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**A monthly newsletter keeping you informed.**

**Volume 3, Issue 1**

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*Dear EMDR Practitioner,*

*This e-newsletter is a special edition designed to announce the creation and release of an EMDR Early Intervention Toolkit created primarily for EMDR researchers in the areas of Early Intervention. We are very excited about it's release and hope you find it helpful in your ongoing work.*

*As the EMDR Research Board of Directors works to create more research opportunities for our community, we hope you join in on the conversation with your suggestions for upcoming newsletters.*

*Sincerely,*

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

*"Expanding Our Research, Deepening Our Impact."*

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## **EMDR Early Intervention Researcher's Toolkit RELEASE**

***In 2013, the EMDR Research Foundation (aka the Foundation) established "Addressing the Global Burden of Trauma" as one of its research priorities. Whether natural or man-made, the Foundation supports research exploring the effectiveness of early EMDR interventions in response to trauma and disaster.***

***In our first two issues of the 2014 Clinical Newsletter the Foundation published abstracts of research studies involving use of Early Intervention Protocols. The first issue of 2014 focused on the use of Group protocols and the second issue gave a review of EMDR and early Psychological Interventions following trauma by Elan Shapiro*** Shapiro, E. (2012). [EMDR and early psychological intervention following](#)

[trauma](#). *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 62(4), 241-251. doi:10.1016/j.erap.2012.09.003.



As was noted in the review, and in reading the research done on early intervention, there is a need for research validation of the various protocols utilized. The EMDR Early Intervention Research Toolkit that can be accessed on our website ([www.emdrresearchfoundation.org/toolkit](http://www.emdrresearchfoundation.org/toolkit)) is the Foundation's response to that need.

***The EMDR Early Intervention Research Toolkit was specifically designed to assist EMDR clinicians who provide early EMDR interventions as part of frontline trauma response and recovery. The primary goal of the Toolkit is to increase data collection and publication of studies in order to gain a better understanding of the most effective ways to intervene after a traumatic event.***

***The Toolkit is intended only for EMDR clinicians who have completed Basic EMDR Training and, ideally, are fully trained in the use of the selected specialty protocols. The brief introduction, the protocols, and the worksheets are not a substitute for adequate and appropriate training.***

***It is our hope that with the publication of this toolkit, researchers will have the ability to use with fidelity, the protocols created by Early Intervention Researchers in response to man-made and natural disasters. In that research, we hope to see the accumulation of wisdom about the most effective interventions possible.***

***Please visit our website ([www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)) to learn more about the Toolkit. We are very excited about the potential for this and hope you will be too.***

***Here are references to additional research studies utilizing some of the Early Intervention Protocols:***

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#### **EMDR Integrative Group Treatment Protocol:**

Jarero, I., Roque-López, S., & Gomez, J. (2013). [The provision of an EMDR-based multicomponent trauma treatment with child victims of severe interpersonal trauma](#). *Journal of EMDR Practice and Research*, 7(1), 17-28. doi:10.1891/1933-3196.7.1.17.

Jarero, I., & Artigas, L. (2012). [The EMDR integrative group treatment protocol: EMDR group treatment for early intervention following critical incidents](#). *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 62(4), 219-222. doi:10.1016/j.erap.2012.04.004.

#### **EMDR-Protocol for Recent Critical Incidents:**

Jarero, I., & Uribe, S. (2011). [The EMDR protocol for recent critical incidents: Brief report of an application in a human massacre situation](#). *Journal of EMDR Practice and Research*, 5(4), 156-165. doi:10.1891/1933-3196.5.4.156.

Jarero, I., & Uribe, S. (2012). [The EMDR protocol for recent critical incidents: Follow-up report of an application in a human massacre situation](#). *Journal of EMDR Practice and Research*, 6(2), 50-61. doi:10.1891/1933196.6.2.50.

#### **EMDR Recent Traumatic Episode Protocol:**

Jarero, I., Artigas, L., Uribe, S., Garcia, L., Cavazos, M., & Givaudan, M. (2014). [Pilot](#)

[Research St on the Provision of the EMDR Integrative Group Treatment Protocol with Female Cancer Patients](#). *Revista Iberoamericana de Psicopatología y Disociación*. Vol. 6. Num. 3, 2014. ISSN: 2007-8544.

Laub, B., & Weiner, N. (2011). [A developmental/integrative perspective of the recent traumatic episode protocol](#). *Journal of EMDR Practice and Research*, 5(2), 57-72. doi:10.1891/1933-3196.5.2.57.

Shapiro, E., & Laub, B. (2008). [Early EMDR intervention \(EEI\): A summary, a theoretical model, and the recent traumatic episode protocol \(R-TEP\)](#). *Journal of EMDR Practice and Research*, 2(2), 79-96. doi:10.1891/1933-3196.2.2.79.

Tofani, L. R., & Wheeler, K. (2011). [The recent-traumatic episode protocol: Outcome evaluation and analysis of three case studies](#). *Journal of EMDR Practice and Research*, 5(3), 95-110. doi:10.1891/1933-3196.5.3.95

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## **[Be a part of the Future!](#)** **[Join 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. Since that time, a number of you have taken the opportunity to participate in this community of Research Supporters.



### ***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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**[TRIP Article Accepted for Publication](#)**

## NEW TRANSLATING RESEARCH INTO PRACTICE ARTICLE TO BE PUBLISHED FEBRUARY 2015:

Myers, K. (In Press - 2015). EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh. *Journal of EMDR Practice and Research*, 9(1).

### ABSTRACT

"Translating Research into Practice" is a regular Journal feature in which clinicians share clinical case examples that support, elaborate, or illustrate the results of a specific research study. Each column begins with the abstract of that study, followed by the clinician's description of their own application of standard EMDR procedures with the population or problem treated in the study. The Column is edited by the *EMDR Research Foundation* with the goal of providing a link between research and practice and making research findings relevant in therapists' day to day practices. In this issue's column, Keith Myers references de Roos and de Jongh's (2008) study, which investigated EMDR treatment of choking phobias. Illustrating the treatment considerations and treatment results reported by de Roos and de Jongh, Myers describes the successful treatment of an adult client who presents with choking phobia and secondary depression using the EMDR protocol for phobias. The case example is followed with a discussion of specific treatment considerations in the addressing phobias within the eight phases of EMDR therapy.

Keywords: EMDR, specific phobias, choking phobia, depression, trauma, bridging research and practice

### [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.

*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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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 who want to learn more about EMDR Therapy.

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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