Time: 19h30 after the Conference Opening

Where: Palazzo dei Congressi (congress venue)

## Gala Dinner

The Gala Dinner will take place on June 24th from 20h30 at Palazzo Re Enzo.

Address: Piazza del Nettuno, 1/C  
40125 Bologna, Italy

Only participants who bought a ticket can attend this event. This event is sold out. Please note that no transfers will be organized from the Congress Venue. We suggest you take public transportation to reach the Gala Dinner Venue.

## Suggestions for Lunch

### Il Bolognese Restaurant by “UNA cucina”

The a la carte menu of the Bolognese Bar & Restaurant by “UNA Cucina”, with a wide selection of Italian and regional dishes, and its drink list are able to satisfy every type of taste.

Piazza della Costituzione, 1, 40128 Bologna BO, Italy

+39 051 416 66

### Doppio Malto Bologna Stalingrado

In addition to the eighteen artisanal labels of its own production, which have collected over 100 international awards over the years, this brewery offers dishes such as grilled meats, burgers, pizza, salad and homemade desserts.

Via Stalingrado, 42, 40128 Bologna BO, Italy

+39 051 089 0155

### La Porta Cafè

Perfect for a light, healthy and fresh lunch.

Piazza Sergio Vieira de Mello, 3/2a, 40128 Bologna BO, Italy

+39 051 415 3259

### Pizzeria Pantera Rosa

Great place to eat pizza. It offers a great choice of toppings in a friendly atmosphere.

Via Cleto Tomba, 14a, 40127 Bologna BO, Italy

+39 051 587 0544

### Roadhouse Restaurant Bologna Stalingrado

This steakhouse restaurant offers a selection of grilled cuts of meat.

Via Stalingrado, 40, 40128 Bologna BO, Italy

+39 051 631 1705

### AC Hotel Bologna Lounge Bar

AC Bologna Hotel's AC Bar has a varied range of dishes available to guests including salads and snacks based on Bologna culinary traditions using fresh ingredients.

Via Sebastiano Serlio, 28, 40128 Bologna BO, Italy

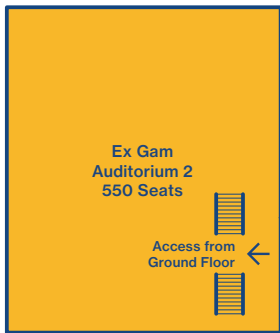
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# Floor Plan

## Ground Floor

### Exhibition Area

- 1 EMDR Europe Association
- 2 EMDR Italy Association
- 3 EMDR Kit
- 4 Wisepress
- 5 bilateralstimulation.io
- 6 Libreria Aleph



## First Floor

# Posters Section

## **Alix Lavandier**

Complex Post Traumatic Stress Disorder and EMDR: guidelines and recommendations for clinical practice

## **Fabio D'Antoni**

Cost-effectiveness of EMDR in primary care settings

## **Cindy Palen**

Effectiveness of the Use of Eye Movement Desensitization and Reprocessing Derived Protocols for Stabilization and Early Intervention during Wartime in Ukraine

## **Paola Lombardo**

EMDR and pediatric DEA: report of a single integrated intervention and on the family system involved in the traumatic event

## **Elisa Faretta**

EMDR and psychosomatic: the dialogue between mind and body

## **Alicia Valiente Gómez**

EMDR and Trauma Research Projects in the Centro Fórum Research Unit in Barcelona, Spain

## **Maria Aparecida Junqueira Zampieri**

EMDR Safety Platform group protocol: self-regulation and emotional processing with perpetrators in domestic violence

## **Alessia Incerti**

EMDR for Clients with Multiple Sclerosis in Comorbidity with Depression: A Pilot Study

## **Paola Lombardo**

EMDR in in utero deaths: hospital intervention protocol

## **Cristina Civilotti**

EMDR in the treatment of anorexia nervosa through the lens of attachment wounds: preliminary results using the Adult Attachment Interview

## **Olivier Sorel**

EMDR therapy to tspt-c patients, using "villa": conceptualisation and shifting.

## **Alizée Pann**

EMDR treatment for patients with comorbid epilepsy of brain-tumor

## **Gabriella Giovannozzi**

EMDR: From technique to approach  
Some fundamental principles of EMDR innovative approach and their clinical impact

## **Maria Pia Martinelli**

Evaluation of the effectiveness of Eye Movement Desensitization and Reprocessing Integrative Group Treatment Protocol (EMDR-IGTP) in breast cancer patients undergoing adjuvant or neoadjuvant chemotherapy

## **Hasina Andrianarivony Bakohariliva**

First experience of EMDR therapy in minors victim of sexual assault in Mahajanga Madagascar

## **Safa Kemal Kaptan**

Group EMDR Therapy; Different Protocols Different Populations



## **Carol Royle**

Investigating Anxiety in Highly Trained and Elite Cyclists

## **Zeynep Zat Çiftçi**

Investigation the Effectiveness of EMDR-Focused Intervention Program: Increasing Self-Regulated Learning on Self-Regulated Learning and Trauma Symptoms of University Students with Traumatic Academic Life Experiences

## **Susana Lopez Roque**

Mental health benefits of a 1-week intensive multimodal group program for adolescents with multiple adverse childhood experiences

## **Paola Lombardo**

Psychological intervention with EMDR in NICU (Neonatal Intensive Care Unit): report of a neonatal death

## **Paola Lombardo**

Psychological intervention with EMDR techniques on a case of brain death and subsequent organ donation.

## **Cécile Bizouerne**

Scaling up EMDR-based treatment access in LMIC for persons in distress in humanitarian settings

## **Ilaria Binello**

The contribution of EMDR in a case of cognitive giftedness

## **Eugenio Gallina**

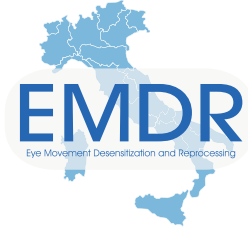
The psychological impact of the COVID emergency on Italian nursing homes staff and the effectiveness of eye movement desensitization and reprocessing

## **Raul Bartozzi**

The somatic avoidant dysregulation

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# Keynote Speakers



## **Bethany Brand**

Guiding Dissociative Clients to Find Solid Ground



## **Gus Murray**

Healing the Legacy of Transgenerational Trauma  
with EMDR Therapy



## **Michael Paterson**

Sink or swim - a lived experience of the Northern  
Ireland conflict



# The Convention Center Dublin

Spencer Dock, North Wall Quay,  
Dublin 1, D01 T1W6, Ireland