



כנס EMDR ישראל ה-1  
**30-31.5.2019**



**מבט אל הפסיכותרפיה של המאה ה-21**

יום ו' 31.5 שעות 10:30-13:10

**EMDR therapy in the treatment of eating disorders:  
?how can we grind the diamonds  
(הסדנה באנגלית)**

Learning objectives :

Participants understand which eating disorder symptoms or maintaining factors could be treated with EMDR therapy. ”

Participants get an impression how relevant targets for EMDR therapy can be found with different strategies for target-selection .

A transdiagnostic approach on eating disorders, resulting in a program of CBT-E(enhanced), was introduced by Fairburn (2003). It 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).

Because of the efficacy of this transdiagnostic approach an EMDR protocol has been developed, based on clinical practice, fitting in this framework. With this protocol EMDR therapy can focus on core symptoms of the disorder (like fear of eating or struggling with the urge to binge) as well as maintaining factors (like negative self-esteem, fear of future body image and its anticipated consequences).

In this workshop we will illustrate how clinicians can find relevant targets with several strategies for target-selection, and we will clarify which symptoms and maintaining factors can be the focus of treatment with the EMDR-Eating Disorder (ED) protocol .

So far this protocol is based on clinical practice only. Ankie Roedelof will start a research project on eating disorders and the potential role for EMDR therapy (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).

**Ankie Roedelof** is a clinical psychologist, psychotherapist, family-psychotherapist, EMDR-practitioner and -consultant. She works within a Centre for Child & Adolescent Psychiatry, GGzE-Eindhoven in the Netherlands, in an expert team for the treatment of eating disorders, complex diagnostics and complex divorce situations. She has specialized in the treatment of eating disorders, where EMDR gradually got a significant place over the years. She began as body-oriented therapist and was co-author of a book on eating disorders, published in Dutch. Right now, she is involved in an observational research project, investigating characteristics of patients with an eating disorder, and she will test the efficacy of the EMDR-ED protocol.