NEUROBIOLOGICALLY TARGETED EMDR TREATMENT OF PSYCHOSOMATIC DISORDERS

By Luca Ostacoli

There is an evident correlation between both psychic and physical diseases, emotion processing and past traumatic events. The research findings suggest that the impact of negative childhood experiences on adult health is strong and cumulative. Stressful and traumatic memories may precipitate the onset of the disease and its evolution, side effects of therapies, diagnostic procedures, fear for the future, and also affect the doctor patient communication. Attachment unresolved issues affect therapeutic alliance with medical teams and reduce compliance to both diagnostic exams and therapies. As a whole, the presence of unresolved traumas affects greatly the prognosis of any disorder. A great deal of research focused on trauma and today the knowledge of its pathophysiology allows new possibilities of treatment, leading to the new field of the neurobiologically based therapies.

In the course will present some of the findings choosing those linked more directly to the clinical process of treatment. Particular emphasis will be paid to the close connection between Brain and Heart, that is between Central and Autonomic Nervous System in affective processing and in relational engagement. Porges’ Polivagal Theory is widely used as a functional model of autonomic arousal and its efficacy can be improved integrating it with new models of Central Autonomic Network, offering a great opportunity to personalize both treatment planning and real time management. The seminar proposes a Neurobiologically Targeted approach to Psychosomatic Disorders centred on the Brain Heart connection. We’ll show also selected practices to screen the polyvagal state, regulate the arousal at the optimal level in simple and effective ways and to process attachment failures. As an artist can play his best music only if he exploits the features of his musical instrument, so we believe that Neurobiologically Targeted EMDR Therapy can increase greatly the effectiveness of treatments.