

Biography / CV

CV Dr. Benedikt L. Amann

Dr. Benedikt L. Amann has completed his training as psychiatrist and psychotherapist in the Ludwig-Maximilians University Munich, Germany. After one year each as Junior Research Fellow in the Institute of Neuropsychiatry and Neurology, Queen Square, London, UK and in the Bipolar Disorder Program, Hospital Clínic, Barcelona, Spain, he joined during 9 years as Senior Research Fellow the neuroimaging Unit at the FIDMAG Hermanas Hospitalarias Research Foundation in Barcelona. Since 2016 he works as psychiatrist/psychotherapist and Senior Research Fellow at the Institute of Neuropsychiatry and Addictions Hospital del Mar (INAD) and at the Hospital del Mar Medical Research Institute (IMIM). There, he was named Associate Professor for Psychiatry by the Autonomous University of Barcelona and founded the Centro Fórum Research Unit which has a focus on psychological trauma and EMDR in severe mental disorders.

He received various national and international grants, including grants by the Stanley Medical Research Institute and NARSAD. He is editorial board member of the Journal of Affective Disorders and has been appointed in 2017 as head of the Research Committee of the European EMDR Association. In 2015 he was named with the Francine Shapiro award for the best publication of EMDR in 2014.

He is the author of more than 100 publications in Pubmed indexed national and international journals of clinical studies in bipolar disorder, neuroimaging studies in schizoaffective disorder, and more recently about psychological trauma and EMDR in bipolar disorder, dual disorders and other mental illnesses.

Abstract

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Title: EMDR IN BIPOLAR DISORDER

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Backgrounds and aims: Exposure to childhood adversity is highly suggestive for increasing the risk of the diagnosis of bipolar disorder in later adulthood. Bipolar patients are also particularly prone to be exposed to traumatic events due to consequences of affective episodes which influence negatively the course of the disease. In clinical routine with bipolar patients, trauma aspects are largely ignored so far and not taken into consideration in the individualized treatment plan. This workshop aims to create awareness of this issue.

Methods: A first randomized, controlled study in traumatized bipolar subjects revealed positive effects of EMDR in this population. As consequence, we published a Bipolar EMDR Therapy Protocol which is currently tested in a large randomized controlled trial.

Results: As first results are promising, the state of art of bipolar disorder and the problems in its management are briefly demonstrated in this workshop. Furthermore, the new Bipolar EMDR Therapy Protocol and its 5 sub-protocols with cases and videos will be used to show possibilities and pitfalls in this complex population.

Conclusions: EMDR is an interesting and innovative candidate to address psychological trauma in bipolar disorder.

Learning objectives:

1. Get an update about the state of art of bipolar disorder, including the role and consequences of psychological trauma
2. Learn the current evidence of EMDR in bipolar disorder and details of our EMDR Bipolar protocol with its 5 subprotocols
3. Practice subprotocols and share experience with videos and cases