

KEYNOTE & WORKSHOP PRESENTER: BIOGRAPHY & ABSTRACT

DR. ARNE HOFMANN MD

Dr. Arne Hofmann MD is specialist for psychosomatic medicine and head of the EMDR-Institute in Germany. He learned EMDR in 1991 and has introduced it in the German speaking countries. Dr. Hofmann is co-founding board member of EMDR Europe and a member of a German national guideline commission on the treatment of PTSD.

He is teaching, researching and publishing in the field of psychological trauma and EMDR. He has been teaching at the Universities of Cologne, Boston University and the Peking University. He co-founded the European EDEN research group that has up to now published 5 controlled studies that have shown that EMDR is highly effective in the treatment of depression. For his work has received several awards and the Order of Merit of the Federal Republic of Germany.

Keynote: EMDR in the Treatment of Depression

Severe depression is one of the most common mental disorders and affects between 15-20 % of the general population in their lifetimes. Although many psychotherapeutic and pharmacologic interventions exist that are considered to be effective in depression, the treatment results are often less than satisfactory. High relapse rates (ranging at 50% after two years), unsatisfactory remissions and suicidal risks are among the major problems.

EMDR is internationally recognized as one of the most effective tools to treat posttraumatic stress disorder (WHO 2013). Increasingly studies show that stressful life events play a major role in depressive disorders. In recent years therefore EMDR has come into focus as a new intervention tool in the treatment of depressive patients.

The European EDEN study group has conducted research on the subject since 2007, published 5 controlled studies (three of them RCTs) and treated at least 500 depressive patients using the EMDR DeprEnd protocol. The studies have shown that EMDR is at least equal to CBT treatment in depression but seems to result in more complete remissions than other interventions. The keynote will discuss the possibilities to include EMDR in the routine treatment of depression.

Workshop: EMDR in the Treatment of Depression - the DeprEnd© Protocol

EMDR is internationally recognized as one of the most effective tools to treat posttraumatic stress disorder (WHO 2013). Increasingly studies show that stressful life events play a major role in depressive disorders. In recent years therefore EMDR has come into focus as a new intervention tool in the treatment of depressive disorders and the specific protocol has been developed to work systematically with unipolar depressive disorders, the EMDR DeprEnd protocol.

This protocol has been developed in the research that has been conducted by the European EDEN study group since 2007, and applied to at least 500 depressive patients using the EMDR DeprEnd protocol. The EMDR DeprEnd protocol focuses episode triggers (Criterion A or not), belief systems and psychological states related to depressive disorders.

In the workshop protocol will be introduced and partly trained, parts of it in small group exercises. Also practical cases will be presented and discussed.

Learning objectives:

- How EMDR can be of use in a case of unipolar depressive disorders
- How to do treatment planning with the AIP model in a case of depression
- How to use the DeprEnd protocol with your depressive patient