



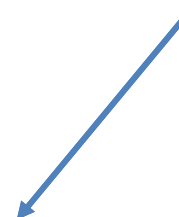
**ASSOCIAZIONE PER L'EMDR ITALIA**

**ASSEMBLEA ANNUALE 2023**

# I numeri dell'anno 2022

- **9.750** Soci
- **2.430** Terapeuti esperti in EMDR/EMDR  
Europe Accredited Practitioners
- **250** Supervisor/EMDR Europe Accredited  
Consultants

Nel 2022...



Interventi di supporto, di terapia e di formazione con i profughi ucraini e con gli psicologi e psicoterapeuti di EMDR Ukraine e dell'Associazione Ucraina di psicologi

**EMDR ITALIA X UCRAINA**

**24 interventi**

**611 Sedute (di Gruppo e individuali)**

**2618 persone raggiunte +**

**2802 persone e colleghi in formazioni online**

## INTERVENTI IN EMERGENZA

La maggior parte degli interventi erano rivolti a situazioni che hanno coinvolto il decesso di minori (per suicidio, per incidenti e/o malattie). In questi casi, l'intervento era focalizzato sui compagni di classe, sugli insegnanti e sui genitori in generale, a cui venivano date delle linee guida per la gestione delle reazioni da stress dei figli che avevano vissuto questi lutti in un'età di grande vulnerabilità.

Ci sono stati, come abbiamo visto negli anni precedenti, richieste di intervento per situazioni in cui dei minori erano stati esposti a lutti di insegnanti o genitori, che hanno colpito la scuola o di adulti che avevano vissuto delle perdite traumatiche di colleghi nei posti di lavoro.

## INTERVENTI SUL TERRITORIO

13 suicidi minori

16 morti minori per malattia o incidenti

8 decessi adulti che colpiscono scuola o posti di lavoro

1 infanticidio

4 femminicidi

1 Covid Medici

1 alluvione Marche

1 incidente Centro 21

1 evento critico con uomo psicotico in una scuola

1 alluvione Ischia

1 ragazzi ustionati Genova

1 tentato suicidio pz psichiatrico

1 incendio scuola elementare

1 incendio

1 intervento con Polizia locale

## **INTERVENTI SUL TERRITORIO**

**56 interventi**

**3800 persone raggiunte**

**PER UN TOTALE DI  
80 interventi nel 2022  
Persone raggiunte: 9.220**

## PROGETTI EMDR ITALIA

Progetto intervento Ospedale Cervello - Palermo

Progetto Ponte Morandi – Casa del quartiere – Comune di Genova

Progetto Supporto Polizia Locale Milano

Progetto Linee guida Polizia di Stato

Progetto scuola Monti – Asti

Progetto Europeo «Psych.E.In» - Erasmus

Progetto supporto corsi EMDR Paesi poveri (Bulgaria- Macedonia – Albania – Ucraina)

Progetto Supervisor EMDR

Protocolli d'intesa con ATS Milano, ASST Lecco, ASST Melegnano, ASST Monza-Brianza





*La terapia EMDR è stata inserita nella linee guida pubblicate dal Ministero dell'Interno per quanto riguarda gli interventi di supporto psicologico specialistico in emergenza*

***Il 30 gennaio 2023, sono state pubblicate e diffuse***

*Per vedere il contenuto ->*



MINISTERO  
DELL'INTERNO  
DIPARTIMENTO DELLA PUBBLICA SICUREZZA

**LINEE GUIDA**  
della  
PSICOLOGIA DELL'EMERGENZA  
nella Polizia di Stato

PROTOCOLLI GENERALI

DIREZIONE CENTRALE DI SANITA'

