

**KEYNOTE SPEAKER: Stéphanie KHALFA**



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Clinical psychologist and EMDR Europe practitioner, Stéphanie KHALFA holds a doctorate in Neuroscience and is a CNRS researcher at the Neuroscience Institute of la Timone, in Marseille, France. She works on psychotrauma and EMDR therapy and is looking to understand the effects of EMDR therapy on the brain using brain imaging techniques such as functional magnetic resonance imaging. She is also trying to understand the neural mechanisms underlying the effectiveness of EMDR.

**Presentation**

**Brain mechanisms of Post-traumatic stress disorder (PTSD) and its treatment by EMDR therapy**

The Post-Traumatic Stress Disorder (PTSD) occurs following exposure to a traumatic event. In particular, it results in a deficit of emotional regulation involving the amygdalae and the prefrontal cortex. We have been able to show, using EMDR therapy, that after symptomatic remission, normal brain function and in particular of these two structures is restored. We then looked at the mechanisms of action of this short and effective PTSD therapy.



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