

A SPECIAL ISSUE ON EMDR IN PTSD AND OTHER PSYCHOPATHOLOGICAL CONDITIONS

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Eye Movement Desensitization and Reprocessing, well known simply as EMDR, is a psychotherapeutic approach developed in the late '80s by Francine Shapiro (Shapiro 1989) essentially for the treatment of PTSD.

It consists of a standard protocol of eight phases and a bilateral (usually eye movements) stimulation, in order to desensitize, process and integrate the traumatic memories (Shapiro 2013).

EMDR is nowadays considered an Evidence Based Therapy and an elective treatment for PTSD. Its efficacy has been demonstrated by a lot of research and many meta-analyses (Van Etten and Taylor 1998; Bradley et al. 2005; Davidson and Parker 2005; Seidler and Wagner 2006; Benish et al. 2008; Jonas et al. 2013; Chen et al. 2014, 2015).

Even the World Health Organization in 2013 declared EMDR an elective therapy for PTSD in adults, adolescents and children.

During the last decade, the importance of the traumatic events and of the traumatic prolonged conditions, especially when they happen during infancy and childhood, has been acknowledged as a very relevant risk factor for the development of many different psychopathological disorders (Kim and Lee 2016, Millan et al. 2017). And then, a contemporary diagnosis of PTSD makes more serious any psychiatric illness (Assion et al. 2009).

This is the reason that brought many clinicians to use EMDR as a therapy for several psychopathological conditions, also different from PTSD (for a complete review, see also Valiente-Gomez et al. 2017). An important trial in this field is being conducted by Moreno-Alcazar (2017). The use of EMDR has, in fact, been continuously increasing; and, at the same time, also the opportunity and the necessity of a larger number of Randomized Controlled Trials have.

I am really pleased to present this first special issue of Clinical Neuropsychiatry completely dedicated to EMDR beyond PTSD.

The reader will find a series of reviews about the available results regarding EMDR in the field of Depressive Disorders, Panic Disorders, OCD, Eating Disorders and in special clinical populations, as Children and Adolescents are, or the Refugees and Asylum Seekers.

The evidence for this clinical situations will be accurately discussed from the authors of the papers.

Another issue of the Journal, about EMDR in different conditions, will follow this one.

I wish you a good reading.

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