# SEMINARI DI FORMAZIONE AVANZATA

| DATA          | Modalità                            | Docente                              | Titolo  |
|---------------|-------------------------------------|--------------------------------------|---|
| 15/01/2022    | Online                              | Naomi Fisher                         | Utilizzo dell'EMDR da remoto: sfide e opportunità   |
| 24/01/2022    | Online                              | Regione                              | La salute mentale del personale sanitario in prima linea nella pandemia Covid-19                            |
| 29-30/01/2022 | Online                              | Dolores                              | Terapia EMDR per pazienti con comportamenti autolesivi e suicidari  |
| 19/02/2022    | Online                              | Stefania Sacchezin                   | EMDR in scenari ad alta esposizione: il lavoro sulla comunità   |
| 24/02/2022    | Online                              | ASL RE                               | EMDR in contesto ospedaliero: evidenze scientifiche e ambiti di applicazione                                |
| 05-06/03/2022 | Online                              | Dolores Mosquera                     | Annullato   |
| 12/03/2022    | Online                              | Maria Zaccagnino                     | Affrontare le sfide Iniziali dell'EMDR. Dalla raccolta della storia alle fasi del Protocollo                |
| 13/03/2023    | Online                              | Giada Maslovaric                     | EMDR in contesti d'emergenza: un possibile contributo negli scenari bellici e nell'accoglienza dei profughi |
| 19/03/2022    | Online                              | Elisa Faretta                        | EMDR in Psiconcologia: dal trauma della malattia al benessere   |
| 30/03/2022    | Ibrido - Istituto dei Ciechi Milano | Isabel Fernandez                     | "Fake news: l'importanza di una corretta informazione"  |
| 23/04/2022    | Online                              | M. Barnato, L. Badeschi              | Lo sviluppo delle performance attraverso l'EMDR   |
| 07/05/2022    | Online                              | M. Barnato, F. Ravaera, S. Sacchezin | EMDR e protocollo sulle dipendenze  |
| 14/05/2022    | Online                              | Maria Zaccagnino                     | Affrontare le sfide Iniziali dell'EMDR. Dalla raccolta della storia alle fasi del Protocollo                |
| 29-31/05/2022 | Online                              |                                      | Progetto Europeo  |

|               |        |                                |  |
|---------------|--------|--------------------------------|--|
| 18/06/2022    | Online | Elisa Faretta                  | Il Trattamento EMDR individuale e di Gruppo nel disturbo da panico con e senza agorafobia: dalla teoria alla pratica clinica |
| 25/06/2022    | Online | Maria Zaccagnino               | Affrontare le sfide Iniziali dell'EMDR. Dalla raccolta della storia alle fasi del Protocollo                                 |
| 02/07/2022    | Online | Naomi Fosher                   | Utilizzo dell'EMDR da remoto: sfide e opportunità  |
| 21-24/07/2022 | Milano |                                | Corso Supervisor   |
| 09/09/2022    | Milano | Deany Laliotis                 | Giornata per i soli supervisor   |
| 10-11 Sett    | Milano | Deany Laliotis                 | Convegno annuale per tutti i soci  |
| 24-25/09/2022 | Milano | Anna Rita Verardo              | Applicazione dell'EMDR con Bambini e Adolescenti per Futuri Supervisor   |
| 24/09/2022    | Online | Marina Balbo                   | Affrontare le sfide Iniziali dell'EMDR. Dalla raccolta della storia alle fasi del Protocollo                                 |
| 01/10/2022    | Online | Roger Solomon                  | Trauma e resilienza in contesti d'emergenza  |
| 02/10/2022    | Online | Gary Quinn                     | Procedure EMDR per stabilizzazione in emergenza e in contesti clinici  |
| 15/10/2022    | Online | Maria Zaccagnino               | Comprendere le dinamiche di attaccamento nel ciclo di vita: strumenti di valutazione, intervento e applicazioni cliniche     |
| 5-6/11/22     | Online | Dolores Mosquera               | Terapia EMDR per i disturbi di personalità   |
| 12/11/2022    | Online | Elena Isola                    | EMDR e disturbi sessuali   |
| 13/11/2022    | Online | E. Zaccagnini e G. Giovannozzi | Gli elementi Fondanti della terapia EMDR   |
| 10/12/2022    | Online |                                | Progetto Europeo   |
| 10/12/2022    | Online | Anna Rita Verardo              | Applicazione dell'EMDR con Bambini e Adolescenti   |
| 17/12/2022    | Online | Maria Zaccagnino               | Affrontare le sfide Iniziali dell'EMDR. Dalla raccolta della storia alle fasi del Protocollo                                 |

