**Effect of EMDR Therapy: A Report of Fifty-two Thai People with PsychologicalTrauma**

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**Background**

Thai people with psychologicaltraumahave a touchstone memory in the past which induced dysfunctional memory network in traumatic memory. EMDR therapist only help remove the blockage torestore balance into adaptive information processing system.

**Objective**

To evaluate the effect of EMDR therapy treatment in fifty-two Thai people with psychological trauma.

**Methods**

* Implementation of standard EMDR therapy protocol for fifty-two Thai people with

psychological trauma who received treatment at RICD or a private psychiatric clinic.

* The eight phases of EMDR therapy included: history taking, client preparation,

assessment, desensitization, installation, body scan, closure and re-evaluation of treatment effect.

* The desensitization phase consisted of techniques targeted to activate the neuronal

network using bilateral stimulation or tapping.

* Subjects average attended threetherapy sessions ranging in length from 1.30-1.45 hours

each, between November 2018-August 2019.

**Results**

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| **Gender** | **Female= 36** | **Male = 16** |
| **Age** | **29 Years Old(min = 13, max = 50)** | |
| **Chief Complaints** | **PTSD, Depression, Panic, Anxiety, Low-self Esteem,**  **Self-harm/Suicide, Avoidance coping, Hyperarousal, Nightmares, Trouble Sleeping** | |

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| --- | --- |
| **Completed the full protocol** | **34(65.4%) with subjective units of disturbance (SUD) scores of 0-1, and validity of cognition (VOC) scores of 7/7** |
| **Re-evaluation** | **SUD scores of 34 subjects remained at 0/10 and unchanged VOC scores of 7/7** |
| **SUD less than before receiving EMDR therapy** | **52 (100 %)** |
| **VoC2 higher than before receiving EMDR therapy** | **52 (100%)** |

**Summary and Implementation**

EMDR therapy is an effective treatment method for people with psychological trauma. Randomized-controlled trials should be conducted to determine the efficacy of EMDR therapy in the Thai population.

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