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Title of the Study

“The feasibility of the EMDR intervention (train protocol) and its impact on symptoms of post-traumatic stress in patients treated with chemotherapy for non-metastatic breast cancer: a pilot study »

Biosketch

Employment History

Since 2007 : Trainer in Health psychology

- 2022 : EMDR Speaker at EMDR Conference Valencia “Resilience and Family”
- Since 2020: Trainer « EMDR in Oncology »
- 2020 : Speaker in European Parliament Bruxelles and Luxembourg « Comment accompagner un proche ? »
- 2019 : Speaker « EMDR et CANCER : psychopathologie et interventions » MAM, Universités de Metz

Since 2009 : Head of the psychological Department, Centre Hospitalier Luxembourg, Luxembourg.

Since 2005 : Psychologist in palliative team, breast cancer clinic, intensive care, COVID, Centre Hospitalier Luxembourg, Luxembourg.

Training

2021-2023: Inter-universital Certificat “Psycho-Oncology », Belgium

Since 2018 : Practitioner EMDR Europe

Since 2009 : Hypnosis therapist Erickson

2003-2004 : Health Psychology at University of Louvain (Belgium)

1998-2003 : Studies in Clinical Psychology at University of Louvain (Belgium)

Abstract

Title of the Study : “The feasibility of the EMDR intervention (train protocol) and its impact on

symptoms of post-traumatic stress in patients treated with chemotherapy for non-metastatic breast cancer: a pilot study »

According to the World Health Organization (WHO), breast cancer is the most common cancer. Patients undergoing treatment for breast cancer show a high prevalence of psychological distress, lasting around 3 months in 70 percent of cases. Negative affect remains high for up to 4 to 6 months after diagnosis. Anxiety and depression are the most common symptoms.

This study evaluates the feasibility of the train protocol from EMDR therapy on trauma in patients treated with chemotherapy for non-metastatic breast cancer.

The first aim is to assess the impact on trauma of the train protocol intervention (experimental group: EMDR) compared with usual care (control group). The second aim is to assess the impact of the train protocol intervention on emotional regulation and quality of life, compared with usual care. Patients are randomized to the EMDR group or the usual care group. During chemotherapy, the EMDR group receives an intervention using the train protocol. Assessments involve filling in questionnaires. Trauma will be assessed by the Post Traumatic Growth Inventory (PTGI), emotional state by the Hospital Anxiety Depression Scale (HADS) and the Edmonton Scale, and quality of life by the European Organization for Research and Treatment of Cancer (EORTC QLQ-C30). A total of 50 patients will be included (25 in Belgium at CHU Brugmann and 25 in Luxemburg at Centre Hospitalier Luxemburg).

The research begins in 2024 and results should be available in 2025 to publish.