# FORMAZIONE 2023.....

|              |        |                                     |   |
|--------------|--------|-------------------------------------|---|
| 04/02/2023   | Online | M. Ammaniti, R. Castaldo, A. Pasini | Integrazione della terapia EMDR in neuropsichiatria (moderatore R. Bettiga)   |
| 18/02/2023   | Online | Elisa Faretta                       | Le ferite dell'anima, il dolore del corpo: L' EMDR nell' intervento psicologico in psicosomatica e nelle malattie organiche gravi |
| 11-12/3/2023 | Milano | Dolores Mosquera                    | Trattamento EMDR nelle vittime di violenza di genere  |
| 15/04/2023   | Online | E. Zaccagnini e G. Giovannozzi      | Gli elementi Fondanti della terapia EMDR  |
| 16/04/2023   | Online | Caterina Paturzo                    | Psiconcologia pediatrica. Un approccio intra-psichico e familiare supportato da psicoterapia EMDR                                 |

# Premio Rosa Camuna (Regione Lombardia)

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# Premio «Mai soli» (Asst Lecco- Regione Lombardia)

L'Associazione è stata riconosciuta e ricevuta dal Papa per il suo contributo umano e scientifico

## Diapositiva 13

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isabel fernandez; 16/04/2023

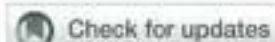


RICERCA e  
PRODUZIONE SCIENTIFICA

# Interventi durante la Pandemia COVID 19

- Faretta, E., Garau, M. I., Gallina, E., Pagani, M., & Fernandez, I. (2022). Supporting healthcare workers in times of COVID-19 with eye movement desensitization and reprocessing online: A pilot study. *Frontiers in Psychology, 13*, 964407. <https://doi.org/10.3389/fpsyg.2022.964407>
- Faretta, E., Maslovaric, G., Garau, M. I., Marmondi, G., Piras, L., Rezzola, S., Incerti, A., Nardoni, A., Pagani, M., & Gallina, E. (2022). The psychological impact of the COVID emergency on Italian nursing homes staff and the effectiveness of eye movement desensitization and reprocessing. *Frontiers in Psychology, 13*, 969028. <https://doi.org/10.3389/fpsyg.2022.969028>
- Fernandez, I., Pagani, M., & Gallina, E. (2022). Post-traumatic stress disorder among healthcare workers during the COVID-19 pandemic in Italy: Effectiveness of an eye movement desensitization and reprocessing intervention protocol. *Frontiers in Psychology, 13*, 964334. <https://doi.org/10.3389/fpsyg.2022.964334>
- Fogliato, E., Invernizzi, R., Maslovaric, G., Fernandez, I., Rigamonti, V., Lora, A., Frisone, E., & Pagani, M. (2022). Promoting Mental Health in Healthcare Workers in Hospitals Through Psychological Group Support With Eye Movement Desensitization and Reprocessing During COVID-19 Pandemic: An Observational Study. *Frontiers in Psychology, 12*, 794178. <https://doi.org/10.3389/fpsyg.2021.794178>
- Lazzaroni, E., Tosi, D., Pontiggia, S., Ermolli, R., Borghesi, L., Rigamonti, V., Frisone, E., & Piconi, S. (2022). Early psychological intervention in adult patients after hospitalization during COVID-19 pandemic. A single center observational study. *Frontiers in Psychology, 13*, 1059134. <https://doi.org/10.3389/fpsyg.2022.1059134>
- Maiorani, C., Fernandez, I., Tummino, V., Verdi, D., Gallina, E., & Pagani, M. (2022). Adolescence and COVID-19: Traumatic Stress and Social Distancing in the Italian Epicenter of Pandemic. *Journal of Integrative Neuroscience, 21*(5), 143. <https://doi.org/10.31083/j.jin2105143>





## OPEN ACCESS

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### SPECIALTY SECTION

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Faretta E, Garau MI, Gallina E, Pagani M  
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healthcare workers in times  
of COVID-19 with eye movement  
desensitization and reprocessing  
online: A pilot study.  
*Front. Psychol.* 13:964407.  
doi: 10.3389/fpsyg.2022.964407

# Supporting healthcare workers in times of COVID-19 with eye movement desensitization and reprocessing online: A pilot study

