



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

Four EMDR therapy Research Grants were Awarded in May!

We are delighted to announce that [four EMDR therapy research grants](#) (totaling \$60,130 dollars) have been awarded by the EMDR Research Foundation. It is through the generosity of our donors that these awards are made possible. Thank you! These grants are designed to promote the advancement of knowledge regarding the efficacy of EMDR therapy and its applications.

We are continuing to receive numerous applications for grants and hope that both the numbers of applications and our ability to fund quality research continue to increase.

Two \$25,000 research grants were awarded in May 2016 to the following:

G. Di Lorenzo, MD. PhD | University of Rome

Co-Applicants: L. Ostacoli, MD, A.Hofmann, MD & M. Pagani, MD, PhD

Project Title: Neurobiological processing of emotions in Major Depression: comparing the effects of Eye Movement Desensitization and Reprocessing and Anti-Depressant Medication.

Abstract:

Depression is a severe challenge to mental health systems worldwide, and has significant neurobiological consequences. The aims of this study are 1) to compare the neurobiological effects of two different therapeutic interventions (EMDR and Anti-Depressant Medication) on emotional processing in adult patients with Major Depressive Disorder as assessed through High Density-EEG, and 2) to compare the efficacy of different interventions on clinical symptoms. The results of this study will help to improve the efficacy and effectiveness of treating the costly population of patients with depression.

C. Lee, PhD | Murdoch University, Australia

Co-Applicants: A. Arntz, PhD, F.R. Watt, MB, BS, FRANZCP & K. Boterhoven de Haan, PhD

Project Title: Imagery Rescripting (ImRs) vs. Eye Movement Desensitization and Reprocessing (EMDR) as treatment of childhood-trauma related PTSD in adults.

Abstract:

Trauma that originates from childhood experiences can develop into a chronic condition having a lasting impact on an individual's functioning and quality of life. Both imagery rescripting (ImRs) and EMDR therapy seem highly acceptable and effective treatments, which are less demanding than other trauma treatments. They are brief trauma-focused interventions that limit the amount of exposure to traumatic material, and are thereby found to be less distressing. The primary aim of this study is to compare these two trauma-focused interventions for treatment of childhood trauma-related PTSD. A second aim is to explore the treatment experience from the participant's perspective, and thirdly explore how EMDR therapy and ImRs treatments influence trauma memory narratives.

One \$5,130 research grant was awarded in May 2016 to the following:

F.J.J. Ter Heide, PhD | Utrecht University, The Netherlands

Co-Applicants: J.W. Knipscheer, PhD, T.M. Mooren, PhD, R.J. Kleber, PhD & D. Medema M Sc

Project Title: Association between coping style and response to EMDR and stabilization therapy in refugees with PTSD.

Abstract:

There is currently a heated debate on the necessity of phased treatment for refugees who experience PTSD. Some clinicians argue that treatment guidelines for PTSD should be followed and EMDR or TF-CBT be offered, while others argue that trauma-focused treatment should be preceded or even replaced by stabilization. Coping style is an important element in this debate. The study aims to determine 1) if coping styles in refugees change as a result of receiving EMDR therapy or stabilization therapy, and 2) if different coping styles affect the response to EMDR therapy or stabilization therapy

One \$5,000 dissertation grant was awarded in May 2016 to the following:

Michelle D. Morrissey, MS, LMFT | Northcentral University, Arizona

Project Title: EMDR-IGTP for Secondary Traumatic Stress/Vicarious Trauma among First Responders.

Abstract:

First responders experience daily exposure to critical incidences, which can increase the likelihood of developing vicarious trauma (VT) and secondary traumatic stress (STS). This study will consider if the proposed treatment, eye movement desensitization and reprocessing-integrated group treatment protocol (EMDR-IGTP) can decrease PTSD-like symptoms associated with VT/STS and increase post-traumatic growth (PTG). PTG has been defined as positive outcomes after exposure to traumatic events. Participants in this study will be nurses recruited from emergency rooms, EMS personnel, and firefighters who reside and/or work in the selected towns in Colorado.

REMINDER:

Research Grant and Dissertation Grant applications for our next cycle are due July 1, 2016. Consultation and Research Dissemination awards are available throughout the year.

EMDR Research Foundation: A Decade of Making a Difference

The EMDR Research Foundation will again participate in this year's [EMDRIA Conference](#) in Minneapolis. Additionally, the Foundation is celebrating its 10th anniversary!



To commemorate the occasion, the goal is to raise \$10,000 at the conference through exciting raffles, giveaways and social campaigns. By doing so, the Foundation will continue to grow its longstanding mission and vision. Thank you for your help in the past and with your continued support, the Foundation will have many more decades of success!

Stayed tuned for more information regarding conference happenings and ways to get involved soon!

It is your contributions that make these awards possible; with your help we can continue the momentum and fund more research on EMDR therapy.

Consider becoming a [Visionary Alliance](#) member and demonstrate your support on a monthly basis or [Donate](#) now to the EMDR Research Foundation and be part of the future of EMDR therapy.

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