ARQ Centrum'45

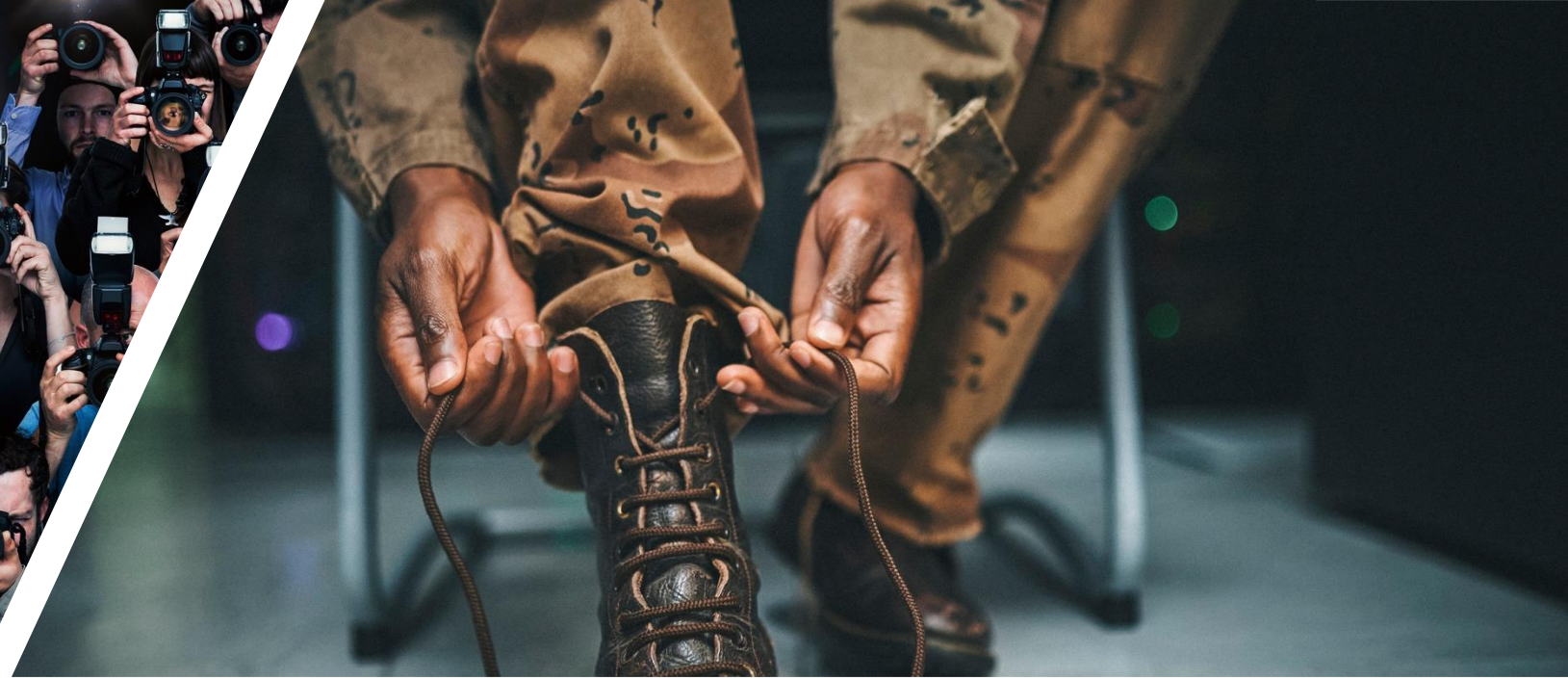
Universiteit Utrecht

EMDR Child and Youth

EMDR Therapy in Refugee Families

Custom Work

Trudy Mooren



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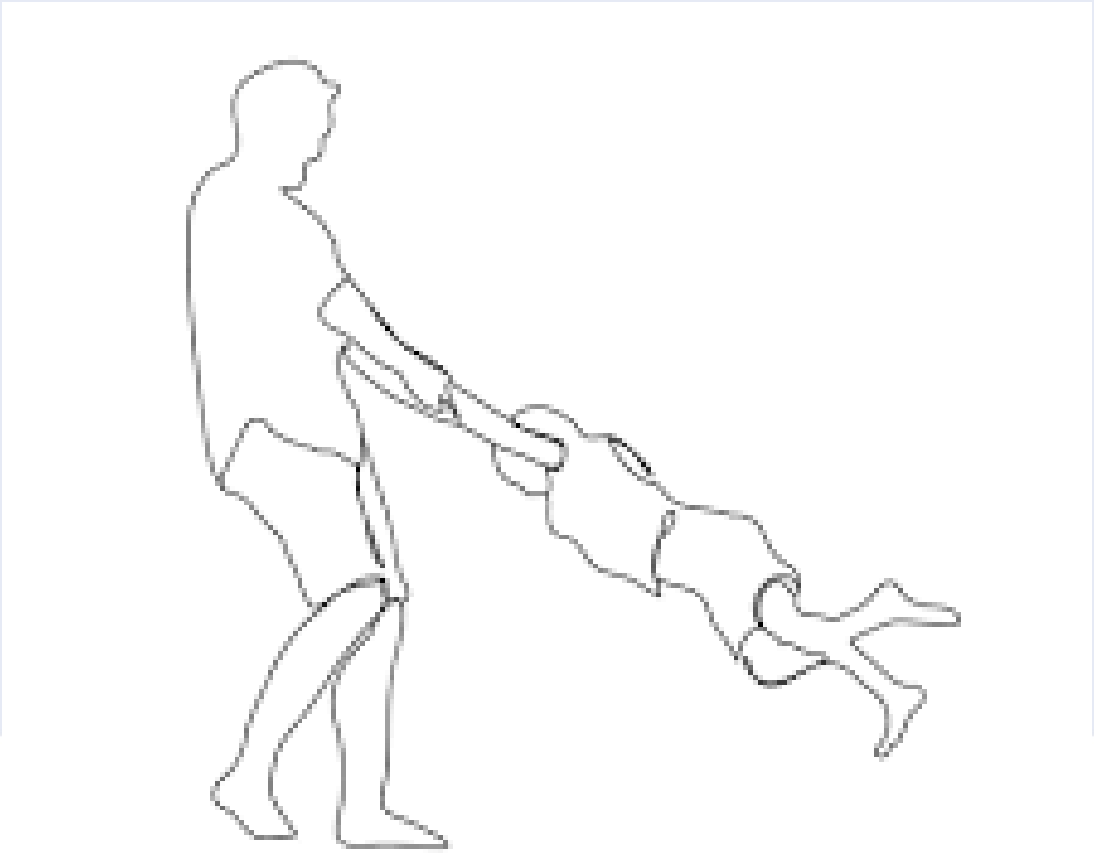
(Post)war generations

Case



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Characteristics of refugee children and families

- Traumatization of multiple family members
- Burdened parenthood
- Current stress
- Language
- Infamiliarity with psychotherapeutic interventions, in particular for children
  - Stigma & shame
- Family is key

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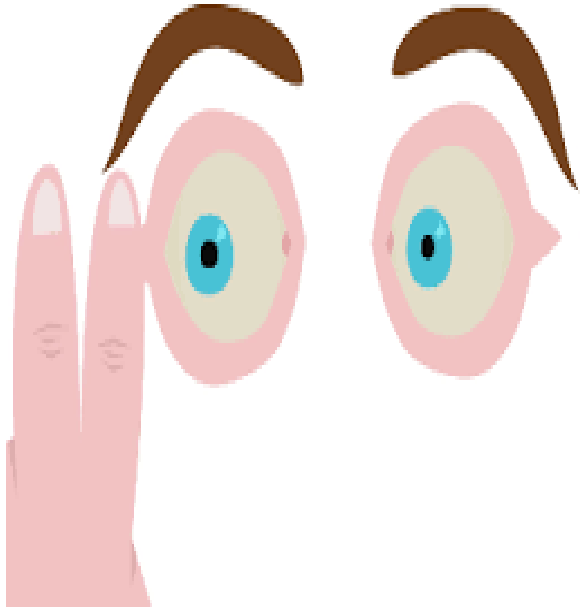
KIEM: KID-Net versus EMDR: RCT



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STUDY PROTOCOL Open Access

Trauma-focused treatments for refugee children: study protocol for a randomized controlled trial of the effectiveness of KIDNET versus EMDR therapy versus a waitlist control group (KIEM)

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Abstract

Background: Prevalence of posttraumatic stress disorder (PTSD) in refugees is reportedly higher in comparison to the general population. Refugee children specifically are often coping with trauma and loss and are at risk for mental health difficulties. With staggering numbers of people seeking refuge around the world and 50% being 18 years or younger, research examining the effects of trauma-focused therapies for refugee children with PTSD is

EMDR and its necessary adaptations

- The advantage of restricted language needed
- Using an interpreter, or intercultural mediators
- Skip cognitive abstract terminology
- Restoration of safety
- Dealing with family secrets; creating a shared narrative
- Cooperation and parental consent
- Restoration of resilience and positive experiences

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Hope

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