

2nd World Congress on

Psychiatry and Psychological Syndromes

November 11-12, 2019 | Madrid, Spain

Accident victims experiences in Yaounde, Cameroon and EMDR contribution

Reine Flore Bouyap^{1,2}¹National Center for Rehabilitation of People with Disabilities, Cameroon²University of Yaounde I, Cameroon

As part of our clinical psychology activities at CNRPH (National Center for the Rehabilitation of People with Disabilities), we conducted clinical interviews with patients who were victim of various forms of accident (public roads, railways, gunshots, brain vascular accidents (Stroke), medullary compression, poly myositis). We remarked that more than 90% of these patients presented various forms of psychopathology related either to their accident or to their past such as: Depression, Anxiety Depressive Disorders (ADD), Acute Stress, Post Traumatic Stress Disorder (PTSD) etc. For their care, we evaluated them with Connor and Davidson 1997 SPRINT test (recent trauma scale). This evaluation allowed us to set up therapeutic projects with EMDR (Eye Movement Desensitization Reprocessing) combined with relaxation. Thanhort 40 clinical cases in Yaoundé, Cameroon, we were able to verify that EMDR psychotherapy combined with relaxation is a useful care tool for the management of injured patients. For most cases, the first session of EMDR was very satisfactory. The results are astonishing: Noticed the VOC (truth scale) of 12 patients rose to 7 and their Subjective Units of Discomfort (SUD) went down to 2 at the end of the first session of EMDR. For the other 28 patients, the VOC gradually rose during the sessions to reach 7 at the sixth session with an economic SUD at 1 and for good reason, their experiences sometimes traumatic in childhood. Six sessions were enough to cure these patients.

Biography

Reine Flore Bouyap is a Clinical Psychologist at the CNRPH, EMDR level 2 psychotherapist at the Institut Français d' EMDR, Behavioral Cognitive Therapist (BCT) in training. She is a PhD student in Clinical and Psychopathology at the University of Yaounde I. Her Research theme focuses on the burden of family caregivers of Alzheimer's patients and adjustment strategies. She has worked for three years with children with special needs, four months with Central African refugees, works at the CNRPH since 2016 with accident victims, with parents associations of children with disabilities, wrote an article currently being published with UCAC on disability.

yossaflore40@gmail.com

Notes: