



*Promoting the health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.*

**A monthly newsletter keeping you informed.**

**Volume 2, Issue 1**

#### **In This Issue**

- ~ [EMDR and 25 Years of Research](#)
- ~ [Please Visit our Booth at the EMDRIA Conference](#)
- ~ [Write a TRIP Article](#)
- ~ [Celebrating 25 Years of EMDR Research](#)

*This is a monthly e-newsletter created primarily for EMDR researchers and trained clinicians. The purpose of it is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with a variety of populations.*

*In celebrating and honoring the 25th year of EMDR research, the EMDR Research Foundation newsletter will devote the remaining issues of 2014 to presenting some of the significant research that has been published throughout the years.*

#### **Quick Links**

[\*\*Researcher Resource Directory\*\*](#)

[\*\*Join the Visionary Alliance\*\*](#)

[\*\*Visit our Website\*\*](#)

*We invite you to share with us your favorite research study from the last 25 years that you would like to see represented in our newsletter. Feel free to expand on the reasons for your choice.*

[\*\*Donate Now\*\*](#)

*Sincerely,*

*Wendy Freitag, Ph.D.  
EMDR Research Foundation*

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**EMDR and 25 Years of Research - Part 4**

This is our 25 years of EMDR Research newsletter, Part 4.

Our featured research study this month (honoring "25 Years of EMDR Research") was published in *Psychotherapy* vol. 34/Fall 1997, *Controlled Study of Treatment of PTSD Using EMDR in an HMO Setting*. The subjects treated included those with both single incident trauma and those with multiple trauma.

The results showed 77% of the multi-trauma and 100% of the single trauma participants no longer met diagnostic criteria for PTSD at post treatment. Participants in the control group who received CBT and other treatments were not significantly improved.



The follow-up study "Three and 6-Month Follow-up of EMDR Treatment of PTSD in an HMO Setting" published in the *International Journal of Stress Management* 2004 vol. 11 No. 3 pp 195-208 showed that the results held at 3 & 6 months and that the EMDR group continued to improve at 3 & 6 months compared to the control group that did not improve.

The EMDR therapists treating the participants had fidelity to the standard EMDR protocol.

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Marcus, S., Marquis, P., & Sakai, C. (1997, Fall). [Controlled study of treatment of PTSD using EMDR in an HMO setting](#). *Psychotherapy*, 34(3), 307-315. doi:10.1037/h0087791.

**Language:** English

**Format:** Journal

**Abstract:** 67 individuals diagnosed with PTSD were randomly assigned to either Eye Movement Desensitization and Reprocessing (EMDR) treatment or Standard Care (SC) treatment. Participants were assessed pretreatment, after 3 sessions, and at the completion of treatment using the Symptom Checklist-90, Beck Depression Inventory, and Subjective Units of Disturbance. In addition, an independent evaluator assessed participants using DSM-III-R criteria for PTSD including Global Assessment of Functioning at the 3 data points. The individuals in the EMDR treatment group showed significantly greater improvement with greater rapidity than those in the SC treatment group on measures of PTSD, depression, anxiety, and general symptoms. Participants who received EMDR treatment used fewer medication appointments for their psychological symptoms and needed fewer psychotherapy appointments. [Author Abstract]

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**Please visit our booth at the EMDRIA Conference!**

Come by booth #12 for information, networking opportunities and even prizes!

### Visionary Alliance Drawing:

**Become A Visionary Alliance Member NOW or Increase Your Current Pledge to be entered to win.**

Special Drawing will be held 12/31/14 for these prizes:

**- Incredible Vacation Time Share Week - Winner's Choice**

Compliments of Cynthia Kong & Gerald Puk (Valued up to \$2000)

**- Winner's Choice - Training Course or Certification Package**

[EMDR Consulting](#): Roy Kiessling, (Value of \$1395)

**- One-Year Membership**

[EMDR Therapists Network](#) (all new, mobile-centric design) from **Inner Courage, LLC** (Value: \$249)

**- A Complete Set of 2014 EMDRA Conference Recordings**

[Convention Media Solutions](#) (Value: \$159 at conference/\$199 after conference)

**- Distance Learning Program, Winner's Choice**

[Trauma Institute & Child Trauma Institute](#) (Value: up to \$130)

### Raffle for Research:

**Tickets are one for \$5, five for \$20**

**- Lifetime entry to Business School Bootcamp for Therapists**

[ZynnyMe, Inc.](#) (Value of \$1499)

**- \$500 Amazon Gift Card**

Compliments of ERF

**- emWave Pro Stress Relief System**

[HeartMath LLC](#) (Value of \$299)

**- Deluxe Tac/AudioScan™**

[Neurotek Corporation](#) (Value: \$269)

**- A Complete Set of 2014 EMDRA Conference Recording**

[Convention Media Solutions](#) (Value: \$159 at conference/\$229 after conference)

