

EMRE KONUK

[EMDR in the treatment of Fibromyalgia](#)

[EMDR Treatment of Migraine and Chronic Daily Headache](#)

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CONFERENCE SESSION

[EMDR in the treatment of Fibromyalgia](#)

Sunday 29 June
13:40

PENTLAND Room

[See session on timetable](#)



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Abstract

Fibromyalgia or Fibromyalgia Syndrome is a chronic pain disorder that causes fatigue, muscle pain and tenderness, sleep deprivation. Fibromyalgia is also called “soft-tissue rheumatism” and it affects number of people’s lives around the world. Other fibromyalgia symptoms include concentration and memory problems, depression, sleep problems, and perception problems. Research indicates that having adverse childhood events or traumatic memories may be related to the ensuing of Fibromyalgia. Regarding the research findings and understanding of AIP Model we worked with a client, who is diagnosed with Fibromyalgia, with EMDR Therapy. We also conducted single-case design research with the client. 3-month follow up session was also done. We did some recorded sessions under live supervision of the EMDR Trainer of Emre Konuk. The results demonstrated that EMDR is effective in treatment of Fibromyalgia, also 3 months later than the end of

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Therapy and carried out a research. The findings were almost similar.

Fibromyalgia is an example of medically unexplained illnesses. It is a chronic disease and affects the patient's mental health, well being, daily life and relationships with other people. Many people could not get benefit from medical and alternative treatments. This presentation would be important as it will give scientific findings about the effectiveness of EMDR Therapy. In this workshop the EMDR Treatment of Fibromyalgia Syndrome will be explained and the research will be presented. Moreover, the video demonstration of treatment will be done.

Biography

Emre Konuk applies a solution oriented "Brief Therapy" on the basis of Cognitive Behavioral and Family Therapy Model as well as utilizing the EMDR approach mainly on Post Traumatic Stress Disorder, complex traumas, Personality Disorders, relationship problems and performance enhancement. Emre Konuk has led many social responsibility projects within the body of the Humanitarian Assistance Programs (HAP) including the "Trauma Intervention Training" for the 17th August 1999 Marmara Earthquake, Istanbul bombings and THY airplane crashes. Konuk served as the Executive Board Member of the Turkish Psychologists Association Istanbul division between 1993 and 2003. He took on the duty of the chair of the association between 1998 and 2001, and served as Projects Coordinator during 1999-2002.

