

EMDR Research Foundation's 2015 Accomplishments

Details available at www.emdrresearchfoundation.org

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

A listing of EMDR Therapy research projects currently in process worldwide

EMDR Current Research Listing

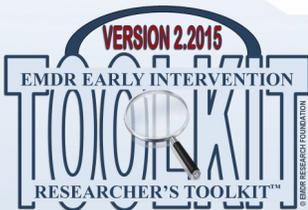
See current projects—add your project at www.emdrresearchfoundation.org/emdr-current-research-listing



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.

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.

You can make a difference! Join us in our efforts to support EMDR Research! To learn more, stop by our booth or visit us online at www.emdrresearchfoundation.org



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!

EMDR
RESEARCH FOUNDATION
2015 Highlights

EMDR Research Foundation Grant Awards Summary

Details available at www.emdrresearchfoundation.org

\$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 \$25,000 grant in December 2014:

Joyce Baptist, PhD, LCMFT | Kansas State University

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

The primary purpose of this project is to further understand the neurological mechanisms of EMDR and to gain more evidence for the efficacy of EMDR in treating depression. This study aligns with EMDR Research Foundation's first research priority -- to substantiate EMDR as an evidenced-based practice 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

To further understand the mechanisms by which EMDR therapy exerts its therapeutic effects and to promote evidence-based practice, this study is designed to investigate the effects of lateral eye movements on fear memory retention in a well-established experimental laboratory model of fear and safety learning.

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

This study is designed to measure the effectiveness of EMDR therapy in the treatment of OIF and OEF veterans diagnosed with posttraumatic stress disorder (PTSD), guilt 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

The EMDR Fibromyalgia Protocol was specifically developed through a pilot study to offer an effective EMDR therapy for fibromyalgia patients. This study aims to examine the effectiveness of the protocol in fibromyalgia treatment and other psychological problems including depression and trauma related symptoms.

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

The purpose of this study is to acquire new knowledge of how the use of the standard protocol and an addiction protocol in treatment of persons with co-occurring disorders of trauma and addiction affects recovery.

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.

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

The aim of this study is: 1) to treat by EMDR a cohort of breast cancer patients with PTSD; 2) to identify by Electroencephalography (EEG) the regions activated upon bilateral stimulation in both the initial symptomatic and the final asymptomatic phases, and 3) to correlate the neurophysiological changes to the neuropsychological and clinical status.

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.

The current multi-center randomized study is organized from the EDEN network (European Depression EMDR Network) of EMDR Europe. The aim is to study if patients with current Depressive Episode and Recurrent Depressive Disorders benefit from a psychotherapeutic intervention (by using CBT or EMDR) in addition to standard clinical management.

August award recipients:

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

The current study evaluates an EMDR bipolar protocol with a focus on traumatic events, including 5 bipolar sub-protocols. In this multicentre trial, 82 bipolar I and II patients with a history of traumatic events will be randomly allocated to 20 individual EMDR (n=41) or 20 individual Supportive Therapy (ST) (n=41). The primary outcome criterion is a reduction of affective episodes after 12 months.

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.



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