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Neuropsychological Rehabilitation

Presents

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Stuck in Survival Mode:

PTSD, Brain Injury and the Role of EMDR

11th November 2026

10:00 - 12:00

2 CPD Points

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This webinar explores psychological trauma and PTSD in the context of neurorehabilitation,

with a focus on presentations following traumatic and acquired brain injury. It examines the neurobiology of trauma, autonomic dysregulation, and how traumatic events can disrupt memory consolidation and integration. The session also considers the overlap between PTSD symptoms and common neuropsychological difficulties, including fatigue, emotional dysregulation, attentional difficulties and reduced executive functioning.

The webinar will consider why individuals with brain injury may be more vulnerable to PTSD, how trauma can affect rehabilitation engagement and functional recovery, and how EMDR may be used within a neurorehabilitation framework. Delegates will be introduced to evidence-based trauma-focused approaches, clinical indications for referral, and key adaptations required when working with cognitive, communication, sensory or fatigue-related difficulties.

By the end of the webinar, delegates will be able to:

1. Recognise core PTSD symptoms and understand how they may overlap with presentations following traumatic or acquired brain injury.
2. Describe key trauma mechanisms, including threat activation, autonomic dysregulation and disrupted memory processing.
3. Identify factors that may increase vulnerability to PTSD after brain injury, including ICU trauma, amnesia, loss of control, previous trauma and adjustment difficulties.
4. Explain how PTSD can affect rehabilitation engagement, cognition, relationships, independence, litigation processes and overall recovery outcomes.
5. Describe the rationale for EMDR and its role within trauma-focused neurorehabilitation.
6. Recognise when EMDR or other trauma-focused therapies may require adaptation for cognitive, sensory, communication or fatigue-related difficulties.
7. Identify the importance of stabilisation, pacing, formulation and multidisciplinary collaboration when supporting individuals with PTSD and brain injury.
8. Recognise when specialist psychological trauma input may be indicated, and how case managers, solicitors and health professionals can support safe referral, rehabilitation planning and treatment coordination.

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Who Should Attend?

This webinar is ideal for professionals working in neurorehabilitation, including clinicians, case managers, deputies, solicitors and allied health professionals.

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Biography

Lucilla Carlacci De Mattia

Chartered Clinical Psychologist, Specialist in Neuropsychology, EMDR Therapist NPsych Ltd



Lucilla is a Chartered Clinical Psychologist registered with the HCPC, and a member of the BPS and EMDR UK. She has worked in cognitive and clinical neuropsychology since 2011, with interests in neuropsychology, EEG studies and trauma therapy, developed during her university studies in Italy. She has received multiple awards for academic excellence and research, including a Course of Excellence Award at La Sapienza, University of Rome, following specialist training in stress-related disorders and neural plasticity. This informed her interest in the impact of trauma on the brain and her integration of EMDR and trauma-focused approaches within neuropsychological rehabilitation.

Lucilla is currently a Visiting Research Fellow at Goldsmiths, University of London, and remains involved in research, teaching and professional knowledge-sharing alongside her clinical practice. She provides neuropsychological rehabilitation across specialist ABI services and community settings, working with adults, children and families affected by brain injury and other neurological conditions. She specialises in cognitive and mental capacity assessments, psychological therapy, behavioural intervention, multidisciplinary rehabilitation planning and clinical leadership.

Her therapeutic practice draws on CBT, systemic therapy, EMDR, trauma- and attachment-focused approaches, and psychodynamic therapy, with a particular focus on supporting individuals and families as they navigate the psychological, cognitive and relational changes resulting from brain injury.

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