

KEYNOTE & WORKSHOP PRESENTER: BIOGRAPHY & ABSTRACT

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Ad de Jongh, Ph.D. is clinical psychologist and professor of Anxiety and Behavior Disorders at the University of Amsterdam. Further, he is honorary professor in psychology at Salford University in Manchester, the University of Worcester, and Queen's University in Belfast. In 2015 Ad de Jongh was involved in establishing the Psychotrauma Expertise Center (PSYTREC), a mental health institution in Bilthoven that uses a short, and highly intensive treatment program for Complex PTSD, where he is a member of the board of directors. He is approved trainer for the EMDR Europe association, board member of the Dutch EMDR Association, and the EMDR Europe Association. He is an expert in the treatment of anxiety disorders, and involved in research on the efficacy of evidence-based treatments for a wide variety of patient groups, including traumatized children, people with intellectual disabilities and other complex psychiatric conditions such as psychosis. He (co-) authored more than 400 articles/book chapters and 6 books on his areas of expertise.

Keynote: EMDR therapy in the treatment of Complex PTSD

Complex posttraumatic stress disorder (CPTSD) denotes a severe form of PTSD, not only comprising the symptom clusters of PTSD, but also those reflecting difficulties in regulating emotions, disturbances in relational capacities, and adversely affected belief systems about oneself, others or the world. Although there is evidence mounting showing that first-line trauma-focused treatments, such as EMDR therapy, are effective for patients with a history of early childhood interpersonal trauma, and suffering from symptoms characteristic of CPTSD, controversy exists as to when and how EMDR therapy should be offered to this target group. For instance, do they need a stabilization phase before trauma processing? The purpose of this presentation is to provide an overview of potential treatment options for this condition using EMDR therapy, and of new developments in this area that might help us to improve the treatment of individuals suffering from CPTSD.

Workshop: EMDR 2.0

The working memory account is the theory that explains many phenomena that we see in EMDR practice. A good understanding of this theory can help the therapist to improve the effectiveness of his EMDR treatments. What do you do, for instance, if the SUD does not decrease and EMDR does not seem to work? Research suggests that there are roughly two options. The patient does not put the memory in his working memory, or the working memory load - by making standard eye movements alone - is not strong enough. In this workshop therapists learn to use a wide range of techniques aimed to tackle these problems. This workshop further provides an update on the latest developments from research that explores and challenges the limits of EMDR therapy. From modality-specific working memory-taxing techniques, to new ways to destabilize memories such as used in the Flash and the EMD bomb. The very latest "invention" is disruption by surprise. These new "EMDR 2.0" applications are illustrated through live demonstrations, and video fragments of treatments in practice. In addition, the participants get ample opportunity to practice with the new material.