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Arthur G O'Malley

Mascot Child and Family Services Limited, UK

The art of BART: Bilateral affective reprocessing of thoughts as a dynamic model for psychotherapy across the lifespan

This is an integrated approach to psychotherapy, which incorporates elements of trauma focused cognitive behavior therapy (TF-CBT), eye movement desensitization and reprocessing (EMDR), mindfulness, somatic experiencing and sensorimotor psychotherapy (SP). This workshop gives participants an understanding of information processing in the body following significant life events. Gut feelings are initially registered at the level of the gut brain. Research on the gut microbiome and its relation to mental health will be presented. The next level of reprocessing takes place at the level of the heart brain, which is often linked to feelings of loss, panic and anxiety. Activation of the body's energy system continues with activation of the hypothalamic pituitary adrenal (HPA) axis. A key component of reprocessing is overcoming the symptoms of speechless terror, which are felt at the level of throat and pharynx. The goal of activating and reprocessing these sensations motor impulses feelings and thoughts is to bring unconscious triggers into conscious awareness. In trauma, the body keeps the score with 90% of information while we are consciously aware of only 10%. The reprocessing is continued with the patient being maintained in calm WATERS (window of affective tolerance emotional regulation and stability). The author will explain his two and three-dimensional models of high arousal RAPIDS (racing thoughts, affective instability, partitioned personality, impulsivity, dissociation and suicidality). This will also include a demonstration of low arousal states or FROZEN (freeze reaction, oblivious, zonked out and emotionally numb). I will illustrate the use of the BART psychotherapy with different types of traumatic dissociation with reference to individual cases of both acute and complex PTSD.

Biography

Arthur G O'Malley has worked as a Consultant Child and Adolescent Psychiatrist since 2004 and currently is an EMDR Consultant from 2008 to 2018. He is a member of the UK and Ireland EMDR Association since 2002 and was a member of the European Conference Organizing Committee for the London Conference and the Child and Adolescent Committee. He has given presentations at their AGMs in Glasgow, Manchester and Dublin. Currently, he is working in the fields of trauma, neglect and the developing brain, attachment disorders, personality disorders, emotional dysregulation in ADHD and ASD diagnosis and management. He has written articles on clinical effectiveness of BART psychotherapy, and is the author of a book *"The art of BART"*.

artmail@doctors.org.uk

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