Elisa Faretta<sup>1</sup>, M. Ignazia Garau<sup>1</sup>, Eugenio Gallina<sup>2\*</sup>,  
Marco Pagani<sup>3</sup> and Isabel Fernandez<sup>1,2</sup>

<sup>1</sup>Eye Movement Desensitization and Reprocessing (EMDR) Italy Association, Varedo, Italy, <sup>2</sup>Centro di Ricerca e Studi in Psicotraumatologia (CRSP), Milan, Italy, <sup>3</sup>Institute of Cognitive Sciences and Technologies, Consiglio Nazionale delle Ricerche, Rome, Italy

We report the results of a pilot study regarding the adaptation of the group eye movement desensitization and reprocessing (EMDR) protocol for the treatment online, for the management of trauma associated with the COVID-19 Pandemic in Italy. The target group were healthcare workers in a nursing home (Residenza sanitaria assistita, RSA) who decided to live and stay on site during the most acute phase of the Pandemic in order to protect the residents of the home. Scores for perceived post traumatic stress disorder (PTSD) symptoms and quality of emotional experience improved significantly following participation in the therapy programme.



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Gallina E (2022) The psychological  
impact of the COVID emergency on  
Italian nursing homes staff  
and the effectiveness of eye  
movement desensitization  
and reprocessing.  
*Front. Psychol.* 13:969028.  
doi: 10.3389/fpsyg.2022.969028

# The psychological impact of the COVID emergency on Italian nursing homes staff and the effectiveness of eye movement desensitization and reprocessing

Elisa Faretta<sup>1</sup>, Giada Maslovaric<sup>1</sup>, M. Ignazia Garau<sup>1</sup>,  
Gabriella Marmondi<sup>1</sup>, Laura Piras<sup>1</sup>, Simona Rezzola<sup>1</sup>,  
Alessia Incerti<sup>1</sup>, Anna Nardoni<sup>1</sup>, Marco Pagani<sup>2</sup> and  
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Residential nursing homes were particularly badly affected by the first wave of COVID-19, with large numbers of their frail person getting infected with COVID-19 and dying. The staff in these structures were catapulted into a reality very different from what they were used to. They had to adapt the way they used to take care of their patients in a very short space of time and in a scenario that was continually changing. In this manuscript we describe the



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Fernandez I, Pagani M and Gallina E

# Post-traumatic stress disorder among healthcare workers during the COVID-19 pandemic in Italy: Effectiveness of an eye movement desensitization and reprocessing intervention protocol

Isabel Fernandez<sup>1,2</sup>, Marco Pagani<sup>3</sup> and Eugenio Gallina<sup>1\*</sup>

<sup>1</sup>Centro di Ricerca e Studi in Psicotraumatologia (CRSP), Milan, Italy, <sup>2</sup>EMDR Italy Association, Varedo, Italy, <sup>3</sup>Institute of Cognitive Sciences and Technologies, Consiglio Nazionale delle Ricerche, Rome, Italy

**Aim:** The Coronavirus 2019 (COVID-19) pandemic represents one of the most



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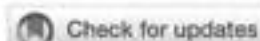
**Reviewed by:**

Ignacio (Nacho) Jorero,  
EMDR Institute, United States  
Pierluigi Cardellieri,

# Promoting Mental Health in Healthcare Workers in Hospitals Through Psychological Group Support With Eye Movement Desensitization and Reprocessing During COVID-19 Pandemic: An Observational Study

Elisa Fogliato<sup>1\*\*</sup>, Roberta Invernizzi<sup>1\*\*</sup>, Giada Maslovaric<sup>2</sup>, Isabel Fernandez<sup>2</sup>, Vittorio Rigamonti<sup>1</sup>, Antonio Lora<sup>1</sup>, Enrico Frisone<sup>1</sup> and Marco Pagani<sup>3</sup>

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# Early psychological intervention in adult patients after hospitalization during COVID-19 pandemia. A single center observational study

Elisa Lazzaroni<sup>1\*</sup>, Davide Tosi<sup>2</sup>, Silvia Pontiggia<sup>3</sup>,  
Riccardo Ermolli<sup>2</sup>, Luca Borghesi<sup>3</sup>, Vittorio Rigamonti<sup>1</sup>,  
Enrico Frisone<sup>4</sup> and Stefania Piconi<sup>3</sup>

