proceedings

MDPI

Abstract

Eye Movement Desensitization Ande Reprocessing (EMDR): Therapeutic Approach to Reframe Traumatic Memories †

Juliano Cintra Taveira Tupina Almeida *, Pedro Gabriel Rodrigues Gomes, Daniel Carmona Ferreira, Daniel Mota Cardoso, Kevin Prates Bellorio, Carlos Gustavo Santos and Carlos Nogueira Aucélio

Area of Morphology, University of Brasília, Brasília 70910-900, Brazil; 232018421@aluno.unb.br (P.G.R.G.); 232025328@aluno.unb.br (D.C.F.); 232021230@aluno.unb.br (D.M.C.); 232003910@aluno.unb.br (K.P.B.); 232018440@aluno.unb.br (C.G.S.); carlosaucelio@gmail.com (C.N.A.)

* Correspondence: 232037973@aluno.unb.br

† Presented at the 6th International Congress on Health Innovation—INOVATEC 2025, Hybrid, 21–23 November 2025.

Keywords: EMDR; traumatic memories–compulsive obsessive disorder

Introduction: EMDR is a therapeutic method used to treat traumatic memories and Post-traumatic Stress Disorder (PTSD), based on the idea that eye movements, similar to those observed during Rapid Eye Movement (REM) sleep, can help in the processing of traumatic memories. EMDR activates the hippocampus and prefrontal cortex, which are responsible for reorganizing memory and actively regulating emotions, promoting desensitization to trauma-related stimuli. The objective of this study is to evaluate the efficacy of the EMDR technique in the treatment of symptoms of Obsessive–Compulsive Disorder (OCD) in children and adolescents. **Methodology**: This study is a longitudinal, retrospective, and analytical analysis of 45 patients between 12 and 21 years of age diagnosed with OCD according to the Diagnostic and Statistical Manual of Mental Disorders V. Data were obtained between January 2017 and January 2022, in outpatient care at the University Hospital of Brasília and the AME/Mental Assistance clinic. Ten patients resistant to treatments such as pharmacotherapy and psychotherapy were evaluated using the (Yale–Brown Obsessive Compulsive Scale) Y-BOCS technique before and after EMDR. **Results**: The sample subjected to the EMDR technique had a prior history of emotional trauma. After 10 sessions, 70% of the participants, according to the Y-BACS scale, showed improvement in time spent, anguish, and resistance to obsessions and compulsions, positively influencing the patients' daily lives. **Conclusions**: EMDR proved to be effective, especially in treating OCD with trauma. The small sample size of this study limited the results.

Author Contributions: Conceptualization, J.C.T.T.A., P.G.R.G., D.C.F., D.M.C., K.P.B., C.G.S. and C.N.A.; methodology, C.N.A.; investigation, J.C.T.T.A., P.G.R.G., D.C.F., D.M.C., K.P.B., C.G.S. and C.N.A.; writing—original draft preparation, J.C.T.T.A., P.G.R.G., D.C.F., D.M.C., K.P.B., C.G.S. and C.N.A.; writing—review and editing, J.C.T.T.A., P.G.R.G., D.C.F., D.M.C., K.P.B. and C.G.S.; supervision, C.N.A. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.

Institutional Review Board Statement: The study was conducted in accordance with the Declaration of Helsinki, and approved by the Human Research Ethics Committee of the Faculty of Medicine/UnB (CAAE 93128718.8.0000.5558).

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

Check for updates

Academic Editors: Andreanne Vasconcelos, Amílcar Damazo and José Roberto Leite

Published: 2 March 2026

Copyright: © 2026 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license.

Data Availability Statement: The data presented in this study are available upon request from the corresponding author.

Conflicts of Interest: The authors declare no conflicts of interest.

Disclaimer/Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.

https://doi.org/10.3390/proceedings2026137069