

VICTORIA POLICE DEPARTMENT

TRAUMA & THE RESOLUTION OF PTSD WITH EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

Peter Ciceri, MA RCC

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MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Peter Ciceri
 - Prior to 2009 (Business)
 - CEO Custom House
 - Chairman, Sierra Wireless
 - CEO Compaq Canada
 - Since 2009 (Psychotherapy)
 - Trauma & PTSD; Depression; Anxiety, Grief; Self-Esteem; Anger; Developmental Trauma and Abuse; Addiction; Workplace Issues, Victim Services, Job Loss & Transition, etc.

MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Peter Ciceri - Counselling & Coaching
 - MA Counselling Psychology, UBC 2006
 - Executive Coach (International Coaching Federation Trained 2006)
 - Further Training (including):
 - Cognitive Behavioural; Eye Movement Desensitization & Reprocessing (EMDR), Solution Focused Therapy; Gestalt; Existential, Emotionally Focused Therapy, Mindfulness
 - Treating Military, Neuropsychology, Advanced EMDR, Working with First Responders & PTSD

MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Trauma & PTSD
 - Greek for wound, trauma the response to a distressing event that overwhelms an individual's ability to cope with either internal or external resources
 - Causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions & experiences, e.g. accidents, abuse, neglect, medical trauma, natural disasters, loss...
 - Four main PTSD clusters: 1) Re-experiencing, 2) Avoidance 3) Cognitive Symptoms 4) Hyper-Arousal
 - Symptoms include: Hypervigilance, Nightmares, Flashbacks, Chronic Stress, Sleep, Concentration, Depression, Anxiety, Substance Misuse, Lack of Concentration, Poor Health, etc.
 - Trauma is maladaptively processed and stays within the limbic system and because it is unprocessed, it stays "alive" in that there is no time or space with trauma.

MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Trauma & PTSD

- It's not a flaw or due to “sensitivity or weakness” but related to the number and degree of the trauma(s) experienced as well as personal history and/or the way your body regulates the chemicals and hormones of a stress response.
- Mirror neurons in the neo-cortex results in vicarious trauma and PTSD
- To the brain, an emotional wound equals a physical wound
- Complex PTSD is trauma plus a negative self concept, emotional dysregulation and interpersonal challenges
- “Triggering” can happen at any time and the effects do not necessarily diminish over time
- Autonomic nervous system: sympathetic (Fight & Flight) and parasympathetic (rest & digest)

MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Trauma & PTSD
 - Trauma is maladaptively stored and with the perception of threat, the HPA Axis is engaged... persistent mobilization response (Hypothalamus, Pituitary, Adrenal Axis)
 - PTSD negative beliefs that one carries can include Responsibility, Self-Defectiveness, Safety, Choice/control
 - The systemic cause needs to be addressed and not just the symptom so there needs to be a holistic and evidence based approach. Talk therapy alone is not enough.
 - Social support is essential (different forms of EMDR to immediately reduce the emotional charge or the trauma)

MENTAL HEALTH AND THE RESOLUTION OF TRAUMA

- Eye Movement Desensitization and Reprocessing (EMDR)
 - Developed in 1987 by Francine Shapiro
 - Evidenced based: Recommended by the WHO and American Psychological Organization for PTSD. treatment
 - Used effectively for a range of psychological issues including, depression, anxiety, PTSD, developmental abuse (ACE's), physical pain, sleep deprivation, addictions, self-esteem, performance anxiety, etc.
 - EMDR draws on the brain and body's homeostatic ability to heal itself.
 - Holistic approach by addressing beliefs/thoughts, body & emotions together
 - Lowers the emotional disturbance and installs a positive belief
 - Engages the three brains: Neo-Cortex/Prefrontal lobes; Limbic System and the Body or "Ancient" Brain
 - Eye movement acts like REM sleep to reprocess the effects of the memory experience.
 - Works very well with CBT/DBT, Gestalt, Mindfulness and Somatic (Body) based therapies.
 - Sessions last 60-90 minutes and the treatment length will depend on single incident trauma or Complex Trauma