

EMDR EUROPE CONFERENCE 2016

EMDR & AUDITIVE MATERIAL

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HOW DOES EMDR WORK?

WE DON'T KNOW....

BUT...

MOST RESEARCH INDICATES EFFICACY OF
WORKING MEMORY TAXATION

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Research supporting this hypothesis

- Gunter and Bodner, 2008
- Van den Hout & Engelhard, 2012
- Engelhard, van Uijen & Van den Hout, 2010
- Van den Hout et al., 2010
- Engelhard, Van den Hout & Smeets, 2011
- Kemps & Tiggemann, 2007
- Van den Hout et al., 2011

- PTSD:

Disturbing visual image



Eye movements
(visual taxation)



Image less disturbing



Less PTSD symptoms

Why is everybody
still calling this
Bilateral
Stimulation?
(BLS)

I have no idea.....

**But let's please
stop it!**

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- Other disorders:

Disturbing **visual** image



Eye movements
(visual taxation)



Image less disturbing



Less symptoms

But would it work
with anything we
put in the WM?

OLFACTORY INTRUSTIONS



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AUDITIVE INTRUSIONS



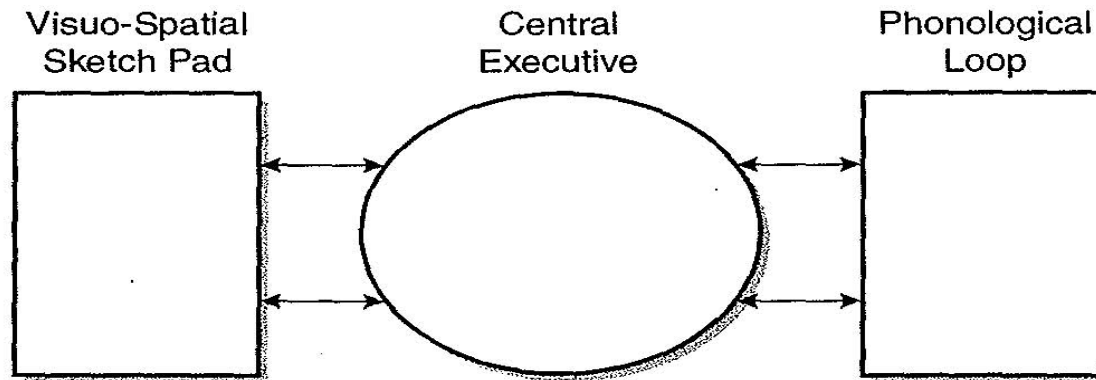
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GUSTATORY INTRUSIONS



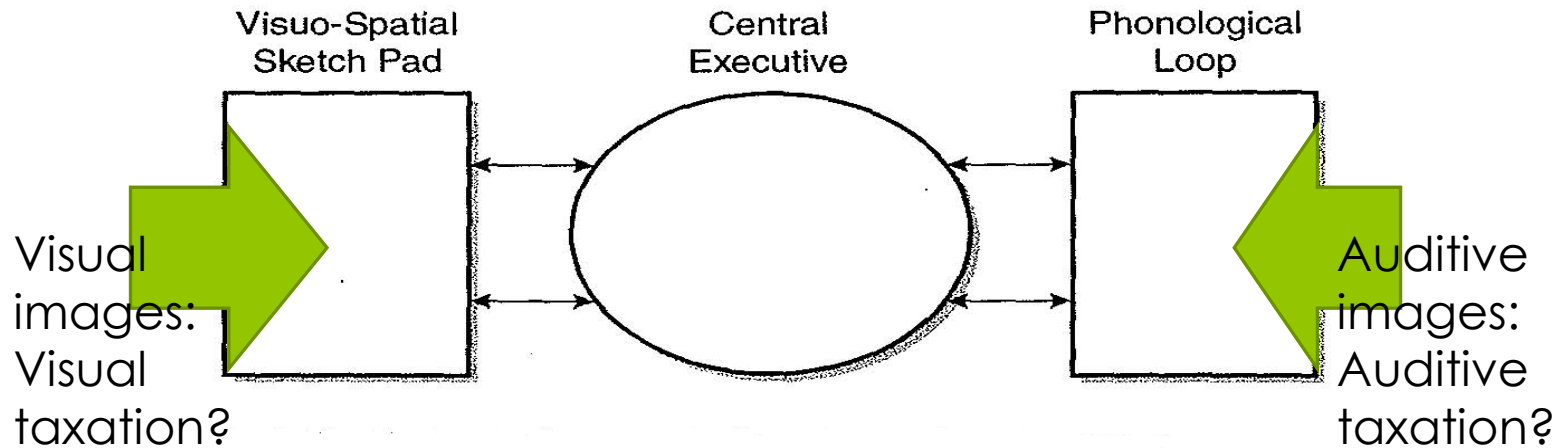
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Working memory model



