



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 3, Issue 6

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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 Therapy and its use with a variety of populations.

This month we focus on the highlights from our past year and a few updates for the future. We hope you find it useful and informative.

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

Are you in Philadelphia this week for the EMDRIA Conference? I would like to personally invite you to visit us at our booth in the exhibit hall so we can thank you for your involvement and support of the Foundation.

Sincerely,

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

"Expanding Our Research, Deepening Our Impact."

EMDR Research Foundation's 2015 Accomplishments

The EMDR Research Foundation is the only funding agency dedicated solely to

supporting EMDR research worldwide. These recent accomplishments have been made possible by you, our loyal and generous donors. Thank you !



Expanding Our Research, Deepening Our Impact

The goals of the 2015 Fundraising Campaign are to maintain or exceed our current ability to fund excellent research proposals, expand the international community's awareness of the Foundation, and house a full list of current EMDR Therapy projects worldwide on our [website](#).

EMDR Current Research Listing

The goals of the Current Research Listing are to increase access to general information about ongoing research and to increase communication between researchers. The Foundation is creating a listing of EMDR therapy research projects currently in process worldwide. This list is intended to include all current research projects related to EMDR therapy and is not limited to the projects supported by the Foundation. The aim of this project is to publish updated material to keep us all on the cutting edge of research information! Encourage your colleagues to submit their current EMDR research projects to be included in our listing. See current projects or add your own [here](#).

EMDR Early Intervention Researcher's Toolkit

The [Toolkit](#) is an introduction to conducting research in disaster situations, or in clinical situations, such as crisis clinics, emergency rooms, or rape treatment centers. It highlights disaster response research methodology, including Randomized Controlled Trials, access to many of the EMDR Early Intervention Protocols and guidelines to appropriate research measures in a readily accessible online format. It is our intent that the Toolkit will make it easier and more likely that EMDR therapy clinicians responding to trauma and disaster situations will use a standardized approach and collect appropriate data as an integral part of their response.

New "Translating Research Into Practice" Article

Myers, K. (2015). *EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh*. Journal of EMDR Practice and Research, 9(1), 64-70. <http://dx.doi.org/10.1891/1933-3196.9.1.64>

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 addressing phobias within the eight phases of EMDR therapy.

Edited by the Foundation, Translating Research Into Practice articles are published in the Journal of EMDR Practice and Research to give clinicians access to EMDR related research and its implications for their clinical work. This also provides opportunities for clinicians, consultants, and trainers to share the application of research findings to their work. Free full text articles are available online.

If you have found a research study or article that has been useful in your clinical or consulting practice, we would be very interested to hear about your experience. Please contact our office to find out how you can be a part of this effort:

(Kristen@emdrresearchfoundation.org).

Get Involved!

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 therapy is to "pay it forward" by your ongoing contribution to EMDR therapy research.

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

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. Please consider becoming a "give as you earn" donor by donating one EMDR therapy session or a portion of a session per month to support EMDR therapy research.

EMDR Research Foundation Grant Awards Summary

-Details available on our [website](#)-

\$25,000 Grants for 25 Years of EMDR Research

In celebration of 25 years of EMDR therapy research, four research projects were each given a \$25000 grant in December 2014:

Joyce Baptist, PhD, LCMFT | Kansas State University

Project Title - Developing Evidence-based Practice for EMDR for Depression

Erno J. Hermans, PhD, Lycia D. de Voogd, MSc, Jonathan W. Kanen, BSc | Radboud University Medical Centre Donders and the Institute for Brain, Cognition and Behaviour Centre for Cognitive Neuroimaging

Project Title - Neurobiological basis of EMDR: The medial temporal lobe suppression hypothesis

E. C. Hurley, PhD | Soldier Center, Clarksville, TN.

Project Title - A comparative study of the efficacy of EMDR therapy in the treatment of simple PTSD and moral injury

Emre Konuk, MA and Zeynep Zat | DBE DAVRANIŞ BİLİMLERİ ENSTİTÜSÜ (Institute for Behavioral Studies) and Sivas University, Medical Faculty, Psychiatry Department.

Project Title - EMDR Treatment of Fibromyalgia

2015 Research Grant Recipients

-February 1 and July 1 application deadlines for this \$25,000 grant-

April award recipients:

Marco Pagani, MD PhD | Institute of Cognitive Sciences and Technologies, CNR Rome & Padua, Italy

Project Title - Neurobiological features and response to EMDR treatment of PTSD in breast cancer patients

Dr. Luca Ostacoli and Dr. Arne Hofmann | St. Luigi Hospital, and the University of Turin, Italy

Project Title - Role of Eye Movement Desensitization Reprocessing (EMDR) versus Cognitive-Behavioural Therapy (CBT) in reducing depressive symptoms in patients with Current Depressive Episode and Recurrent Depression: A multicenter randomized controlled clinical trial.

August award recipient:

Dr Benedikt L Amann, MD, PhD | FIDMAG Research Foundation/CIBERSAM

Project Title - Comparison of a novel Eye Movement Desensitization and Reprocessing (EMDR) bipolar protocol versus Supportive Therapy (ST) in the prevention of affective relapses in bipolar patients with a history of trauma: a multicenter single-blind, randomized controlled trial

Research Consultation Award

-Applications are accepted year-round for this \$1,000 grant-

April Wise, MFT, LPCC | California Southern University **Project Title - The Effect of Two Protocols of Eye Movement Desensitization and Reprocessing on Persons with Co-occurring PTSD and Addictive disorders**

Research Dissemination Travel Award

-Applications are accepted year-round for this \$1,000 grant-

Lindsey Bira, MA, PhD **"Determining person-treatment fit for brief treatment of trauma in a community setting: Which interventions are best for whom?"** International Society for Traumatic Stress Studies (ISTSS), Nov. 2014.

Sandra Wilson Memorial Dissertation Award

- February 1 and July 1 application deadlines for this \$5,000 grant -

Sandra Wilson's 1995 dissertation research was the basis for the first validating study of Shapiro's original research. To honor Dr. Wilson, the Dissertation Award has been renamed. The publication of her dissertation research was so pivotal for EMDR therapy it seems like a fitting tribute, and, for any award recipient, an appropriate inspiration.

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 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.

EMDR RESEARCH FOUNDATION WEBSITE

We invite you to visit our newly revised and updated [website](#)! We think you will find it more user friendly and informative. If you have any comments you would like to make

about the website, please contact us at info@emdrresearchfoundation.org.

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