

Eye Movement Desensitization and Reprocessing (EMDR) Therapy for Handling Post Traumatic Stress Disorder (PTSD) Respondents

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EMDR therapy is designed to reduce distress related traumatic event. PTSD prevalence is large enough in Indonesia. It was caused by many natural disasters that happened in several area of Indonesia. However, the application of EMDR for reducing PTSD symptoms was still rare. The objective of this study was to examine the intervention of EMDR therapy in handling PTSD respondents and using a one group pretest-posttest design. There were nine PTSD respondents involved during treatment. EMDR treatments were conducted in four repetitive sessions. Each session was completed in 60-90 minutes. Data was taken using PSS (PTSD Symptom Scale) and tested with Wilcoxon statistical analysis. The statistic test showed ($Z = -2.668$; $p = .05$) with *Asymp. Sig. = .008*. Descriptive data showed that mean scores before and after therapy are 30.88 and 15.77 respectively. This research concluded that EMDR therapy can work to decrease PTSD symptoms.

Keywords: eye movement desensitization and reprocessing (EMDR), posttraumatic stress disorder (PTSD), neurocognitive

Terapi EMDR dirancang untuk menghilangkan distress yang berkaitan dengan adanya pengalaman traumatik. Prevalensi kemunculan gangguan PTSD di Indonesia cukup besar mengingat Indonesia adalah negara rawan bencana yang merupakan sumber stres traumatik. Namun, penggunaan terapi EMDR dalam menangani kasus PTSD belum banyak diterapkan di Indonesia. Adapun tujuan penelitian ini adalah untuk menguji intervensi terapi EMDR dalam menangani naracoba yang terindikasi PTSD. Penelitian ini menggunakan desain *one group pretest-posttest design*, dengan menggunakan sembilan orang naracoba korban bencana yang terindikasi mengalami PTSD. Selanjutnya diberikan terapi EMDR sebanyak empat kali sesi (pertemuan). Pengukuran kondisi naracoba pada saat pra-uji dan pasca-uji dilakukan dengan menggunakan alat ukur PSS (PTSD Symptom Scale) kemudian dilakukan analisis uji statistik Wilcoxon. Berdasarkan uji beda Wilcoxon diperoleh nilai ($Z = -2.668$, $p = .05$) dengan *Asymp. Sig. = .008*. Nilai rata-rata skor setelah dan sebelum terapi EMDR adalah 30.88 dan 15.77. Penelitian ini menunjukkan terapi EMDR yang digunakan dalam penanganan PTSD berhasil menurunkan gejala-gejala PTSD.

Kata kunci: desensitisasi gerak mata dan pemrosesan ulang, *post traumatic stress disorder* (PTSD), neurokognitif.

EMDR is an integrated neurocognitive therapy that includes neurological sensitivity and cognitive schema. EMDR therapy is designed to reduce trauma-related distress. The prevalence of PTSD in Indonesia is quite large, considering how prone the country is to experi-

encing natural disasters, a source of traumatic distress. However, the use of EMDR therapy to handle PTSD cases is still quite rare.

Some studies support the effectiveness of EMDR in reducing PTSD symptoms. The main characteristic of a PTSD symptom is divided into three categories: re-experiencing (experiencing or recalling memories of the incident), avoidance (avoiding various stimuli that act as cues to recall the traumatic incident), and hyperarousal (irritability, easily stimulated, restless

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