

P-267 - TAP, TAP TAP THE USEFULLNESS OF EMDR ON KIDS ON THE AUTISM SPECTRUM

R.L.Brand Flu, Child and Adolescent EMDR

The Town House, Child and Adolescence Psychiatry, Derby, UK

EMDR, Eye movement Reprocessing and Desensitisation is an amalgamated psychotherapy and brain activation intervention. This hyper-focussed therapy has shown its value beyond the treatment of trauma i.e. in a large number of mental health issues and developmental disorders.

In autism this method requires some adaptations as described below.

Aim: To give an introductory of EMDR in autism children.

Objective: To establish the usefulness of this treatment.

Methods: The general method is after establishing a baseline of disturbance to work through the touchstone event or focus of the trauma/feared situation from image, feelings, self-judgment and bodily feelings. The preparation also consists of exploring the ability to work with imagery and understanding of feelings. Imagery is tailored to their special interest and at time bodily sensations and feelings are worked on together when no differentiation of these experiences exist 18 cases of the age of 9- 16 underwent the method. 11 had generalised but extreme anxiety issues, 5 had experienced bullying, 4 had aggression regulation problems, 1 had obsessive compulsive disorder, 1 had a spider phobia, one had a developing eating disorder. The level of disturbance went down in all cases. One relapsed. Three needed visual augmentation for the visualisation. Three could not bear physical contact and therefore required self-tapping. 12 cases needed only one session for the focussed treatment. 9 displayed continual improvement over the next 4 weeks and 5 were treated further under conventional therapy.

Conclusion: EMDR is a valuable therapy in autism children but requires specific modification.