<sup>1</sup>Department of Mental Health and Addictions, Asst Lecco, Lecco, Italy, <sup>2</sup>Department of Theoretical and Applied Sciences, Insubria University, Varese, Italy, <sup>3</sup>Infectious Diseases Unit, Ospedale di Lecco, Asst Lecco, Lecco, Italy, <sup>4</sup>General Direction, Asst Lecco, Lecco, Italy

*Original Research*

## **Adolescence and COVID-19: Traumatic Stress and Social Distancing in the Italian Epicenter of Pandemic**

Chiara Maiorani<sup>1,\*</sup>, Isabel Fernandez<sup>2</sup>, Vito Tummino<sup>3</sup>, Daniela Verdi<sup>4</sup>, Eugenio Gallina<sup>1</sup>, Marco Pagani<sup>5</sup>

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### **Abstract**

**Introduction:** The spread of the COVID-19 Pandemic led the Italian government to impose restrictive measures. Schools were closed and the organization of Distance Learning (DL) made adolescents face the psychological impact of the pandemic and the loss of their social life. **Objective:** This research aimed to evaluate the psychological impact of the COVID-19 Pandemic and DL on students, attending two high schools in the Lodi area (Lombardy, Italy). **Method:** A questionnaire, composed of PSYCHO-COVID 19 and EMOTION THERMOMETER applied to DL, was administered anonymously through the Google Drive School platform, from May 5th to June 5th 2020. **Results:** Analysis of the protocols revealed stress reactions in 35% of students (12% High, 7% Moderate, 16% Mild). Principal Components Analysis also revealed the presence of a “distress entity” characterized by anxiety, depressive and somatic symptoms (com-

# SALUTE MENTALE








Uccellini, O., Benlodi, A., Caroppo, E., Cena, L., Esposito, G., Fernandez, I., Ghazanfar, M., Imbasciati, A., Longo, F., Mazza, M., Marano, G., Nacinovich, R., Pignatto, A., Rolnick, A., Trivelli, M., Spada, E., & Vanzini, C. (2022). 1000 Days: The “WeCare Generation” Program—The Ultimate Model for Improving Human Mental Health and Economics: The Study Protocol. *International Journal of Environmental Research and Public Health*, 19(24), 16741.

<https://doi.org/10.3390/ijerph192416741>



Article

## 1000 Days: The “WeCare Generation” Program—The Ultimate Model for Improving Human Mental Health and Economics: The Study Protocol

Orlando Uccellini <sup>1</sup>, Andrea Benlodi <sup>2</sup>, Emanuele Caroppo <sup>3,\*</sup> , Loredana Cena <sup>4</sup> , Gianluca Esposito <sup>5</sup> , Isabel Fernandez <sup>6</sup>, Maria Ghazanfar <sup>7</sup>, Antonio Imbasciati <sup>4</sup>, Francesco Longo <sup>8</sup>, Marianna Mazza <sup>9,\*</sup> , Giuseppe Marano <sup>9</sup>, Renata Nacinovich <sup>10</sup> , Antonio Pignatto <sup>11</sup> , Arthur Rolnick <sup>12</sup>, Marco Trivelli <sup>13</sup>, Elena Spada <sup>14</sup> and Cinzia Vanzini <sup>15</sup> 


**Abstract:** Introduction: The COVID-19 pandemic stressed the necessity of a new resilience of the human population and health system. The “WeCare Generation” program is a new proposal of territorial intervention, with a new paradigm, on the diseases of the human body and mind. Background: In recent decades, the independent strands of investigation on brain plasticity and early trauma consequences have demonstrated that traumatic experiences in the period from pregnancy to the age of 3 years have an enormous impact on an individual’s future development, and both physical and mental health. Research shows that adverse child experiences (ACEs) are associated with a strong risk of conditions such as: harmful alcohol use, smoking, illicit drug use, high body-mass index, depression, anxiety, interpersonal violence, cancer, type 2 diabetes, cardiovascular diseases, stroke respiratory diseases and, as a consequence, to a high financial cost in Italy and also across Europe (1–9% GDP) and the USA (total annual costs estimated to be USD 581 billion in Europe and USD 748 billion in North America). All this suggests that an early intervention on that traumatized-slice of population leads to multiplied savings. Methods: A multi-center, randomized, controlled trial was designed. The parents of the future neonatal population (from pregnancy to delivery) with trauma will be enrolled, and randomized to treatment, or control arm. The article describes in detail how the primary outcome (cost to the national health system), and some secondary outcomes, will be collected. Discussion: An overall rate of return on investment (ROI) statistically significant 13.0% per annum with an associated benefit/cost ratio (BCR) of 6.3 is expected as the primary outcome of the “WeCare Generation” program. Our proposed model predicts a new medical paradigm aiming to empower new generations, with a strong return on economy and health.



