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It is never too late. Integrative grief treatment: A comparison between different generations of single cases, adults and children, facing similar mental suffering

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The preliminary research included comparison of single clinical cases, which have in common the traumatic loss of a key relative, belonging to different evolutionary ages, divided into two categories: Adults and children. The aim of this study was to observe how the EMDR protocol may have a positive impact on the reorganisation of cognitive-emotional-somatic experiences, potentially failing to prevent reactivation in adulthood, managed with dysfunctional strategies and possible hospitalisation. It is assumed that it is never too late to grieve, but to take a psychotherapeutic intervention with the use of EMDR both near the traumatic episode and at a young age helps to increase awareness of functional memory and to remedy the event in the evolution path of the person. Clinical cases were administered the following tests at the beginning and at the end of the treatment. For adults: The Impact of Event Scale-Revised (IES-R; D.S.Weiss, C.R.Marmar-1995), Dissociative Experiences Scale (DES; E.Bernstein, F.W.Putnam-1986). For minors: Child Revised Impact of Event Scale (CRIES; S.P.Perrin, R.Meiser-Stedman, P.Smith-2005), Adolescent Dissociative Experience Scale (A-DES; J.Arstrong, F.W.Putnam, E.Bernstein, 2004). The adults participated in Skill Training Groups (Dialectical Behaviour Therapy, DBT, M.M.Liehan), during the EMDR individual treatment. The conclusions highlight the need to address traumatic memories as soon as possible and invite psychotherapists to include, among the primary objectives in the course of work on trauma intervention with the EMDR protocol in order to speed up the well-being of the person and avoid hospital admissions.

Biography

Mara Fantinati completed her Master's degree in Clinical Psychology from Bologna University of Psychology and the Cognitive-Behavioral Psychotherapy studies at Studi Cognitivi Psychotherapy Training Institute and Research Center. For 10 years, she worked at the Villa Igea Psychiatric Hospital in Modena, leading DBT Psychotherapy Groups. She perfected the study of trauma and dissociation at the Trauma Unit (Tavistock and Portman NHS Foundation Trust, London-UK) and at the Center for Behavior Research and Therapy (DABATEM, Istanbul-TR). She is member of Trauma Research Group at Studi Cognitivi and of Italian Company Cognitive Behavioral Therapy (SITCC) and of Italian Association EMDR.

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