Baddeley, 1986

Working memory model



Baddeley, 1986

Research I: auditive & visual intrusions in PTSD patients

TOGETHER WITH LISELOTTE VERHOEVEN

DOES EMDR WORK ON AUDITIVE MATERIAL? AND IS
THERE A PREFERENCE ON MODALITY SPECIFIC
TAXING?

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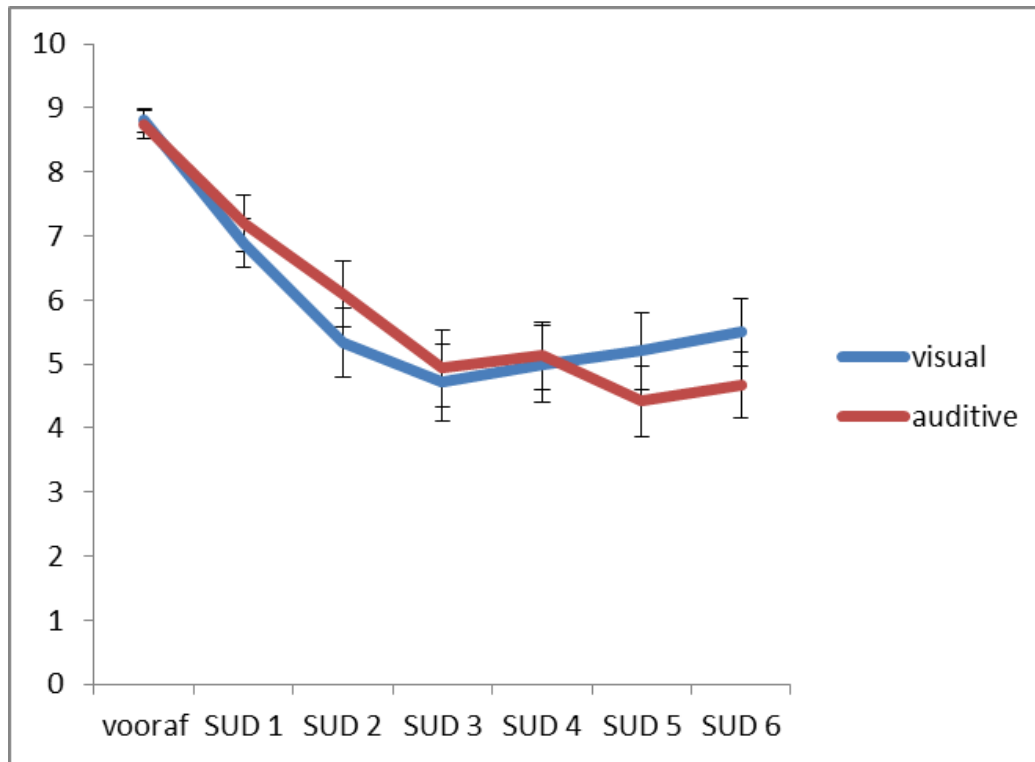
36 patients with PTSD

