



כנס EMDR ישראל ה-1
30-31.5.2019



מבט אל הפסיכותרפיה של המאה ה-21

יום ו' 31.5 שעות 10:00-08:30

**EMDR therapy in the treatment of an eating disorder:
a jewel in the crown?**
(ההרצאה באנגלית)

A transdiagnostic approach of eating disorders was introduced by Fairburn (2003), resulting in a program of CBT-E(nhanced), which has been validated empirically and proved to be more successful than other widely used forms of treatment, both for adults as for adolescents (Byrne et al, 2011; Dalle Grave et al, 2013; Fairburn et al, 2015) .

Clinical practice has demonstrated that also EMDR therapy – as an additional therapy – seems effective for treatment of core symptoms of the disorder, being described in this approach (like fear of eating or struggling with the urge to binge) as well as maintaining factors (like negative body-image, fear of future body image and anticipated consequences). An EMDR-Eating Disorder (ED) protocol has been developed and the lecture will clarify how EMDR therapy fits in the framework of this transdiagnostic approach of Fairburn, as a jewel in the crown. The lecture will highlight the theoretical basis and rationale for the EMDR-ED protocol, whereas the workshop will focus on the practical application of this protocol.

Renée Beer is a clinical psychologist, cognitive behavior therapist and EMDR Europe accredited child & adolescent trainer, consultant and facilitator; chair of the EMDR Europe accredited child & adolescent trainers. She specialized in the treatment of patients with an eating disorder and wrote a chapter about integrating EMDR in a multidisciplinary treatment of eating disorders in Luber (in press).