

Stress Management Summit

July 13-15, 2015 Philadelphia, USA

The Use of EMDR in the treatment of post-traumatic stress disorders: Research, theory & application

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EMDR (Eye Movement Desensitization & Reprocessing) is a form of psychotherapy which acts upon the neurological memory-related networks that underlie psychological issues. During this talk, we will examine how this Adaptive Information Processing (AIP) can be applied to case conceptualization and clinical application within the field of Post-traumatic Stress Disorder. In doing so, we will highlight examples of recent research which evaluates both treatment outcomes and the underlying mechanisms. In addition, we will address the research that underpins the principles of AIP indicating that challenging life experiences are often the root cause of a broad spectrum of psychological and somatic issues. Questions collected from attendees will also be employed in order to demonstrate the many practical applications of the EMDR process.

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Managing stress by changing beliefs at the subconscious level

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Albert Ellis, a prominent Psychologist, proposed the ABC model of depression. The A stands for Activating Event, which can be anything from losing your keys to getting yelled at to bad weather. The B stands for Belief. The C stands for Consequence (feeling depressed). But two people can experience the same activating event and have a different consequence. As Dr. Ellis explains, this is because we don't realize that the consequence is really dependent on our belief and not the activating event. We all have beliefs that control our day to day lives. These beliefs either serve to support and nurture us or limit and restrict us. Here are some examples of limiting and supporting beliefs around stress: Stress is bad / I can't take this anymore / this is overwhelming me / I can do this / I know how to relax / I know how to process stress with grace and ease. The good news is that our beliefs are completely under our control. This is the key to managing stress and changing our lives. We have the ability to change our subconscious beliefs from negative, limiting ones to empowering, positive ones through a mind/body alignment. PSYCH K is one such process. It's easy, highly effective, and painless.

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