# ONCOLOGIA

Rossini, P. G., Ostacoli, L., Pagani, M., Malandrone, F., Oliva, F., Cominu, L., Annetta, M. C., & Carletto, S. (2022). The Neural Signature of Psychological Interventions in Persons With Cancer: A Scoping Review. *Integrative Cancer Therapies, 21*, 153473542210968. <https://doi.org/10.1177/15347354221096808>

# The Neural Signature of Psychological Interventions in Persons With Cancer: A Scoping Review

Integrative Cancer Therapies  
Volume 21: 1–17  
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Pierre Gilbert Rossini, MSc<sup>1</sup>, Luca Ostacoli, MD<sup>1,2</sup>, Marco Pagani, MD, PhD<sup>3</sup>,  
Francesca Malandrone, PsyD<sup>1</sup> , Francesco Oliva, MD<sup>1</sup>, Luca Cominu, MSc<sup>2</sup>,  
Maria Chiara Annetta, MSc<sup>2</sup> , and Sara Carletto, PhD<sup>4</sup>

## Abstract

**Objective:** People diagnosed with cancer have to deal with the debilitating psychological implications of this disease. Although the clinical efficacy of psychological interventions is well documented, relatively little has been written on the neural correlates of these treatments in the context of oncology. The present work is the first to provide an overall perspective of the existing literature on this topic. It also considers the potential directions for future research. **Methods:** This scoping review was carried out across 5 databases (EMBASE, PsycINFO, OVID MEDLINE, CINAHL, COCHRANE CENTRAL), from conception dates until 3 December 2021. **Results:** From an initial set of 4172 records, 13 papers were selected for this review. They consisted of 9 randomized controlled studies (RCTs), 1 quasi-experiment, 2 single case studies, and 1 secondary quantitative analysis. The studies were also heterogeneous in terms of the patient and control populations, psychological interventions, and neuroimaging methodologies used. The findings from these few studies suggest that psychological interventions in oncology patients may modulate both cortical and subcortical brain activity, consistent with the brain areas involved in distress reactions in general and to cancer specifically. The implications of this scoping review in terms of future research are also discussed. **Conclusions:** The literature on the neural correlates of psychological interventions in cancer patients is very limited, and thus requires further exploration. The provision of

# ANORESSIA NERVOSA






Civilotti, C., Franceschinis, M., Gandino, G., Veglia, F., Anselmetti, S., Bertelli, S., D'Agostino, A., Redaelli, C. A., del Giudice, R., Giampaolo, R., Fernandez, I., Finzi, S., Celeghin, A., Donarelli, E., & Di Fini, G. (2022). State of Mind Assessment in Relation to Adult Attachment and Text Analysis of Adult Attachment Interviews in a Sample of Patients with Anorexia Nervosa. *European Journal of Investigation in Health, Psychology and Education*, 12(12), 1760–1779.

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Article

# State of Mind Assessment in Relation to Adult Attachment and Text Analysis of Adult Attachment Interviews in a Sample of Patients with Anorexia Nervosa

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**Abstract:** Background: Attachment theory represents one of the most important references for the study of the development of an individual throughout their life cycle and provides the clinician with a profound key for the purposes of understanding the suffering that underlies severe psychopathologies such as eating disorders. As such, we conducted a cross-sectional study with a mixed-methods analysis on a sample of 32 young women with anorexia nervosa (AN); this study was embedded in the utilized theoretical framework with the following aims: 1. to evaluate the state of mind (SoM) in relation to adult attachment, assuming a prevalence of the dismissing (DS) SoM and 2. to analyze the hierarchical attachment profile emerging from the transcripts of the AAI. **Methods:** Interviews

# MECCANISMO D'AZIONE

Persichilli, G., Grifoni, J., Pagani, M., Bertoli, M., Gianni, E., L'Abbate, T., Cerniglia, L., Bevacqua, G., Paulon, L., & Tecchio, F. (2022).

