

EMDR Intervention in the Treatment of Capgras Syndrome Case Report

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Abstract

Trauma is the emotional and physical harm of people from situations that develop suddenly and that they cannot resist. After the trauma, the person becomes more prone to many psychological disorders and has tangible consequences such as decreased productivity, loss of job and loss of physical well-being. EMDR is one of the most effective methods used in trauma treatment. EMDR is a therapy method with proven effectiveness in cases of sexual abuse as well as in many types of trauma. However, EMDR applications are not available for Capgras Syndrome. In this study, it was shown that the symptoms of X, who developed Capgras Syndrome after sexual abuse, were reduced after EMDR treatment in addition to drug treatment. X also had doubts about his sexual orientation and it was determined that these doubts disappeared after the application.

Keywords: trauma; Capgras syndrome, EMDR.

Resume

In 2012, I graduated from Istanbul University Cerrah paşa Faculty as a doctor. I continued my education life with specialization in the field of psychiatry. After completing my doctorate at Istanbul University, I continued my business life with academic research and clinical studies. I completed the training of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy schools. I specialize in addiction-focused DBT. I also received certified training on eating disorders and sexual therapy. I completed my EMDR level I specialization and specialized in the fields of psychotherapy and psychiatry. Finally, I received schema therapy training. Addiction, ADHD, Depression and Anxiety are my main areas of work. In particular, I am working on the treatment of ADHD with Transcranial Direct Current Stimulation (tDCS). In addition to these, I continue my studies in the field of neuropsychology. I am currently working as a specialist doctor at Özel Moodist Hastanesi. In addition, I conduct academic studies and participate in congresses. I share my knowledge in the field of mental health with people by participating in discussion programs in television programs and social media. I also do dub.

In my spare time, I am interested in literature and writing poems.

Literature Review

Trauma is the emotional and physical harm of people from situations that develop suddenly and that they cannot resist. After trauma, the person becomes more prone to many psychological disorders and has tangible consequences such as decreased productivity, loss of job and loss of physical well-being (Aviná & O'Donohue, 2002; Sigurvinsdottir & Ullman, 2015). Many different methods have been developed in the treatment of trauma. One of the most effective is Eye Movement Desensitization and Reprocessing (EMDR). EMDR is a therapy method with proven effectiveness in cases of sexual abuse as well as in many types of traumas (Allon, 2015). In this article, the improvement of the patient who was diagnosed with schizophrenia as a result of sexual abuse after EMDR treatment will be discussed.

Report

X, a 22-year-old male patient presented to the outpatient clinic for the first time eight months ago with visual and auditory hallucinations and delusions lasting for 1 year. During his education in Boston, he

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was frequently found in social environments where he would use alcohol and drugs. Perception pathology of the patient who applied to our clinic was not detected. It was determined that the patient, who thought that his parents were not his own son, thought that he was the twin of his close friend. X applied to our clinic for a DNA test.

Anamnesis: Two years before the admission, he attempted suicide in the bathroom one night and was found by his cousin and brother in the morning when he was about to die and was referred to the hospital. After resting for a week in the internal medicine department of the hospital, he was referred to the psychiatry department. During this period, he was considered to be Major Depressive, and treatment was started in this direction. During the 5-session interview with the patient in Dubai, mood disorder symptoms were detected and Schizophrenia or bipolar disorder was suspected. Schizophrenia was diagnosed after long and comprehensive interviews by the psychiatrist and as a result of the tests applied.

During the interviews with X, it was learned that he had a history of sexual abuse. He started to doubt his sexual orientation after being sexually abused by his teacher. The patient did not have psychotic symptoms other than Capgras syndrome when he applied. X, who requested a DNA test, was offered EMDR treatment. It was said that if the same doubts still persist after EMDR treatment, a DNA test will be performed. The patient accepted this agreement. During the EMDR sessions, his thoughts about his family and his twin brother were taken into consideration. At the same time, scenes related to abuse were discussed. Scenes where he thought that he was not protected and shown love by his family were studied. Scenes about his family that he thinks are loved were placed as a source. After the session, the patient called and expressed that he believed his family to be his real family. At the same time, he stated that the confusion about his sexual orientation disappeared after sexual abuse was studied. The information received from his family was also in this direction. When the patient came, he was using Xeplion 150 mg monthly and lamictal. During the therapy period, the drugs were continued without any changes.

Discussion

One of the most widely used techniques in trauma treatment studies is EMDR. EMDR is a particularly effective method in cases of sexual abuse (Allon, 2015). However, a study on post-traumatic Capgras Syndrome has not yet been implemented. This case

demonstrated the positive results obtained as a result of using EMDR for its stated purpose. At the same time, it has been shown that EMDR can also be effective in the sexual orientation of people, although there are no applications on sexual orientation in EMDR treatments as in Conversion Therapies. In this case, it was shown that the differences in sexual orientation that may occur after sexual trauma and psychotic states return to the pre-traumatic period at the end of EMDR sessions.

Conflict of Interest

The authors declare no conflict of interest.

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