

EMDR

Through the Qualitative Lens

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What is Qualitative Research?

- Large domain: different approaches (discourse analysis, interpretative phenomenological analysis, grounded theory etc) (Strauss & Corbin, 2008)
- Venerable history - turning clinical observation into theory
- Origins of CBT: Beck's observations of psychoanalysis key
- Can lead to quantitative / empirical investigation

Why Explore EMDR? A Little History

- Capturing the invisible...
- Known effects of applied psychological techniques:
 - Meditation (eg Nataraja, 2008)
 - Hypnosis (eg Yapko, 2011)
 - Autogenic training (www.autogenic-therapy.org.uk):
autogenic neutralisation

EMDR Research

- 🍃 Quick off the mark (Shapiro, 1989)
- 🍃 Swift growth (Shapiro, 2001)
- 🍃 Increasingly comprehensive
- 🍃 Feedback loop with innovation (Knipe, 2015)
- 🍃 Made the empirical case: and needed to!

What's Missing?

- Beyond doubt that EMDR is effective: empirically shown
- Myth that EMDR 'is a kind of CBT'
- Qualitative exploration of what people experience during EMDR
- Unique
- May open doors

Anecdotal Evidence

 Swift

 Associative

 Mind-body links

 Effects on memory: increased context; retrieval difficulties; perspective; blurring; colour fading; distancing

 Curious & probably unique therapeutic effects! Explore!

Research Design

- Grounded theory - build detailed account of participants experiences (eg Strauss & Corbin, 2008)
- Interviews with approximately 10 people who have had EMDR
- Iterative process – re-interview
- Create model of *what happens* in EMDR: effective & new
- Ethics: REC feedback: independent interviewers

References

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