

**Keynote title:**

**“The Whole may be Greater than the Sum of the Parts”:  
Schema Therapy and EMDR Revisited**

The title of this address is taken from a little-known chapter by Jeffrey Young, Wendy Behary and William Zangwill, published in 2002, one year before the foundational text on Schema Therapy. This text contained no reference to EMDR, and EMDR is seldom mentioned in Schema Therapy writings. Both therapies integrate cognitive, experiential and behavioural therapies, so why EMDR is so ignored in schema therapy will be speculated upon. I will explore the contribution that Schema Therapy can make to EMDR, but focus more on what EMDR has to offer the schema therapist. Shapiro’s Adaptive Information Processing model provides the conceptual foundation for EMDR. Parallels to Schema Therapy are drawn, and innovations in EMDR developed by the presenter will shown to be applicable to schema therapy. These innovations will be described conceptually, supporting data presented, and demonstrated with videoed examples. Recently there has been research comparing imagery re-scripting and EMDR in the treatment of trauma related presentations. This research will be presented and discussed. The role of memory re-consolidation in both Schema Therapy and EMDR will be discussed.

## Presenter



## Graham Taylor

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