

EMDR UK & Ireland Association Annual Conference & AGM

Conference Keynote and Workshop
presenter Dr Arun Mansukhani



22ND & 23RD MARCH 2019 - BIRMINGHAM

Dr Arun Mansukhani - EMDR interventions for individuals and couples with adult attachment issues.

The application and the success of the EMDR-AIP model has led to the understanding of how pervasive trauma is in a large number of emotional and mental disorders (Ross 2000), and the crucial role played by implicit pathogenic memories in development of psychopathology (Hoffman and Hase, 2012). This has also brought the understanding of what acute trauma shares with other types of trauma (specifically attachment trauma) and in what aspects it is different, forcing us to adapt certain aspects of the standard protocol to patients whose problems are related to attachment trauma implicit memories. Adult attachment trauma patients present certain problems for the application of standard protocol as: history taking is deregulating an evocative (Steele 2016), due to attachment blindness (Siegel 2012) they have difficulties relating present problems to past events and are unable to present targets for processing, they present highly defensive-controlling strategies or destabilized structures, with difficulties maintaining dual focus, being either too much in control or overwhelmed by memories.

Due to this, the application of EMDR in these patients requires certain modifications in the standard protocol. These patients also require specific interventions within the EMDR-AIP working model enriched by the findings of attachment theory and practice.

In this presentation, my aim is to present a systematic way of working with patients with adult attachment issues as well as to offer a number of specific interventions, with individuals and with couples, always within the EMDR-AIP working model.

Arun Mansukhani is a Clinical Psychologist (PsyD) and Sexologist with 25 years of experience as a therapist. He has a Masters in Sexology, in Behavioural-Cognitive Therapies, in Hypnosis and is an EMDR Europe accredited consultant and facilitator. He is also a Level III Sensorimotor therapist. He currently is Vice Director at the IASP centre in Malaga (Spain) leading a team of psychologists working with trauma and attachment issues. He has held various representative posts as Member of the Presidential Committee of the Illustrious College of Psychologists (COP-AO), Member of the Presidential Committee of the Spanish Federation of Sexologists (FESS), External Consultant for the Government of the City of Madrid on Social Addictions, President for the Evaluation Committee of International Adoptions or Advisor to the ORAS-CONHU (UN-Population Fund) on teen pregnancy. He has participated in many national and international conferences as a speaker and has wide teaching experience in seminars, workshops and master degrees.

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