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# EL EFECTO DE LOS MOVIMIENTOS OCULARES DE EMDR EN LA REACTIVACIÓN DE LA MEMORIA. DIFERENCIAS SEGÚN EL TIPO DE ESTÍMULO

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## RESUMEN

La terapia de Desensibilización y Reprocesamiento por Movimientos Oculares (EMDR, por sus siglas en inglés) es efectiva para tratar el Trastorno por Estrés Postraumático (TEPT). Durante la misma, se realizan una serie de movimientos oculares junto con la reactivación del recuerdo. No obstante, los mecanismos neuropsicológicos por los cuales la terapia de movimientos oculares es efectiva permanecen desconocidos. La hipótesis de Aumento de la Recuperación Inducida por Movimientos Oculares (SIRE, por sus siglas en inglés) postula que mover los ojos antes de realizar una tarea de memoria verbal, mejora el rendimiento en dicha tarea. Por otro lado, la hipótesis de doble tarea (dual-task) propone que realizar movimientos oculares durante la reactivación mnésica, sobrecarga la memoria de trabajo interfiriendo en el rendimiento. Considerando que los recuerdos traumáticos poseen un gran componente visual, proponemos que los movimientos oculares podrían interferir la memoria visual facilitando la reactivación del recuerdo traumático. A su vez, la reactivación de la memoria verbal podría mejorar, mediante la interacción interhemisférica, la incorporación del evento en la narrativa autobiográfica. El presente trabajo testea dichas hipótesis mediante una serie de tareas conductuales con el fin de esclarecer estos mecanismos.

## Palabras clave

EMDR - Reactivación - Memoria visual - Memoria verbal

## ABSTRACT

THE EFFECT OF EMDR EYE MOVEMENTS ON MEMORY REACTIVATION. DIFFERENCES ACCORDING TO THE TYPE OF STIMULI Eye Movement Desensitization and Reprocessing (EMDR) therapy is effective for Post Traumatic Stress Disorder (PTSD). During it, patients have to make eye movements during reactivation of memory. However, the neuropsychological mechanisms by which eye movement therapy is effective will remain unknown. The Saccade-Induced Retrieval Enhancement (SIRE) hypothesis posits that moving the eyes before performing a verbal memory task improves performance on that task. On the other hand, the dual-task hypothesizes that eye movements made during mem-

ory reactivation overload working memory and interfere with performance. Because traumatic memories are mainly visual, we propose that eye movements could affect visual memory by facilitating the reactivation of the traumatic memory. Further, the reactivation of verbal memory could improve, through interhemispheric interaction, the incorporation of the event in the autobiographical narrative. This paper tests these hypotheses through behavioral tasks to clarify these mechanisms.

## Keywords

EMDR - Reactivation - Visual memory - Verbal memory

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