EMDR as a Suicide Prevention Psychotherapy and a treatment for those who have survived a loss

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According to the American Foundation for Suicide Prevention:

The annual suicide rate is 12.93 per 100,000 individuals.

**Suicide is the 10th leading cause of death in the US**
Each year 42,733 Americans die by suicide

• On average, there are 117 suicides per day.
Suicide costs the US $44 Billion annually.
For every suicide 25 more people attempt suicide
Men die by suicide $3.5x$ more often than women
The rate of suicide is highest in middle age — white men in particular.
Firearms account for almost 50% of all suicides.
So, what can be done to help prevent suicide?
And what can be done to help those who have been left behind?
The Disconnect between the hemispheres:
I know...but....
There is evidence-based treatment:
EMDR Psychotherapy may be an option to help prevent suicide and help survivors heal.
What is EMDR?

Eye Movement Desensitization and Reprocessing
Francine Shapiro, Ph.D.
Developer of EMDR Psychotherapy
EMDR as a Holistic Psychotherapy

A memory network includes: Images, self talk or cognitions, emotions and body sensations
It is a cognitive therapy in that it considers client’s negative cognitions concerning a disturbing event (e.g., “It was my fault.” “I don’t deserve to live.”)
It is psychodynamic as it assumes the past is present (i.e., flashbacks)
It is a body therapy in that there is much focus on body memory

how your body still remembers things you told it to forget...
Body Memory is the term that refers to the body sensations that have captured an aspect of trauma. Body memory may occur as tactile, taste, smell, kinesthetic, or sight.
Remember Maslow? It is a humanistic therapy in that it focuses on helping client’s reach their potential.
The Adaptive Information Processing Model (AIP)

- The Body Knows how to heal
- The Mind knows how to heal
Avoidance is the hallmark of trauma

- I don’t want to talk about it!
Clients do not have to undergo the pain of exposure therapy.
People do not have to relive the whole incident or talk at length about it.

- Clients are asked to distance themselves from the memory in order to get perspective.
Homework assignments are not necessary.
Advantages of EMDR Psychotherapy

- Desensitization happens quickly.
- Disturbing images, real or imagined, fade quickly.
SPECT and EMDR- Amen Clinic 2001 to 2003 results
After EMDR Sessions increased prefrontal activity, especially in the left prefrontal areas
Significantly Decreased Right Temporal Lobe Activity
Eye Movements

Research show these are most effective
The Light Bar

Eyes Track back and forth quickly.
Headphones

Even blind people can heal from EMDR
Tapping

Tapping on self or Tapping on the Client
The Butterfly Hug
Great for kids
Hand Pulsers

Gives a mild vibration bilaterally
Isn’t EMDR just hypnosis?
Isn’t EMDR really just a temporary state change?
So how does it work and what does an EMDR session look like?
So, how does it work?  Hypothesized Mechanisms of Action

- REM Sleep—EMDR stimulates a brain state similar to REM that stimulates the amygdala

- Orienting Response-A reflex that brings immediate physiological and behavioral response.

- Stimulation of Both Sides of the Brain-Bilateral Stimulation-
  1. Calming effect on the nervous system.
  2. System Integration, Activates hippocampus and stimulates process of memory evaluation and consolidation
  3. Rhythm of BLS mimics drumming and dancing-calming effect on nervous system and short circuits the trauma response.
But is EMDR Really Effective?

More than 20 controlled studies shows EMDR consistently and effectively decreases/eliminates PTSD and depression sx

Endorsed by the following as evidenced-based tx of EMDR:

1. American Psychiatric Association
2. International Society for Traumatic Stress Studies
3. The World Health Organization (WHO)
4. The US Department of Veterans Affairs and The Department of Defense
5. Substance Abuse and Mental Health Services Administration (SAMHSA)
Can’t you just do EMDR on yourself or with a computer?
Contraindications for starting EMDR Therapy

- **Dissociative Disorder**
- **Active substance dependence**—must have at least 6 months of recovery or may risk relapse.
- **Extreme life transition/stress**
- **Seizure Disorder**
The Francine Shapiro Library

- Is dedicated to Francine Shapiro, originator and developer of the Adaptive Information Processing Model (AIP) and Eye Movement Desensitization and Reprocessing (EMDR). http://emdr.nku.edu/

The Francine Shapiro Library (FSL) is the premier repository for scholarly articles and other important writings related to the AIP and EMDR. The Library is hosted by Northern Kentucky University as a service to EMDR International Association. Please visit their site for full information about the association and its activities at www.emdria.org.
OK, So I’m Intrigued. How do I find a Certified EMDR Therapist and how do I get the training?

EMDR International Association: EMDRIA.org
The Humanitarian Assistance Program (HAP)

MISSION

To increase the capacity for effective treatment of psychological trauma in under-served communities anywhere in the world. Today that mission is reflected in:

• Hundreds of low-cost training workshops
• Educational outreach and training
• Preparation of clinicians for our Trauma Recovery Network
• Focused international projects to establish sustainable treatment capability in developing countries
• Collaboration with researchers to share knowledge and findings worldwide
What will it take to end the stigma of mental health concerns and suicide?
Much-loved Celebrities remind us that we are all vulnerable.
Wentworth Miller discusses mental health suicidal thoughts after a recent post online
Wentworth Miller's Essay on Depression Is More Than Just Inspiring — It Could Save a Life
Former NBA athlete, Bill Walton, Suicidal after a spinal injury and job loss.
What other kinds of difficulties can be treated with EMDR?

- Scientific research has established EMDR as effective for post-traumatic stress. However, clinicians also have reported success using EMDR in treatment of the following conditions:
  - panic attacks
  - complicated grief
  - dissociative disorders
  - disturbing memories
  - phobias
  - pain disorders
  - eating disorders
  - performance anxiety
  - stress reduction
  - addictions
  - sexual and/or physical abuse
  - body dysmorphic disorders
  - personality disorders

(copied directly from emdria.org website)
Predictions for the future awareness of EMDR therapy

Dude, You obviously have not fully processed that memory yet....
A Copy of this power point presentation is available via a blog post on my website.

www.WentworthandAssociates.com