

The Effective Outcomes of EMDR on Tsunami Survivors: Case Studies of Khao Lak, Phang-nga, Thailand

Asst. Prof. Dr. Nanthaphan Chinlumprasert presented research on "The Effective Outcomes of EMDR on Tsunami Survivors: Case Studies of Khao Lak, Phang-nga, Thailand" at the International Seminar on the Theme, "From Asylum to Community", Prince Palace Hotel, Bangkok, Thailand, 4 July 2006

One of the major problems that came with the psychological assistance after the Tsunami was that there was no measure to identify the effectiveness of psychological recovery that was obviously intangible. This study investigated the effective outcomes of EMDR (Eye Movement Desensitization and Reprocessing) on the traumatic recovery of the Tsunami survivors in Khaolak. Both quantitative and qualitative data were obtained. 13 case studies that neither have experienced any other psychological treatments nor have taken any mental medication for psychological recovery purposive selected from those who have been continually treated with EMDR since six months after the disaster. The Impact of Event Scale and EMDR session notes were reviewed. The follow up sessions consisted of bilateral stimulations; interviewing and observation were used to measure the effectiveness of EMDR. The results showed that all the case studies have recovered from the trauma within three sessions. All participants stated their satisfaction toward EMDR for its rapid recovery effect and its sustainability for an extended period of time. The participants reported self-care using bilateral stimulation so called "Butterfly Hug" technique taught by the therapist to reduce their negative feeling that emerge due to whatever unpredicted triggers. This study suggested that EMDR contribute effectively to the Tsunami survivors and perceived as an appropriate self-care for mental health in family and community level.

Keywords: Effective outcome, EMDR, Tsunami Survivors