



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 7

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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.

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.

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 3

This is our 25 years of EMDR Research newsletter, Part 3.

We are delighted to highlight two research studies conducted by Christopher Lee and his colleagues. We are very appreciative that we received this suggestion from our highly esteemed colleague, Andrew Leeds. Dr. Leeds responded to our request for recommendations from our readers of some of their favorite EMDR research material over the last 25 years. We look forward to receiving yours.

In these two elegant studies, Lee and his co-authors demonstrated that EMDR did not work through the same mechanisms as traditional exposure since both spontaneous disengagement and overt distancing instructions were associated with positive outcomes in EMDR and that these would be contrary to the fundamental elements of prolonged exposure. Both of these studies have had a significant impact on an explanatory model for the effectiveness of EMDR.



Lee, C. W., Taylor, G., & Drummond, P. D. (2006, March-April). [The active ingredient in EMDR: Is it traditional exposure or dual focus of attention?](#) *Clinical Psychology and Psychotherapy*, 13(2), 97-107. doi:10.1002/cpp.479.

Very little is known about the mechanisms that underlie the therapeutic effectiveness of eye movement desensitization and reprocessing (EMDR). This study tested whether the content of participants' responses during EMDR is similar to that thought to be effective for traditional exposure treatments (reliving), or is more consistent with distancing, which would be expected given Shapiro's proposal of dual process of attention. The responses made by 44 participants with post-traumatic stress disorder (PTSD) were examined during their first EMDR treatment session. An independent rater coded these responses according to whether they were consistent with reliving, distancing or focusing on material other than the primary trauma. The coding system was found to have satisfactory inter-rater reliability. Greatest improvement on a measure of PTSD symptoms occurred when the participant processed the trauma in a more detached manner. Cross-lagged panel correlations suggest that processing in a more detached manner was a consequence of the EMDR procedure rather than a measure that covaried with improvement.

Lee, C. W., & Drummond Lee, C. W., & Drummond P. D. (2008, June). [Effects of eye movement versus therapist instructions on the processing of distressing memories.](#) *Journal of Anxiety Disorders*, 22(5), 801-808.

doi:10.1016/j.janxdis.2007.08.007. Eye movement desensitization and reprocessing (EMDR) is an established treatment for posttraumatic stress disorder (PTSD). However, its working mechanism remains unclear. This study explored physiological correlates of eye movements during EMDR in relation to current hypotheses; distraction, conditioning, orienting response activation, and REM-like mechanisms. During EMDR therapy, fingertip temperature, heart rate, skin conductance, expiratory carbon dioxide level, and blood pulse oximeter oxygen saturation, were measured in male subjects with PTSD. The ratio between the low and high frequency components of the heart rate power spectrum (LF/HF) were computed as measures of autonomic balance. Respiratory rate was calculated from the carbon dioxide trace. Stimulation shifted the autonomic balance as indicated by decreases in heart rate, skin conductance and LF/HF-ratio, and an increased finger temperature. The breathing frequency and end tidal carbon dioxide increased; oxygen saturation decreased during eye movements. In conclusion, eye movements during EMDR activate cholinergic and inhibit sympathetic systems. The reactivity has similarities with the pattern during REM sleep.

25th Anniversary Planned Events

\$25000 Research Grant Available

In keeping with our 2014 celebration of 25 years of EMDR Research, the EMDR Research Foundation is offering a \$25000 Research Grant. This grant opportunity is offered in addition to the regular awards (i.e., Research, Dissertation, Consultation and Travel). The criteria and application process are similar to that of our Research Grant Award. The submission deadline is September 1, 2014 with a notification date of December 1, 2014.

For more information about the award, please visit the "\$25000 Award for 25 Years of EMDR Research" link on the ERF website at <http://emdrresearchfoundation.org/research-grants/25000-research-grant-award/>

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

25th Anniversary Quiz....Test Your Knowledge and You Can Win \$500

Taking the quiz is educational, challenging and profitable for the winners. The Grand Prize is \$500! The questions cover topics about specific research studies and findings, the history of EMDR therapy and the EMDR Research Foundation. Click [here](#) to take it. You have five chances to take it!

25 Years of EMDR Research Fundraising Campaign

In honor of 25 years of EMDR Research, a new fundraising campaign is underway and will help make those \$25000 grants awards possible.

You can support EMDR Research Foundation in a variety of ways;

- Become a Visionary Alliance monthly donor with a monthly pledge of \$25 (must be a minimum of \$15 to join the Visionary Alliance)
- Already a Visionary Alliance donor? Increase your pledge TO or BY \$25
- Consider a tribute gift of \$25, \$250 or \$2500 in the name of a loved one, friend or colleague, or simply in the name of EMDR Research.
- Planned giving arrangements are another way to support the ERF now and well into the future. Please visit the [Get Involved](#) page to learn more.

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

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!

www.emdrresearchfoundation.org

Celebrating



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"25 years of EMDR Research" campaign*

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