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When eye movement desensitization and reprocessing therapy attested on sexually abused university student

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Ethiopia is one of the ancient countries inhabited by well over a 100 million people with diverse cultures and languages. Such diversity needs mental health services to be culturally tailored to the folks' needs. This story is narrated from a 21 years old sexually abused young female electrical engineering student. Once up on a time, her father sent her to his friend's home. She was 13 years old. As she entered to his home, he suddenly squeezes and thrown her to his bed. "I did not believe he intended to abuse me until he was untying his belt" she said. "While I was trying to escape out of the window, he immediately pulls me down and thrown me to his bed once again." She didn't know what happened afterwards except that her parents took her to health center to check for HIV status. As she grows up, she manifested destructive thinking patterns. She reported that "when I was Grade 11, I was always thinking about committing suicide". After having enough information about the courses of the problem, the nature of the assault and associated behavioral, cognitive, emotional difficulties, I decided to use EMDR therapy. By helping a client to focus on a trauma, I waved my finger closer to her face to the right-to-left-right-to-left direction. I started saw unpleasant behavioral manifestations. Then, she started to dilate and rolls out her dilated eyes. As she freezes, she shouted out all of a sudden.

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