**Presentation 3: Family trauma treatment with EMDR**

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**Background:** Eye Movement Desensitization and Reprocessing (EMDR) is a well-established method for treating individual trauma, but its use in family therapy is underexplored. This presentation focuses on a family with adopted children from Ethiopia, one of whom was adopted under traumatic circumstances. The complexity of their trauma requires an integrative therapeutic approach.

**Objective**: The goal is to introduce a novel application of EMDR within an integral framework, showing how it can address both individual trauma and foster healing within the family system as a whole.

**Methods**: Using a case study, this presentation explores how EMDR was tailored for the family, with attention to their cultural context, trauma histories, and the therapist’s role in creating a safe, supportive space. Cultural sensitivity and therapeutic techniques were combined to effectively process each family member’s trauma narrative.

**Results**: Findings show that EMDR facilitated emotional processing, enhancing resilience and strengthening family bonds. The therapy focused not only on individual trauma but also on improving family dynamics and communication, helping to heal relational patterns and encourage healthier interactions.

**Conclusion**: EMDR, when applied within an integral framework, is a powerful tool for addressing complex family trauma. By adapting interventions to each family’s cultural and trauma histories, therapists can promote effective healing and highlight the importance of integrating systemic perspectives in trauma treatment.