Sensorimotor Interaction Against Trauma.

*Frontiers in Neuroscience*, 16, 913410.

<https://doi.org/10.3389/fnins.2022.913410>

Mattera, A., Cavallo, A., Granato, G., Baldassarre, G., & Pagani, M. (2022). A Biologically Inspired Neural Network Model to Gain Insight Into the Mechanisms of Post-Traumatic Stress Disorder and Eye Movement Desensitization and Reprocessing Therapy.

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# Sensorimotor Interaction Against Trauma

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**Keywords:** post-traumatic stress disorder (PTSD), visual system, sensorimotor interaction, feedback-synchrony-plasticity (FeeSyCy), eye movement desensitization and reprocessing (EMDR)

# A Biologically Inspired Neural Network Model to Gain Insight Into the Mechanisms of Post-Traumatic Stress Disorder and Eye Movement Desensitization and Reprocessing Therapy

*Andrea Mattera\**, *Alessia Cavallo*, *Giovanni Granato*, *Gianluca Baldassarre<sup>†</sup>* and *Marco Pagani<sup>†</sup>*

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## OPEN ACCESS

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*Andrea Mattera*

Eye movement desensitization and reprocessing (EMDR) therapy is a well-established therapeutic method to treat post-traumatic stress disorder (PTSD). However, how EMDR exerts its therapeutic action has been studied in many types of research but still needs to be completely understood. This is in part due to limited knowledge of the neurobiological mechanisms underlying EMDR, and in part to our incomplete understanding of PTSD. In order to model PTSD, we used a biologically inspired computational model based on firing rate units, encompassing the cortex, hippocampus, and amygdala. Through the modulation of its parameters, we fitted real data from patients treated with EMDR or classical exposure therapy. This allowed us to gain insights into PTSD mechanisms and

## ALTRO

Malacrea, M., Felis, F., Pagani, M., & Fernandez, I. (2022). Esperienze traumatiche e ricordi: Implicazioni in campo clinico e legale. *QUADERNI DI PSICOTERAPIA COGNITIVA*, 50, 132–165. <https://doi.org/10.3280/qpc50-2022oa14085>

Dare sollievo, fare prevenzione e promuovere la salute mentale in un contesto di guerra : il contributo della terapia EMDR / Fernandez, Isabel in "Psicobiiettivo : rivista quadrimestrale di psicoterapie a confronto : XLII, 3, 2022, Milano : Franco Angeli, 2022 , 1972-487X - Casalini id: 5423973" - P. 19-30 - Permalink: <http://digital.casalini.it/10.3280/PSOB2022-003002> - Casalini id: 5423977



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## ***Esperienze traumatiche e ricordi: implicazioni in campo clinico e legale***



Marinella Malacrea\*, Francesco Felis\*\*, Marco Pagani\*\*\*,  
Isabel Fernandez\*\*\*\*

*Ricevuto il 10 marzo 2022  
Accettato il 27 maggio 2022*

### **Sommario**

L'articolo ha l'obiettivo di fare il punto su quanto sappiamo sulla memoria traumatica e sull'eventuale possibilità di alterarla producendo "falsi ricordi", dal punto di vista sia della psicologia clinica che della psicologia giuridica. Negli ultimi anni ci sono state molte pubblicazioni e ricerche su come le esperienze traumatiche sono immagazzinate e codificate in memoria e sulle reazioni post-traumatiche che presentano le persone esposte a situazioni da stress estremo. Questo ha avuto un effetto importante nel campo della psicoterapia e del trattamento dei disturbi post-traumatici, contribuendo alla loro comprensione e dando strumenti utili per la loro risoluzione. Allo stesso tempo, negli anni '90 è nato un movimento opposto, chiamato "false memory syndrome", dove spesso gli psicoterapeuti venivano accusati di produrre falsi ricordi di abusi sessuali nei loro pazienti. Sotto accusa erano finiti metodi come l'ipnosi, le terapie di gruppo, le tecniche di immaginazione guidata o di interpretazione dei sogni: ma in generale sotto accusa era finita l'attività psicoterapeutica in ogni sua forma. Ad oggi il dibattito continua, sollevando dubbi specie sulle psicoterapie mirate



