



## **EMDR Abstract - EMDR in Psychosis and Severe Mental Disorders**

**Anabel Gonzalez MD. PhD.**

### **Biography / CV**

Anabel Gonzalez is a psychiatrist and psychotherapist who has trained in various therapeutic approaches such as Group Therapy, Cognitive Analytic Therapy, Systemic Therapy and trauma-oriented therapies. She holds a PhD in Medicine and is a specialist in Criminology. She belongs to the Board of the European Society for Trauma and Dissociation (ESTD) and is Vice President of the Spanish EMDR Association. She works at the University Hospital of A Coruña (CHUAC) and is the coordinator of the Trauma and Dissociation Program, which focuses on patients with severe traumatization. She is an active lecturer who gives training on dissociative disorders, trauma, attachment and emotional regulation, as well as being an accredited consultant and EMDR therapy trainer. She is a teaching collaborator in her hospital, where she coordinates psychotherapy training for psychiatry residents, and she participates as a guest lecturer in the Master's in EMDR Therapy at the Universidad Nacional de Educación a Distancia (UNED). At the research level, she directs several projects in the field of trauma and treatment with EMDR for various disorders, and she has published numerous articles on dissociation, trauma and EMDR. She is the author or co-author of the following books: Trastornos Disociativos, Trastorno de Identidad Disociativo, EMDR and Dissociation, the Progressive Approach, and EMDR and BPD. Her latest book is It's not me: Understanding Complex Trauma, Attachment and Dissociation. A Guide for Patients and Therapists.

### **Anabel Gonzalez, MD.; PhD.**

Email address [anabelgonzalez@outlook.com](mailto:anabelgonzalez@outlook.com)

Full postal address Calle Emilio Gonzalez Lopez 55, 1A. CP 15011. A Coruña. Spain

Daytime and evening phone number +34 628114748

b) Affiliation details: department, institution / hospital, city, state (if relevant), country

Head of the Trauma and Dissociation Program. Severe Mental Disorders unit. University Hospital of A Coruña. Spain.



## EMDR Europe Workshop Conference

28 - 30 June  
Krakow, Poland

Abstract

### **EMDR in psychosis and severe mental disorders**

#### *Background and aims*

EMDR has been used with good results in many psychiatric conditions beyond PTSD, such as schizophrenia, bipolar disorder, depression, personality disorders and dissociative disorders. In some of these problems, biologic-genetic and traumatic factors contribute to the development of the symptomatology, and both have to be taken into consideration in EMDR case conceptualization and trauma work. Some therapists are reluctant to treat these complex cases because they are afraid of symptomatic dysregulation, or are extremely cautious when they approach traumatic contents. There is also some controversy regarding the need for stabilization in these patients. This workshop aims to propose a comprehensive perspective on severe mental disorders, including all these aspects, by proposing a model of intervention.

#### *Methods*

The scientific literature on different disorders included in the concept of severe mental disorders will be reviewed. Videos of clinical cases that illustrate the main discussion points will be presented in order to promote interactive reflection with the audience.

#### *Results*

Specific aspects of different disorders need to be integrated with the trauma perspective to conceptualize cases and use EMDR in the safest and most effective way. General aspects such as the level of traumatization, the attachment patterns, the dissociative features and the predominant strategies of emotion regulation have also to be considered to guide therapeutic decision-making.

#### *Conclusions*

EMDR can be used in severe mental disorders that would benefit from a trauma-oriented approach. The specific characteristics of these cases need to be carefully considered in order for the approach to be safe and effective.



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Conference & Touring C&T GmbH,  
Bogenstrasse 54 A, D-20144 Hamburg, Germany  
T: +49 40 4291 8130 E: [emdr@dmcgermany.de](mailto:emdr@dmcgermany.de)



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### Learning Objectives

- 1) To review the specific characteristics of severe mental disorders and their specificities for trauma work
- 2) To synthesize the core elements for the case-conceptualization and the therapeutic plan in these cases
- 3) To reflect on different case-presentation and decision-making points

### ABSTRACT SUBMITTERS' DECLARATION

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### IMPORTANT NOTE - ETHICS COMMITTEE APPROVAL

Not necessary. The presentation only includes case studies with patient consent and literature reviews. Published articles exposed had their Ethics Committee Approval.

Anabel Gonzalez, MD. PhD.

A handwritten signature in blue ink, appearing to be 'Anabel Gonzalez', written over a faint circular watermark.