



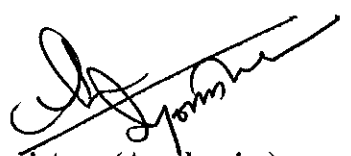
Notice for the PhD Viva Voce Examination

Ms Rebecca Suganthi Davidar, Registration Number: 2170096, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Monday, 29 June 2026 at 11.30 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **Online EMDR for Couples Experiencing Attachment Trauma: A Feasibility Trial**
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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Place: Bengaluru
Date: 13 June 2026


Registrar (Academics)

ABSTRACT

This pre-test, post-test single-group feasibility study with an embedded mixed-method design examines the feasibility, preliminary efficacy, and process of providing online Eye Movement Desensitization and Reprocessing (EMDR) for couples experiencing attachment trauma. The study addresses a significant gap in couples therapy literature, where most approaches emphasize top-down interventions while underemphasizing bottom-up processing of emotionally charged memories underlying entrenched negative patterns. Guided by a pragmatic philosophical stance, the study prioritizes clinical applicability and real-world implementation. The objectives were to: (a) identify traumatic events couples recognize as attachment traumas and their experiences, (b) assess whether standard EMDR protocols can be adapted for online couples therapy, (c) evaluate treatment adherence and completion, (d) examine whether the approach reduces posttraumatic stress-like symptoms and conflict while increasing forgiveness, (e) establish stability of gains at one-month follow-up, and (f) gauge participants' perceptions of acceptability and change. Participants were 17 Indian couples (n=34) reporting distressing relationship events with clinically significant distress (Subjective Unit of Disturbance ≥ 5). Quantitative data from standardized measures, Impact of Events Scale, Romantic Partner Conflict Scale, and Marriage Offense-Specific Forgiveness Scale, showed marked reductions in trauma-like symptoms and conflict styles, plus enhanced forgiveness. Qualitative findings revealed online EMDR's potential for changing rigid emotional responses and negative cognitions tied to relational traumas, facilitating greater empathy and openness to resolution. Most couples maintained improvements at one-month follow-up, suggesting the durability of change and the viability of online EMDR couple protocols. This research offers an empirically informed framework for mental health professionals integrating trauma processing into couples' work, charting a path for future randomized trials and cultural adaptations.

Keywords: *TEMDR, couple therapy, online intervention, feasibility testing, adult attachment.*

Publications:

1. **Davidar, R. S.,** Ballal, D., & Rajan, S. K. (2025). Treatment of attachment trauma: Effects of an online EMDR couple protocol on trauma symptoms, conflict resolution, and forgiveness. *Counselling and Psychotherapy Research*, 25(3). <https://doi.org/10.1002/capr.70042>
2. **Davidar, R. S.,** & Ballal, D. (2025). Enhancing Psychotherapy Research: The critical need for detailed reporting of intervention protocols. *Indian Journal of Psychological Medicine*. <https://doi.org/10.1177/02537176241313127>
3. **Davidar, R. S.,** & Ballal, D. (2024). Clinical Observations of Online EMDR: The Imperative for Research on Bilateral Stimulation Techniques. *Indian Journal of Psychological Medicine*. <https://doi.org/10.1177/02537176241247390>