

EMDR for clients with autism, a world to win!

Esther Leuning

In this workshop we will take the time to reflect on the special features that therapists encounter in the EMDR treatment of clients with autism. The workshop will consist of:

- A theoretical introduction to our scientific knowledge about autism and (sexual) trauma, both in terms of diagnosis and treatment
- An overview of the most important difficulties in EMDR treatment such as: tuning in to the client's communication problems, the lack of imagination, the delayed information processing, problems with choosing the distracting stimulus, the inability to verbalize physical sensations and feelings
- An overview of the most important solutions found for the above problems
- Deeper insight into the recent EYE-catcher research by Esther Leuning et al. (2023) regarding EMDR for daily stress and confusion in young people with autism
- Case conceptualizations and framework applications for specific EMDR cases
- Practical applications of the EYE-catcher model in practice

Workshop participants are kindly invited to provide input. E.g. by asking questions about a challenging case. Visual material from current treatments by workshop participants is very welcome.