VISUAL INTRUSION	AUDITIVE INTRUSION
EM	EM
COUNTING	COUNTING
CONTROL CONDITION	CONTROL CONDITION

- Balancing order
- Balancing starting with visual or auditive image

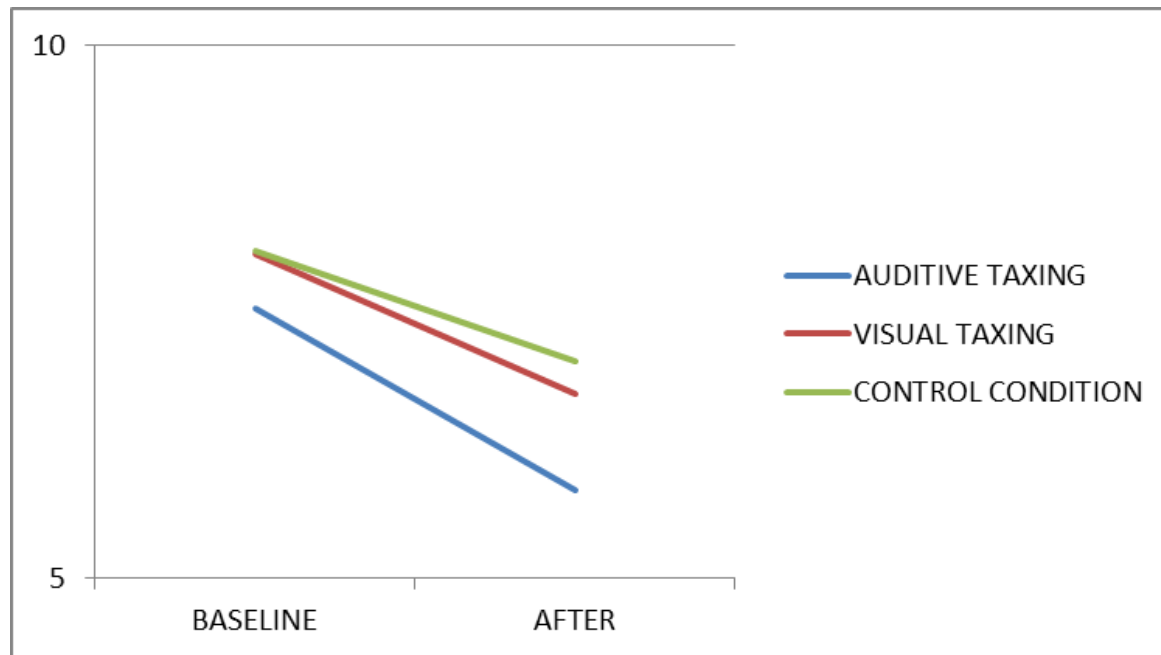
- Age 39,2 (SD=11.9)
- 32 women, 4 men
- 77,8% used medication (N=28)
- 77,8% (N = 28) had multiple diagnoses (PTSS + mood disorder/anxiety disorder/addiction/other)
- 33,3% (N=12) at least 1 personality disorder

RESULTS:



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Auditive imagery



Results

- No difference in reduction SUD of visual or auditory material; it works on both ($F=0,1$, $p=0,887$)
- Auditory taxing works better than control ($F=3,55$, $p=0,034$)
- No effect of sedatives
- No effect of modality you start with
- No effect of age

AUDITORY HALLUCINATIONS



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Research II: auditory hallucinations in psychotic patients

TOGETHER WITH LISELOTTE VERHOEVEN

DOES EMDR WORK ON AUDITIVE MATERIAL? AND IS
THERE A PREFERENCE ON MODALITY SPECIFIC
TAXING?

