

GF 2020 – EMDR Danmark

Program:

Lørdag d. 29.2.2020

Sted: Hotel Plaza, Østre Stationsvej 24, 5000 Odense

Foredrag: kl. 9-30-12 ved Maria Lehnung

Frokost kl. 12-13

GF: 13-?

Grundet EMDR Danmarks 20 års jubilæum er dagen gratis for medlemmer af foreningen.

Tilmelding nødvendig og til: info@emdr.dk og senest d. 14.2.2020

Ikke-medlemmer er velkommen til foredrag/frokost mod egenbetaling, kr. 1.025,- Faktura udsendes ved tilmelding.

Foredag: EMDR og behandling af psykosomatik

EMDR has first been developed for the treatment of PTSD, where it has proved to be very effective. During the last years EMDR therapy has been extended to other mental disorders, including phobia, depression and also psychosomatic disorders. Psychosomatic disorders are often chronic and treatment resistant. New treatment approaches for these disorders are urgently needed.

EMDR Therapy is based on the AIP model, proposing that dysfunctionally stored memories are at the core of mental disorders. Pathogenic memories are considered to form the basis of a variety of disorders. Although EMDR was first applied to PTSD, this model opens the door to make EMDR a therapeutic approach for more than trauma and its sequelae. Pathogenic memories are at the core of mental pathology, including psychosomatic disorders, which widens our perspective, opens up a new understanding of pathogenesis and therapeutic change and includes treatment options for psychosomatic patients. With EMDR, memories can be targeted and processed, contributing to mental equilibrium and physical equilibrium.

Six cases of different psychosomatic disorders are being discussed. In each case, you will learn to identify relevant targets that can be processed. The presentation will give you a new view on conceptualizing the treatment of psychosomatic disorders and enable you to treat these patients effectively with EMDR.

Om Maria Lehnung

Maria Lehnung, PhD, er akkrediteret EMDR Europe trainer. Hun har været forsker på Christian-Albrechts Universitet i Kiel, Tyskland inden for neuropsykologi og udviklingsneurobiologi. I dag arbejder hun som klinisk psykolog i privat praksis. Hun underviser også i klinisk psykologi og særligt EMDR og arbejder også som konsulent. Maria har altid været interesseret i EMDR og har sammen med Arne Hofmann og andre udviklet og undersøgt behandling af depression med EMDR. Hun har også arbejdet med EMDR i grupper med flygtninge.