

Having trouble viewing this email? [Click here](#)



EMDR and the Military in Action E-Newsletter | November 2017



## EMDR AND THE MILITARY IN ACTION E-NEWSLETTER

November 2017 | Volume 5, Issue 11

This is a monthly E-newsletter created primarily for our colleagues trained in Eye Movement Desensitization and Desensitization (EMDR) who work with military, veterans, and their families. The purpose of *EMDR and the Military in Action* is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with these special populations.

[Learn more about the EMDR Research Foundation](#)

### Researchers!

If you are interested in doing research that addresses EMDR topics related to the military and you need additional funding, consider applying for a \$25,000 research award through the EMDR Research Foundation. Go to <http://emdrresearchfoundation.org/research-grants/research-grant-awards> for details. If you need access to expertise for a research project, don't hesitate to apply for a \$1,000 research consultation award. For details go to <http://emdrresearchfoundation.org/research-grants/research-consultation-awards>.

### Citations – EMDR therapy and complex PTSD

Bongaerts, H., Minnen, V., & de Jongh, A. (2017). [Intensive EMDR to treat patients with complex posttraumatic stress disorder: A case series.](#) *Journal of EMDR Practice and Research*, 11(2), 84–95(12). <https://doi.org/10.1891/1933-3196.11.2.84>.

There is mounting evidence suggesting that by increasing the frequency of treatment sessions, posttraumatic stress disorder (PTSD) treatment outcomes significantly improve. As part of an ongoing research project, this study examined the safety and

effectiveness of intensive eye movement desensitization and reprocessing (EMDR) therapy in a group of seven (four female) patients suffering from complex PTSD and multiple comorbidities resulting from childhood sexual abuse, physical abuse, and/or work and combat related trauma. Treatment was not preceded by a preparation phase and consisted of 2 × 4 consecutive days of EMDR therapy administered in morning and afternoon sessions of 90 minutes each, interspersed with intensive physical activity and psychoeducation. Outcome measures were the Clinician-Administered PTSD Scale (CAPS) and the PTSD Symptom Scale Self-report questionnaire (PSS-SR). During treatment, neither personal adverse events nor dropout occurred. CAPS scores decreased significantly from pre- to posttreatment, and four of the seven patients lost their PTSD diagnosis as established with the CAPS. The results were maintained at 3-month follow-up. Effect sizes (Cohen's d) on the CAPS and PSS-SR were large: 3.2, 1.7 (prepost) and 2.3, 2.1 (prefollow-up), respectively. The results of this case series suggest that an intensive program using EMDR therapy is a potentially safe and effective treatment alternative for complex PTSD. The application of massed, consecutive days of treatments using EMDR therapy for patients suffering from PTSD, particularly those with multiple comorbidities, merits more clinical and research attention.



Köhler, K., Lorenz, S., Herr, K., Willmund, G., Zimmermann, P., Alliger-Horn, C., & Eggert, P. (2017, May). Effectiveness of eye movement desensitization and reprocessing in German armed forces soldiers with post-traumatic stress disorder under routine inpatient care conditions. *Military Medicine*, 182(5), e1672–e1680. doi:10.7205/MILMED-D-16-00307.

Background: Post-traumatic stress disorder (PTSD) is one of the more commonly occurring mental disorders following potentially traumatizing events soldiers may encounter when deployed abroad. One of the first-line recommended treatment options is eye movement desensitization and reprocessing (EMDR). The number of studies assessing the effectiveness of EMDR in German soldiers under routine conditions is currently almost nil. Methods: A retrospective, quasi-experimental effectiveness study on EMDR in an inpatient setting is presented using a prepost design. The study compares symptom reduction in soldiers (N = 78) with a wait-list (N = 18). Effect sizes of EMDR were measured for PTSD, symptoms of depression, and general mental health. Results: Effect size for EMDR treatment of PTSD was  $d = 0.77$ ; 95% confidence interval (CI): 0.51 to 1.36, for symptoms of depression  $d = 0.99$ ; 95% CI: 0.31 to 1.36, and for general psychiatric symptoms  $d = 0.53$ ; 95% CI: 0.17 to 1.21. The effects resulting from EMDR treatment were somewhat weaker than those reported in comparable studies in civilians. Conclusion: EMDR therapy is an effective treatment to reduce symptoms of PTSD and depression. However, in the military context it needs to be complemented by treatment options that specifically address further conditions perpetuating the disorders.



## In the News – Domestic Violence in the Military

O'Connell, J. (2017, February 6). [Veteran conquers post-traumatic stress with help from horses](#). Retrieved from The Times Tribune.

## Archives

For a complete list of Military In Action Archives, go to the Military Section [Click Here](#)

EMDR Research Foundation | [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org) |  
[info@emdrresearchfoundation.org](mailto:info@emdrresearchfoundation.org)

CONNECT WITH THE EMDR RESEARCH FOUNDATION:



EMDR Research Foundation, 401 W. 15th Street, Ste. 695, Austin, TX 78701

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [info@emdrresearchfoundation.org](mailto:info@emdrresearchfoundation.org)