**- Young Living's Feeling Collection**

[Young Living Essential Oils](#) (Value of \$205)

**- Two LENS (Low Energy Neurofeedback Systems) Mappings**

[Courage to Change Addiction Recovery](#) (Each valued at \$200)

**- UE (Ultimate Ears) Boom Wireless Bluetooth Speaker**

[The Ranch](#) (Value of \$200)

**- \$100 Amazon Gift Card**

[Bennington School](#)



**- Hand Turned Pens** - (Value of \$100)  
Made personally and donated by Katy Murray

**- Gift Basket** (Value of \$60)  
[In Light Wellness Systems](#)

**- Gift Certificate** (Value: \$50)  
[Mentor Books](#)

**- Celtic Art Therapy Plate**  
[Celtic Art Therapy](#) (Value of \$30)

**- A SIGNED vintage copy of "Thomas Hardy's Chosen poems"**  
(Puk, Unger Press, 1978) (Value: A priceless piece of history)  
Compliments of Barbara Hensley  
This is Francine's first book - edited by her when she was majoring  
in English Literature, before her famous "walk in the park!"

### [Join the EMDR Research Foundation Visionary Alliance](#)

At our booth at the EMDRIA Conference in September, you will be able to sign up to be a member of the Visionary Alliance.

### ***History***

At the 2011 EMDRIA Conference, the Foundation initiated the "Visionary Alliance." This program offers our constituents the opportunity to give a sustaining pledge by automatic monthly donations. An effective way to "pay back" for all the benefits received due to EMDR is to "pay it forward" by your ongoing contribution to EMDR research.

### ***What does it take to be a member?***

Your monthly donations of \$15 or more will provide a predictable, continuous stream of income that will give the Foundation leverage when pursuing funding from larger organizations, granting agencies and foundations. It also allows us to predict the amount we can distribute to support research proposals.

### ***What does it mean to be a member of the Visionary Alliance?***

When the Foundation is funding large scale research projects to the tune of thousands of dollars a year, you will know you were part of the ground swell of support that made it possible. Please consider becoming a "give as you earn" donor by donating one EMDR session or a portion of a session per month to support EMDR research.

[Sign Up to be a Visionary Alliance Member Today!](#)

*We are excited to see you in Denver!*

***The EMDR Research Foundation is the only funding source dedicated solely to supporting EMDR research worldwide.***

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## Write a TRIP Article for the Journal of EMDR Practice and Research

Translating Research Into Practice (TRIP) articles bring research alive and make research findings relevant in a therapist's day-to-day practice. It also supports researchers in disseminating their findings and provides a critical link between research and practice.

- **Clinicians** - If you have read a research article that stimulated your thinking, inspired your work, or made a difference in your work with a client, please share this by writing a brief case description that elucidates or is inspired by the findings of a research article.
- **Researchers** - If you have been involved in a research study and would like to share clinical examples that elucidate your findings, we invite you to share them with your clinical colleagues by writing your case example and how it relates to your research.
- **Clinical consultants and trainers** - If you have found a research article that has proven helpful to a consultee or to trainees in their understanding of or application of EMDR, please share your experiences. We can support researchers in disseminating their findings and provide the critical link between research and practice. To learn more about TRIP, visit our website.

### The Translating Research Into Practice (TRIP)

[EMDR With Recurrent "Flash-Forwards": Reflections on Engelhard et al.'s 2011 Study.](#)

*Journal of EMDR Practice and Research*, 7(2), 106-111.

<http://dx.doi.org/10.1891/1933-3196.7.2.106>

In a recent issue of the *Journal of EMDR Practice and Research*, Lisa Bellecci-St. Romain references Engelhard et al.'s (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future catastrophes-"flash-forwards."

If you think you might want to contribute to the column and want more information, email Katy Murray at [katymurraymsw@comcast.net](mailto:katymurraymsw@comcast.net).

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## Stay Connected to the EMDR Research Foundation

**Don't forget to like us on [Facebook](#) or follow us on [Twitter](#)!** It is just one more way to support ERF. It is free and quick! We provide updates to research grants, outcomes from funded programs, and resources for those suffering who want to learn more about how EMDR may be able to help them.

**Sign up for [EMDR And The Military In Action](#).** ERF sponsors a monthly newsletter that focuses on our colleagues who have been specifically trained to treat military personnel, veterans, and their families. *EMDR And The Military In Action* is designed to promote continued interest and education in EMDR and show our support for those clinicians who deal daily with this growing population of traumatized individuals.

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## The EMDR Research Foundation

**E**nvisions

**M**aking a difference by

**D**emanding high quality

**R**esearch .... Now and for years to come!

[www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

*Celebrating*



*Click here for our  
"25 years of EMDR Research" campaign*

[Join Our Mailing List!](#)