

## Application of EMDR in the Treatment of Older People with a History of Psychical Trauma

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### Introduction

There are many studies supporting the efficacy of trauma focused EMDR in the treatment of PTSD and other anxiety disorders. But most of them included only people younger than 70 years. Older people often suffer from intellectual decline. Been proved that EMDR is effective in people with intellectual impairment (Mevisen. L et all, 2012), but the people who participated in these studies did not relate to the older age group.

### Objectives

Old people are often faced with loss, death of a spouse, friends, relatives. In addition, the known so-called 'domino effect' when a new trauma can reactivate old traumatic experiences, and the fact that older people in relation to the characteristics of their memory can suddenly reactivate traumatic experiences related to the events of their youth.

### Aims

Explore the possibility of using EMDR in the treatment of elderly people with a history of psychological trauma.

### Methods

The study involved 26 women aged 70-85 years who received treatment in the in-patient department of our hospital. They had cognitive impairment from mild to moderate (for MoCA-test) and a history of psychological trauma. The Doctor used bilateral stimulation (mainly tapping) and 8-phase EMDR protocol, developed by F. Shapiro.

### Results

All patients showed a decrease anxiety, improve sleep, and decrease in the number of somatic complaints.

### Conclusion

EMDR is highly effective in the elderly.