

EMDR Research Foundation

<http://emdrresearchfoundation.org/>

Mission Statement:

The EMDR Research Foundation promotes health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.



Vision Statement:

The EMDR Research Foundation envisions a world where people are transformed to wellness and vibrancy by effective, compassionate mental health treatment that is driven by quality research.

Purpose of the EMDR Research Foundation

The EMDR Research Foundation is dedicated to the promotion of quality, unbiased research in EMDR therapy and other scientific approaches to mental health, as well as the education of mental health professional and the general public.

- To invest in the development and dissemination of high quality research to inform, strengthen, and expand the understanding and effective use of EMDR therapy
- To insure the development of a comprehensive understanding of the range of effectiveness of EMDR therapy so that mental health professionals and the general public are well informed and able to make the best decisions regarding evidence-based treatment options
- To enhance the quality of life for people everywhere by facilitating healing, health, and well-being

History of the EMDR Research Foundation

- Founded, in 2006, the EMDR Research Foundation is a registered 501c3 Association dedicated to the promotion of quality, unbiased research in EMDR Therapy. In an effort to inform, strengthen and expand the understanding and effective use of EMDR, the Foundation ultimately enhances the quality of life for people everywhere by facilitating healing, health and well-being.
- EMDR Therapy is an evidence-based psychotherapy effective in the treatment of a variety of symptoms and conditions.
- The Foundation website is designed to provide a wealth of information to researchers, donors, therapists and the general public.

The EMDR Research Foundation now offers Four Mechanisms to Fund Research on EMDR

(1) \$25,000 Research Grant Award

Grant awards of up to \$25,000 are available for post-doctoral students, university faculty or clinician conducting research on EMDR therapy.

(2) The Sandra Wilson Memorial Dissertation Grant Awards

Eligible doctoral students may apply for a grant of up to \$5,000 to support dissertation expenses related to research to study the effectiveness of EMDR therapy.

(3) Research Dissemination Travel Awards

The EMDR Research Foundation offers a travel award of up to \$1,000 to support dissemination of research findings by clinicians, doctoral students, or university faculty presenting their research at non-EMDR professional meetings.

(4) Research Consultation Awards

Up to \$1,000 may be available to facilitate access to required expertise that would advance the development of an EMDR therapy research project, to support the completion of an EMDR therapy research project underway, or the writing of an article on EMDR therapy for publication in a professional journal.

EMDR Therapy Research Priorities

1st Priority – Advancing Evidence Based Practice:

Increase the availability of quality EMDR research where a foot-hold in the literature but where more evidence is needed. Specifically, those areas are in the use of EMDR therapy to treat anxiety, depression, military PTSD, phantom limb pain, and to enhance recovery from the impact of cardiac events and the diagnosis and treatment of cancer.

2nd Priority – Addressing the Global Burden of Trauma

Investigate the use of EMDR in natural or man-made disaster response, by determining the effectiveness of the following protocols: early intervention protocols, child or adult group protocols, or the use of EMDR standard protocols in disaster response.

3rd Priority – Building Clinical Evidence:

There are a number of areas where EMDR therapy is being used, clinical observations are positive, and there are some research indicators of success. However, more research is needed to build a body of literature in these populations or diagnostic categories, including, but not limited to: addiction, eating disorders, dissociative disorders, additional medical/somatic conditions, suicide prevention and/or to address the impact of suicide.

These priorities apply to research across the lifespan, so that a study might address, for example, adolescent addiction, or geriatric depression.

New in August 2015: Grant applications are accepted online at <http://www.emdrresearchfoundation.org/research-grants>.

**\$25,000 Research Awards &
\$5,000 Sandra Wilson Memorial
Dissertation Awards**
Applications due February 1 and July 1



**Research Consultation Awards
& Research Dissemination
Travel Awards**
Applications accepted year round

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Resources for Clinicians and Researchers

The EMDR Research Foundation offers a variety of resources and links on its website for researchers, clinicians, and recipients of EMDR Therapy.



- List of organizations that recognize and recommend EMDR Therapy for treatment of PTSD
- Links to EMDR research – including the Francine Shapiro Library
- Information on EMDR Therapy
- Online features and tools to assist researchers
- Resources to assist clinicians in integrating research findings to clinical practice
- Clinician and military newsletters pertaining to EMDR therapy
- Resources and Links for Researchers:
 - Researcher's Resource Directory
 - How to Develop and Research a New Treatment Protocol for EMDR Therapy
 - Obtaining an EMDR Therapy Fidelity Scale
 - Instruments for Psychotherapy Outcome Measurement
 - Informed Consent

EMDR Early Intervention Researcher's Toolkit

The Toolkit is an introduction to conducting research in disaster situations, or in clinical situations such as crises 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 hope that the Toolkit will make it easier and more likely that EMDR clinicians responding to trauma and disaster situations will use a standardized approach and collect appropriate data as an integral part of their response.



EMDR RESEARCH FOUNDATION
401 West 15th Street, Suite 695 Austin, TX 78701
Email: info@emdrresearchfoundation.org
<http://www.emdrresearchfoundation.org>

Translating Research Into Practice (TRIP)

“Translating Research Into Practice” is a regular feature of the Journal of EMDR Practice and Research 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.

EMDR Current Research Listing

The EMDR Research Foundation is excited to announce the “EMDR Current Research Listing”: a new project with the goals of both increasing access to general information about ongoing research and to increase communication between researchers. The listing, dedicated to worldwide EMDR Therapy research projects currently in process, is not limited to research supported by the Foundation.



The aim of this project is to publish updated material to facilitate both clinicians and researchers staying on the cutting edge of research information. Encourage your colleagues to submit their current EMDR research projects to be included in our listing.

Join the Visionary Alliance



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.

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.



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We invite our donors to show your support by adding our “I support research” button to your website or signature line. You will find it on our website at www.emdrresearchfoundation.org/get-involved