



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 3

In This Issue

- ~ Documenting the Effectiveness of EMDR Over 25 Years of Research
- ~ Ways to Support ERF
- ~ Research and Grant Awards
- ~ Write a TRIP Article
- ~ Celebrating 25 Years of EMDR Research

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.

As the EMDR Research Foundation Board of Directors works to create more research opportunities for our community, we hope you join in on the conversation and find this content helpful in your profession.

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Sincerely,

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

[Documenting the Effectiveness of EMDR Over 25 Years of Research](#)

This monthly column published by the EMDR Research Foundation (ERF) is designed to offer updated information on current research in EMDR. Therapists often ask for documented evidence of the effectiveness of EMDR for agencies, organizations, third party payers, and institutions that are resistant to accepting EMDR as an evidence-based treatment. As a response to those requests, this month's newsletter provides links to International Treatment Guidelines as well as up-to-date research citations.

An up-to-date list of International Treatment Guidelines can be found at

http://www.emdr.com/index.php?option=com_content&view=article&id=12&Itemid=18#international.

The list of clinical practice guidelines including EMDR has expanded beyond adult PTSD since the first published research study by Dr. Francine Shapiro in 1989. The abstract of Dr. Shapiro's seminal study is available at <http://onlinelibrary.wiley.com/doi/10.1002/jts.2490020207/abstract>.

Included in the current International Treatment Guidelines is the 2011 recognition by Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP) , which is accessible at <http://nrepp.samhsa.gov/ViewIntervention.aspx?id=199>.

Most recently, the World Health Organization (WHO) included EMDR in their 2013 "Guidelines for the management of conditions that are specifically related to stress", which is accessible at http://www.who.int/mediacentre/news/release/2013/trauma_mental_health_20130806/en/. The free, full text pdf of the 273 page WHO document is available at http://www.who.int/iris/bitstream/10665/85119/1/9789241505406_eng.pdf?ua=1.

The Cochrane library is considered a source for independent, high quality evidence for health care decision making and has given a review of effective treatments for PTSD. This resource is accessible at <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003388.pub4/abstract> with the free, full text article available in pdf at <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003388.pub4/pdf>.

"EMDR Therapy: An overview of Current and Future Research" by Francine Shapiro , Ph.D. can be found at *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 62(4), 193-195. <http://dx.doi.org/10.1016/j.erap.2012.09.005>.

For a downloadable and printable bibliography of EMDR research go to the EMDR Research Foundation website: <http://emdrresearchfoundation.org/wp-content/uploads/2012/12/EMDR-Research-2013.pdf> .

From that first published study on EMDR to the 2013 meta-analysis of the role of eye movements and the expanded applications of the use of EMDR with special populations and disorders, EMDR has come a long way. With your help we can go further in our quest to find the most effective and efficient ways of healing.



Ways To Support EMDR Research Foundation

Your support is more critical than ever. Thanks for working together with us in our shared vision of a world where people are transformed to wellness and vibrancy by effective, compassionate mental health treatment that is driven by quality research.

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

You can support EMDR Research Foundation a variety of ways;

- Become a Visionary Alliance monthly donor.
- Make a single donation.
- Make a tribute gift that enables you to meaningfully honor or remember someone while supporting EMDR research.

With your support, we can learn more about the benefits of EMDR therapy. To join the Visionary Alliance or make a single donation, visit emdrresearchfoundation.org.

Research and Grant Awards - Awards, Deadlines and New Opportunities

ERF's Newest Award Recipient

Project Title: EMDR Outreach to Military Veterans-The Veterans Resilience Project of Minnesota

**Award Recipients: Elaine Wynne, M.A., L.P.
EMDRIA Certified Therapist & Approved Consultant
In collaboration with Joe Graca, Phd. And Hector Matascastillo, MSW, LICSW**

This Trauma Recovery/HAP - Veterans Resilience Project of MN has provided EMDR therapy to veterans who would not otherwise receive EMDR treatment. It is intended that this project can serve as a template/model for future outreach projects.

While data collection has been an integral part of the project, the EMDR Research Foundation Consultation Award will be used to gain more expertise in data analysis.

Elaine writes: "The project has an outcome management system in place following CARF guidelines. Qualitative and quantitative measures of efficiency, effectiveness and satisfaction have been utilized and data collection has been ongoing since the onset of the project. The data collection is being done with utmost effort to insure privacy and confidentiality. The project data base includes measures such as PCL's, IES, DES and PTGIs plus measures of efficiency and satisfaction. Project feedback questionnaires will be going out shortly to all therapists, veterans and stakeholders involved with the project."



The authors anticipate that the findings will add to the body of published research on the effectiveness of EMDR with veterans. In addition, it is anticipated that the data analysis can provide data-driven feedback on what features work best as well as areas for improvement which could enhance the success of future EMDR outreach efforts.

EMDR Europe has announced that their Research Proposal for Funding applications is now open

Clinical and basic research projects have been extremely important for the development and recognition of EMDR therapy. In order to contribute to the development of these projects, the EMDR Europe Association has set up grant applications for European investigators. You will find the funding application form at the following link

[Funding application form.](#)

ERF's New Award Category

Research Dissemination Travel Awards

A new *Travel Award* has been developed that supports dissemination of well-designed EMDR research to the scientific and clinical communities. It provides travel support of up to \$1,000 for clinicians, post-doctoral students, or university faculty presenting their research at professional (non EMDR) meetings. This travel award must be applied for and awarded prior to the meeting. Distribution of the awarded funds will be made after the meeting upon submission of the required documentation. For more information about the award or to review the application requirements, please visit the "Research Dissemination Awards" link on the ERF website. <http://emdrresearchfoundation.org/research-grants/research-dissemination-travel-award/>

To learn more about all of the awards offered by the EMDR Research Foundation and how to apply, visit www.emdrresearchfoundation.org.

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.

The Translating Research Into Practice (TRIP)

[EMDR With Recurrent "Flash-Forwards": Reflections on Engelhard et al.'s 2011 Study.](#)

Journal of EMDR Practice and Research, 7(2), 106-111.

<http://dx.doi.org/10.1891/1933-3196.7.2.106>

In a recent issue of the *Journal of EMDR Practice and Research*, Lisa Bellecci-St. Romain references Engelhard et al.'s (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future catastrophes-"flash-forwards."

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

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!

Celebrating



Stay tuned for our "25 years of EMDR Research" campaign

www.emdrresearchfoundation.org

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