

Biography / CV

Dr. Arne Hofmann is specialist for psychosomatic medicine. He is head of the EMDR-Institute in Germany and co-head of the EMDR Traumahospital in Wesseling, a city near Cologne.

He learned about EMDR in 1991 during a residency at the Mental Research Institute in Palo Alto, California and has introduced EMDR in the German speaking countries of Europe. He founded one of the first specialized inpatient units for victims of trauma in Germany and has helped develop aftercare programs after mass disasters.

Dr. Hofmann is a founding board member of EMDR-Europe and a member of the German national guideline commission on the treatment of PTSD. He is teaching, researching and publishing internationally in the field of psychological trauma, EMDR and depression.

Maria Lehnung, PhD, was a researcher at Christian-Albrechts-University at Kiel, Germany in the field of Neuropsychology and developmental Neurobiology. Today she works as a Clinical Psychologist in her own practice. Also, she teaches Clinical Psychology, mainly EMDR, and works as a consultant.

From her early starts working with EMDR Maria has been fascinated by this approach and always been interested to find new, creative ways of applying EMDR. Together with Arne Hofmann and others she developed and researched the concept for treating depression with EMDR.

Abstract

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EMDR in the Treatment of Depression The DeprEnd® Protocol

Dr. Arne Hofmann and Maria Lehnung

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). More and more studies now show that stressful life events play a major role also in depressive disorders. Therefore, EMDR comes more and more into focus as a new intervention tool in the treatment of depressive disorders.

Our European EDEN study group has conducted research on the subject since 2007, published 4 controlled studies (two of them RCTs) and treated at least 400 depressive patients using our EMDR-DeprEnd manual. The studies and our cases show that EMDR is at least equal to CBT treatment in depression but seems to result in a higher number of complete remissions than other interventions. EMDR may also lead to a decreased risk of relapses, as an incomplete remission increases the risk of relapse 5 times.

In the workshop the evidence will be presented and our treatment manual (DeprEnd protocol) will be introduced.

Learning objectives:

- Knowing the evidence base and state of the art of the use of EMDR in depression
- How to do treatment planning with the AIP model in a case of depression
- How to use the DeprEnd protocol practically with your patients