Using Eye Movement Desensitisation and Reprocessing (EMDR) with People on the Autistic Spectrum: The EPAS Study

What is the research about?
We are recruiting to a three round Delphi survey to find out how therapists use EMDR with autistic people, in order to develop a consensus about what best practice might look like in the field.

Who can take part?
We are inviting therapists working in any setting, service or country, who provide EMDR to autistic people occasionally, sometimes or regularly. You do not need to be an expert on autism or EMDR to complete this survey.

What will I be asked to do?
In the first online survey you will be asked to provide brief anonymous information about your professional background and work context. You will then be asked to note down any barriers you think autistic people might experience when accessing EMDR, outline how you have adapted your EMDR practice to address these barriers, if at all, and suggest other adaptations you think might be important when using EMDR with autistic people. This may take < 25 minutes. The second and third online survey will focus on generating consensus and take less time.

Who is funding the studies?
This is funded by the study team based at King’s College London.

Who is running the study?
The study is being run by Dr Debbie Spain, Professor Francesca Happé and Marguerite Leoni (at King’s College London), and Dr Naomi Fisher and Caroline Van Diest (EMDR practitioners, working in Independent Practice).

Ethical approvals have been obtained.

Take part online: https://kelbs.eu.qualtrics.com/jfe/form/SV_bPBB2KD8jc917JH