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A systematic review of interventions: Eye movement desensitization and reprocessing and cognitive behavioral therapy for posttraumatic stress disorder in younger populations

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This systematic review of interventions compared the efficacy of eye movement desensitization reprocessing (EMDR) with that of cognitive behavioral therapy (CBT) in children, adolescents, and young adults aged between 4 and 24 years and diagnosed with post-traumatic stress disorder (PTSD). The review included randomized controlled trials (RCTs) that used participants aged 4 to 24 years and were completed between 2005 and 2015. A literature search was conducted using electronic databases, including Pub-Med, Science Direct, Psych-Info, Medline, and Cochrane Library. The systematic search identified five journal articles meeting the inclusion criteria, and detailed information was extracted from the included RCTs. Both EMDR and CBT produced significant reductions in all measures, and the results are significantly maintained in follow-up sessions. Some researchers indicated a small but significantly larger value for EMDR versus CBT, while others maintained that CBT is a more effective treatment for children, adolescents, and young adults diagnosed with PTSD. The results of this systematic review suggested that EMDR and CBT are equally effective for those aged 4 to 24 years diagnosed with PTSD. Nevertheless, the findings do not negate the positive effects of CBT as a trauma therapy for this population. To date, a limited number of RCTs have been conducted on children, adolescents, and young adults diagnosed with PTSD using EMDR and CBT. It is necessary to conduct further studies using this population to evaluate available interventions and determine the most efficacious and efficient therapy for those diagnosed with PTSD.

Biography

Jamie Airie Summer has an integrated research and clinical role responsible for administering treatments indicated for various mental disorders. She is a member of brain stimulation clinical research team at Centre for Addiction and Mental Health (CAMH). Her prior experience centers on executive management within clinical organizations, patient counseling and editorial board. Previous studies include undergraduate, graduate and postgraduate programs in Health Psychology, Clinical Psychology and Behavioral Sciences and Cognitive Interventions. She is a dedicated community member and has served as a volunteer for nearly two decades. She is presently a Board Director of Toronto North Support Services amongst numerous roles.

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