

## Biography / CV

Daniela Lempertz is a qualified social education worker (FH Köln 1993) and EMDR therapist for children and adolescents, EMDR consultant, EMDR facilitator and board member Emdria e.V. (Germany). In her first profession she was a nurse working on Intensive Care Units. She is trainer for children with allergies, asthma and neurodermatitis.

For more than 25 years she has worked in the field of inpatient and outpatient psychiatry and psychotherapy with children, adolescents and their caregivers.

Since 2006 she has been established as a psychotherapist for children and adolescents in private practice. She has completed training in behavioral, Gestalt and EMDR therapy as well as psycho-trauma therapy specifically with children and adolescents (DeGPT).

Her key activities in the past years are trauma therapy with children and adolescents and the use of EMDR for medically traumatised children and adolescents and children with chronically illnesses.

Since 2016 she is implementing a pilotstudy about EMDR based group therapy with refugee pre-schoolers in kindergardens called „Treatment instead of waiting!“

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## Abstract title

EMDR IN THE TREATMENT OF CHILDREN AND ADOLESCENTS FOLLOWING MEDICAL PROCEDURES

## Abstract text

The body is the base of all our life processes. Psychotherapy has to reflect this – we are the sum of body, mind and soul.

When working with medically traumatised and/or chronically ill children and adolescents we find that the body is the 'key witness' of everything which has happened to them. So we need to take into account the body expression and stored (body) memories – they will give us information to aid cognitive access. At this point using EMDR will help to work through the traumatic experiences. Healing can be set in motion and the creation of new, positive experiences is possible.

In this application-oriented workshop we will discuss the following topics and participants will learn:

- The role of the body in psychotherapy,
- EMDR in the treatment of children and adolescents after medical procedures,
- EMDR in the treatment of chronically ill children,
- how to use creative techniques for a) activating traumatic material and b) developing new, positive body images.

## Learning Objectives

After the workshop the participants will

- have increased their sensitivity to (and knowledge about) how children might express themselves,
- have expanded their view and knowledge of how children might behave after medical procedures,
- have increased their awareness of the needs of chronically ill children and adolescents and learned how EMDR can help to form individual coping strategies,
- know new techniques for activating resources with EMDR in the environment of the child,
- have learned skills to reduce the destabilising factors/influences around the child.