



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 2, Issue 10

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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 and its use with a variety of populations.

Quick Links

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In celebrating and honoring the 25th year of EMDR research, the EMDR Research Foundation newsletter will devote the remaining issues of 2014 to presenting some of the significant research that has been published throughout the years.

Donate Now

We invite you to share with us your favorite research study from the last 25 years that you would like to see represented in our newsletter. Feel free to expand on the reasons for your choice.

Sincerely,

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

EMDR and 25 Years of Research - Part 6

This is our 25 years of EMDR Research newsletter, Part 6.

In this issue we highlight a pilot study conducted by R.J. Ricci and C.A. Clayton on the therapeutic effects of EMDR on deviant sexual arousal in child molesters. This study was groundbreaking in its potential for the use of EMDR with a very difficult population to treat. In addition, it is a validation of the Adaptive Information Processing Model as an explanation for the sustained decrease of this deviant sexual arousal.

2. Ricci, R. J., Clayton, C. A., & Shapiro, F. (2006, December). [Some effects of EMDR on previously abused child molesters: Theoretical reviews and preliminary findings](#). *Journal of Forensic Psychiatry and Psychology*, 17(4), 538-562. doi:10.1080/14789940601070431.



Language: English

Format: Journal

Abstract:

Ten child molesters with reported histories of childhood sexual abuse underwent eye movement desensitization and reprocessing (EMDR) trauma treatment as an adjunct to standard cognitive-behavioural therapy-relapse prevention (CBT-RP) group treatment. Trauma resolution produced significant pre/post changes on all relevant subscales of the Sexual Offender Treatment Rating Scale (SOTRS). One unanticipated benefit was a consistent and sustained decline in deviant sexual arousal compared to the control condition. As measured by the SOTRS, decrease in arousal was also correlated with a decrease in sexual thoughts, increased motivation for treatment, and increased victim empathy. Deviant arousal is strongly associated with sexual recidivism. Clinical observations support the notion that those sexual offenders with histories of childhood sexual abuse may be left with aberrant sexual arousal, which is one pathway to sexual offending. The adaptive information processing model offers an explanation of the decreased and sustained deviant arousal observed in this study. This preliminary evidence supports a call for further research into this phenomenon.

Visionary Alliance Drawing

Become A Visionary Alliance Member NOW or Increase Your Current Pledge to be entered to win.

Special Drawing will be held **12/31/14** for these prizes:

- Incredible Vacation Time Share Week - Winner's Choice

Compliments of Cynthia Kong & Gerald Puk (Valued up to \$2000)

Update: Congratulations to Barbara Korzun!

- Winner's Choice - Training Course or Certification Package

[EMDR Consulting](#): Roy Kiessling, (Value of \$1395)

- One-Year Membership

[EMDR Therapists Network](#) (*all new, mobile-centric design*) from **Inner Courage, LLC** (Value: \$249)

- A Complete Set of 2014 EMDRIA Conference Recordings (2 Sets)

[Convention Media Solutions](#) (Value: \$229)

- Distance Learning Program, Winner's Choice

[Trauma Institute & Child Trauma Institute](#) (Value: up to \$130)

- Advanced Specialty Workshops, Winner's Choice

[EMDR Institute](#) (Value: \$375)

History

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.

What does it take to be a member?

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.

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

When the Foundation is funding large scale research projects to the tune of thousands of dollars a year, you will know you were part of the ground swell of support that made it possible. Please consider becoming a "give as you earn" donor by donating one EMDR session or a portion of a session per month to support EMDR research.

The EMDR Research Foundation is the only funding source dedicated solely to supporting EMDR research worldwide.

Join Now!

TRIP Article Accepted for Publication

NEW TRANSLATING RESEARCH INTO PRACTICE ARTICLE TO BE PUBLISHED FEBRUARY 2015:

Myers, K. (In Press - 2015). EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh. *Journal of EMDR Practice and Research*, 9(1).

ABSTRACT

"Translating Research into Practice" is a regular Journal feature 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. In this issue's column, Keith Myers references de Roos and de Jongh's (2008) study, which investigated EMDR treatment of choking phobias. 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 the addressing phobias within the eight phases of EMDR therapy.

Keywords: EMDR, specific phobias, choking phobia, depression, trauma, bridging research and practice

Write a TRIP Article for the Journal of EMDR Practice and Research

Translating Research Into Practice (TRIP) articles bring research alive and make research findings relevant in a therapist's day-to-day practice. It also supports researchers in disseminating their findings and provides a critical link between research and practice.

- **Clinicians** - If you have read a research article that stimulated your thinking, inspired your work, or made a difference in your work with a client, please share this by writing a brief case description that elucidates or is inspired by the findings of a research article.
- **Researchers** - If you have been involved in a research study and would like to share clinical examples that elucidate your findings, we invite you to share them with your clinical colleagues by writing your case example and how it relates to your research.
- **Clinical consultants and trainers** - If you have found a research article that has proven helpful to a consultee or to trainees in their understanding of or application of EMDR, please share your experiences. We can support researchers in disseminating their findings and provide the critical link between research and practice. To learn more about TRIP, visit our website.

If you think you might want to contribute to the column and want more information, email Katy Murray at katymurraymsw@comcast.net.

EMDR Crossword Puzzle

Join us in celebrating 25 years of EMDR research by testing your EMDR knowledge with our new and fun **Crossword Puzzle!**

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 suffering who want to learn more about how EMDR may be able to help them.

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.

The EMDR Research Foundation

Envisions
Making a difference by
Demanding high quality
Research Now and for years to come!

www.emdrresearchfoundation.org

Celebrating



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