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36 patients with auditory hallucinations

MEMORY OF AUDITORY HALLUCINATIONS

EM

COUNTING

CONTROL CONDITION

- Balancing order

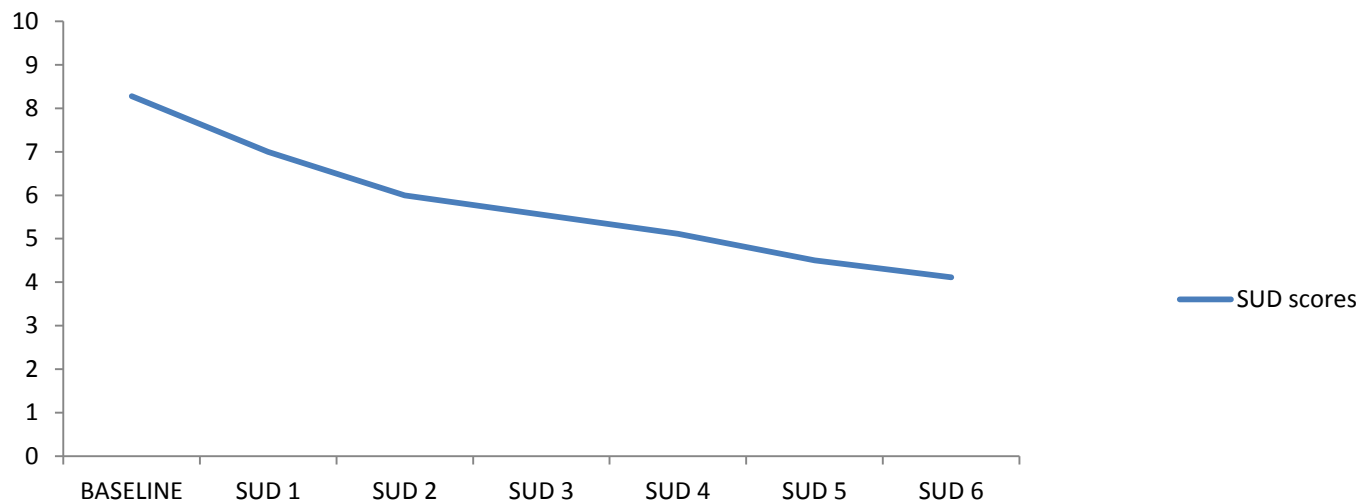
PRELIMINARY RESULTS ON 31 PATIENTS

- Age 40,87 (SD=10.18)
- 11 women, 20 men
- 100% used medication (N=31)
(MOST COMMON AP & BENZO)
- 51,6% (N = 16) had multiple diagnoses (psychotic disorder + mood disorder/anxiety disorder/addiction/other)
- 33,3% (N= 5) at least 1 personality disorder
- mean age of onset hearing voices 23,1 (SD = 10,3)

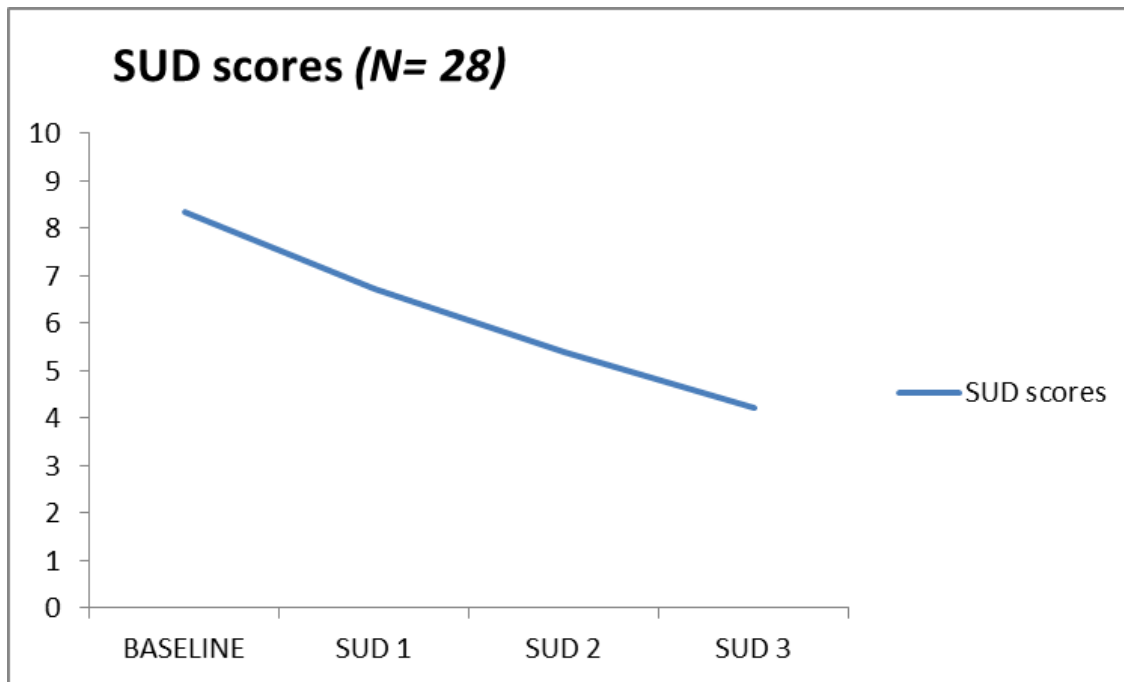
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SUD

