

Biography / CV

BRIEF BIO OSTACOLI LUCA

Psychiatrist and Psychotherapist, Associate Professor in Clinical Psychology at Turin University, School of Medicine and Surgery.

President of the Bachelor Degree Course in "Technique of Psychiatric rehabilitation".

Director of Master in Clinical Mindfulness.

Head of the Clinical Psychology Service at S. Anna Hospital, Città della Salute e della Scienza, Turin.

2006-2010, Psycho-Oncology Referent for the Piedmont Regional Oncology Commission.

President of the Piedmont Section of the Italian Society for Medical Psychotherapy

2004 - 2011 Member of the Association of Psychoanalytical Studies affiliated to the International Federation of Psychoanalytic Societies (IFPS).

Consultant and Supervisor EMDR (Eyes Movement Desensitization and Reprocessing).

Certified Sensorimotor Psychotherapist

Body Center Psychotherapy and Mindfulness practice for over 10 years

He took part to several RCT in Psychotherapy of PTSD and Depression both as Partner and as Coordinator. Member of the European Depression Emdr Network (EDEN) of the European EMDR Association. Over 30 papers published in peer reviewed journals.

He's coordinator of UNITO partner in Nevermind project, financed in Horizon 2020 program.

He held workshops in EMDR techniques for the treatment of Complex PTSD and Depression in Italy and in Europe in Hamburg, Wien, Geneve, Utrecht, Barcelona, Strasbourg.

Abstract

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EMDR AND PSYCHOSOMATIC DISORDERS

ABSTRACT

The growing knowledge of the body-mind interaction offers to psychotherapists new tools to assess and treat persons suffering from psychosomatic disorders. The Autonomic Nervous System and the Brain-Heart connection play a central role both in psychic and physical regulation; as a consequence, EMDR approach may be "tailored" to the individual neurobiological configuration increasing its effectiveness, both psychologically and physically.

Another characteristic is that many persons suffering from somatic symptoms present some difficulties to accept emotional problems, therefore it is crucial to help them to recognize them in order to build the necessary working alliance.

In severe medical illnesses the therapist must support the person already suffering from previous trauma during the difficult task of dealing with the disease. Fears towards the future may be difficult to process and it is important to develop an effective "tool kit" to face unpleasant emotion that could arise. Relational and Spiritual resources too play a crucial role. Along many years of practice in the University Hospital of Turin we developed specific resource development techniques and skills to process traumas in people with medical illnesses.

The whole intervention is based on a profound act of faith in the inherent capabilities of the individual to process and transform their suffering through the adaptive process of integration.

Learning objectives:

1. To describe the most important neurophysiological configurations to tailor treatments with people suffering from psychosomatic disorders.
2. To present how to integrate EMDR therapy with life styles, such as Breathing, Diet, Physical Activity, Sleep, as precious allies to process cognitive negative beliefs in somatic diseases.
3. To describe resources that in our experience proved to be particularly effective and new tools to process traumas and attachment issues in people suffering from medical illnesses.

Specific techniques will be presented through audio-visual material.