

## **Working with Oncological clients: linking body and mind through EMDR**

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The role of serious traumatic events influencing both mind and body has been pointed out by several researches, after a disease is diagnosis.

EMDR treatment in severe organic disease is an intervention aimed at restoring emotional and relational stability, by promoting resources and by intervening on PTSD symptoms associated to Cancer diagnosis. It is well known that stressful and high emotional impact situations (as complex trauma) have a negative influence on the immunitary system. If these experiences are not processed, they could remain disfunctionally stored in memory , therefore causing suffering, chronic reactions and psychophysical vulnerability. EMDR contribution in the psycho – oncological and health field actually consists in the treatment of stressful and traumatic memories, in order to solve emotional, cognitive and physical aspects linked to the disease.

This procedure requires a proper identification and consequent reprocessing of the factors causing stress and risk, past situations (like other traumatic experiences related to the disease, as deaths, separations, other diseases, etc.) as well as the current traumatic events (for example the cancer diagnosis, surgery, etc.) and finally how to manage worries and fears regarding the future.

The workshop will address some topics concerning trauma aspects related to the disease within the paradigm of mind and body integration, with particular reference to psychosomatics and neuroimmunology.

The protocol of intervention for cancer will be presented: starting from the individual and their system (biopsychosocial model), the attention will be directed in particular to stress and risk factors as well as the experience of the disease itself. Within the different phases of the protocol, the main interest will be placed on case conceptualization and preparation of the therapeutical plan with EMDR and well as identification of targets for further processing. During the workshop specific cases will be presented as well as data from a multicenter EMDR research project with oncological clients.