

**Title:**

A work place incident triggered unprocessed touchstone memories

**Speaker:**

Josephine Cannon

**Abstract:**

This case study demonstrates how touchstone events needs to be reprocessed before substantial and pervasive changes can be expected. The case followed Francine Shapiro's eight phase model and showed the efficacy of the model in the treatment of PTSD for a victim of childhood sexual assault. It demonstrated how the application of EMDR therapy structure and the processing leads to cognitive shift and emotional release of the client.