SUD scores (N= 18)



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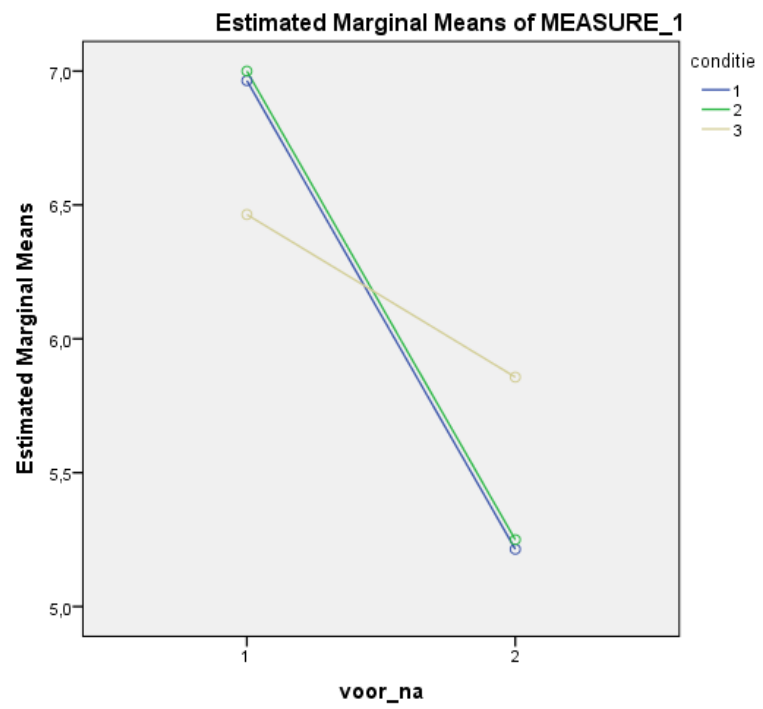