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ARTICOLO

VERSIONE  
DIGITALE

Fernandez, Isabel

## **Dare sollievo, fare prevenzione e pr contesto di guerra : il contributo della**

2022 - Franco Angeli

P. 19-30

► Il contributo della terapia EMDR (Eye Movem  
stato molto significativo. Secondo la ricerca e le  
contributo alle popolazioni esposte a esperienze  
Ucraina, è stato importante integrare l'EMDR in  
diversi Paesi con i rifugiati ucraini. Il protocollo E  
lavorava in condizioni instabili, con diverse popc  
dell'editore]



## **ATTIVITA' PROGRAMMATE PER IL 2023**

Seminari

Conferenza Europea a Bologna – 23-25 Giugno

Convegno – Roma Ottobre

FAD – con crediti ECM

Interventi Emergenza

Collaborazione 118 Torino

Convenzioni con ASST-ASL-ATS

Supporto per ricerche – Disturbi Alimentari

Corso Supervisorì – Luglio 2023

## Associazione per'EMDR in Italia

Via Umberto I, 65 - varedo

### Rendiconto anno 2022 e preventivo anno 2023

|  | Rendiconto<br>anno 2022 | Preventivo<br>anno 2023 |
|--|-------------------------|-------------------------|
| <i>Avanzo anno precedente</i>  | 177.032,18              | 456.300,33              |
| <b>Ricavi</b>  |                         |                         |
| Quote sociali (quota anno/annualità passate)   | 790.481,53              | 800.000,00              |
| Donazione/libri/certificati/varie  | 67.820,38               | 50.000,00               |
| Altri contributi da soci/resi  | 7.847,60                | -                       |
| Progetti   | 49.468,23               | 20.000,00               |
|  | 915.617,74              | 870.000,00              |
| <b>Costi</b>   |                         |                         |
| Gestione costi generali (Acquisto libri, Stampa riviste, congresso, spese postali, materiali cancelleria, usb+stampa, ecc. | 104.565,30              | 110.000,00              |
| EMDR Europe (fee) + Fisp/Fism  | 53.786,00               | 60.000,00               |
| Corsi formazione (presenze e streaming) + relatori   | 278.493,76              | 280.000,00              |
| Spese consulenza/Ufficio stampa/pubblicità   | 27.300,00               | 27.000,00               |
| Reso errati versamenti soci  | 4.211,10                | -                       |
| Progetti/Interveti/Donazioni   | 93.768,51               | 30.000,00               |
| R.A./F24   | 10.616,00               | 12.000,00               |
| Uscite - Nota spese documentate/collaboratori  | 4.616,44                | 5.000,00                |
| Spese commissioni/Banca  | 8.328,50                | 10.000,00               |
| Spese spedizioni (Rivista/Tessare/Materiale soci)  | 16.074,08               | 20.000,00               |
| Donazioni  | 9.500,00                | 10.000,00               |
| Sito web   | 1.213,90                | 1.300,00                |
| Altre spese varie  | 1.376,00                | 2.000,00                |
| Affitto sede   | 22.500,00               | 22.500,00               |
|  | 636.349,59              | 589.800,00              |
| <b>Avanzo di gestione dell'esercizio</b>   | <b>279.268,15</b>       | <b>280.200,00</b>       |
| Residui passivi  | -                       | -                       |
| Residui attivi   | -                       |                         |
| Residui passivi anno precedente  | -                       |                         |
| Residui attivi anno precedente   | -                       |                         |
| <i>Avanzo di gestione finale</i>   | <i>456.300,33</i>       | <i>736.500,33</i>       |



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Paola Comito – 719

Michela Monfredo - 693

Anna Rita Verardo – 155

Giada Maslovaric - 155

Antonio Onofri - 146

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Giada Lauretti - 120

Paola Castelli - 107

Debora Traficante - 30

Anna Felcher - 6