



*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 9**

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- ~ Write a TRIP Article
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*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.*

#### **Quick Links**

[Researcher Resource Directory](#)

[Join the Visionary Alliance](#)

[Visit our Website](#)

*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.*

**Donate Now**

*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.*

*Sincerely,*

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

## **EMDR and 25 Years of Research - Part 5**

This is our 25 years of EMDR Research newsletter, Part 5.

The research cited below is relevant to the ongoing conversation of the efficacy of EMDR with clients with complex trauma.

This research was the first of its kind to compare the effects of medication versus psychotherapy in the treatment of PTSD, in both adult-onset and child-onset trauma subjects, allowing some



discussion as to treatment effectiveness with more complex clients

At the 6 month follow-up and after only 8 weeks of treatment, EMDR therapy was more successful than pharmacotherapy in achieving sustained reductions in PTSD and depression symptoms in both adult-onset and child-onset trauma subjects, with greater benefit for those with adult-onset. The authors suggest more research to search for further answers in working with clients with earlier onset trauma.

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Van der Kolk, B. A., Spinazzola, J., Blaustein, M. E., Hopper, J. W., Hopper, E. K., Korn, D. L., & Simpson, W. B. (2007, January). [A randomized clinical trial of eye movement desensitization and reprocessing \(EMDR\), fluoxetine, and pill placebo in the treatment of posttraumatic stress disorder: Treatment effects and long-term maintenance](#). *Journal of Clinical Psychiatry*, 68(1), 37-46. doi:10.4088/JCP.v68n0105.

### **Abstract:**

**Objective:** The relative short-term efficacy and long-term benefits of pharmacologic versus psychotherapeutic interventions have not been studied for PTSD. This study compared the efficacy of a selective serotonin reuptake inhibitor (SSRI), fluoxetine, with a psychotherapeutic treatment, eye movement desensitization and reprocessing (EMDR), and pill placebo and measured maintenance of treatment gains at 6-month follow-up. **Method:** 88 PTSD subjects diagnosed according to DSM-IV criteria were randomly assigned to EMDR, fluoxetine, or pill placebo. They received 8 weeks of treatment and were assessed by blind raters posttreatment and at 6-month follow-up. The primary outcome measure was the Clinician-Administered PTSD Scale, DSM-IV version, and the secondary outcome measure was the Beck Depression Inventory-II. The study ran from July 2000 through July 2003. **Results:** The psychotherapy intervention was more successful than pharmacotherapy in achieving sustained reductions in PTSD and depression symptoms, but this benefit accrued primarily for adult-onset trauma survivors. At 6-month follow-up, 75.0% of adult-onset versus 33.3% of child-onset trauma subjects receiving EMDR achieved asymptomatic end-state functioning compared with none in the fluoxetine group. For most childhood-onset trauma patients, neither treatment produced complete symptom remission. **Conclusions:** This study supports the efficacy of brief EMDR treatment to produce substantial and sustained reduction of PTSD and depression in most victims of adult-onset trauma. It suggests a role for SSRIs as a reliable first-line intervention to achieve moderate symptom relief for adult victims of childhood-onset trauma. Future research should assess the impact of lengthier intervention, combination treatments, and treatment sequencing on the resolution of PTSD in adults with childhood-onset trauma. [Author Abstract]

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## **EMDRIA Conference Report**

*Our fundraising efforts were a huge success at the EMDRIA Conference in Denver and we have YOU to thank.*

### **Congratulations to our ERF Quiz Winners:**

In honor of the 25th Anniversary of EMDR, the ERF offered a quiz. The six people that received the best score in the shortest amount of time, won a prize!

- 1st Place- Kathryn Bass, Score of 95
- 2nd Place- Andrew Leeds, Score of 90
- 3rd Place- Juliette Troy, Score of 85
- 4th Place- Mark Nickerson, Score of 75
- 5th Place- Sang Soo Seo, Score of 75
- 6th Place- Marshall Wilensky, Score of 65



## Raffle for Research:

**Congratulations to the winners of our raffle and thank you to those that participated!  
Your generosity will aid us in funding quality EMDR research in the future.**

## Join the EMDR Research Foundation Visionary Alliance:

Not only did you help us reach our goal of 25 new Visionary Alliance members at the EMDRIA Conference, we *surpassed* that goal by signing up **42 new members!!!** Only eight to go to double our goal!



**Thank you!**

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

## 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)

**Update: Congratulations to Barbara Korzun!**

**- 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 EMDRIA Conference Recordings (2 Sets to be raffled)**

[Convention Media Solutions](#) (Value: \$229)

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

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

**- Advanced Specialty Workshops, Winner's Choice**

[EMDR Institute](#) (Value: \$375)

## 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.

***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.

**The EMDR Research Foundation**

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