ANOVA

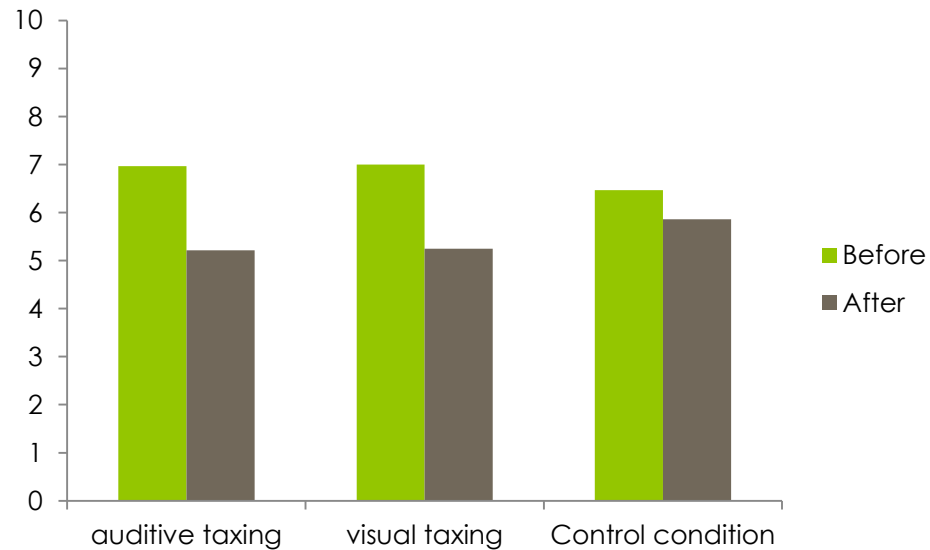
- **Effect of Time ($F=64,84$, $p =,00$)**



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Difference in modality?

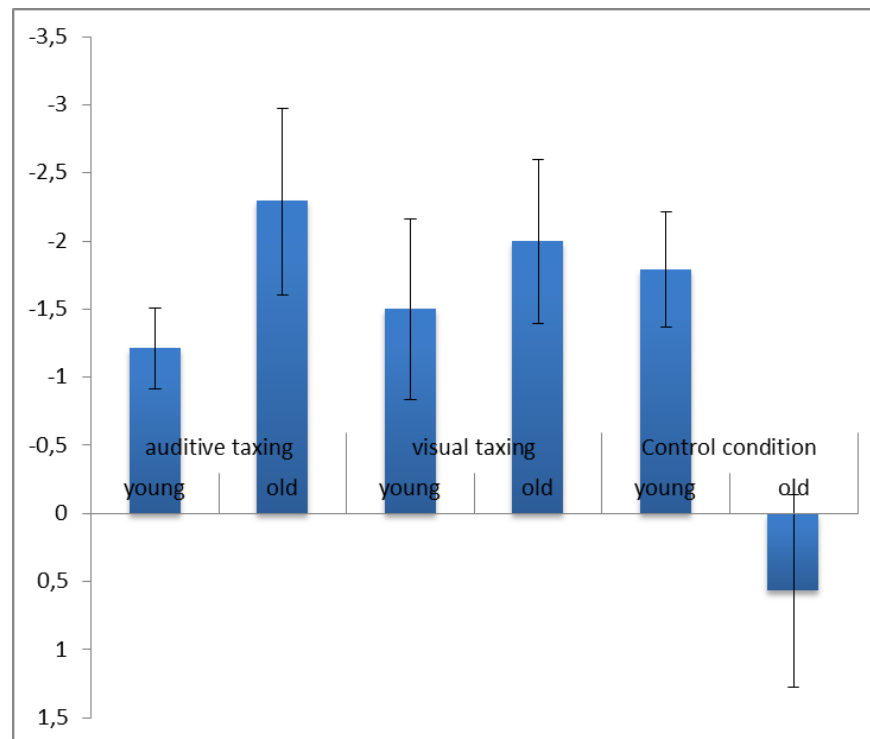


- No effect of Condition ($F=,11$, $p=,989$)
- No interaction effect ($F=1,862$, $p=,165$)

Interaction between Condition & Age ($F=3,38$, $p= 0,042$).

For older patients there was a difference in taxation (auditive or visual) vs. control...

INFLUENCE OF AGE



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Not significant

- Gender
- Sedatives
- Addiction
- Order of taxing

CONCLUSION

It works! Disturbing memories of Auditive Hallucinations can be made less disturbing!

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TAKE HOME MESSAGE:

AUDITIVE INTRUSIONS AND AUDITIVE HALLUCINATIONS CAN BE INFLUENCED

WMT seems to be of influence in older people who have auditive hallucinations

Auditive taxation worked better than control condition in PTSD patients on both visual and auditive imagery