



*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 3, Issue 7

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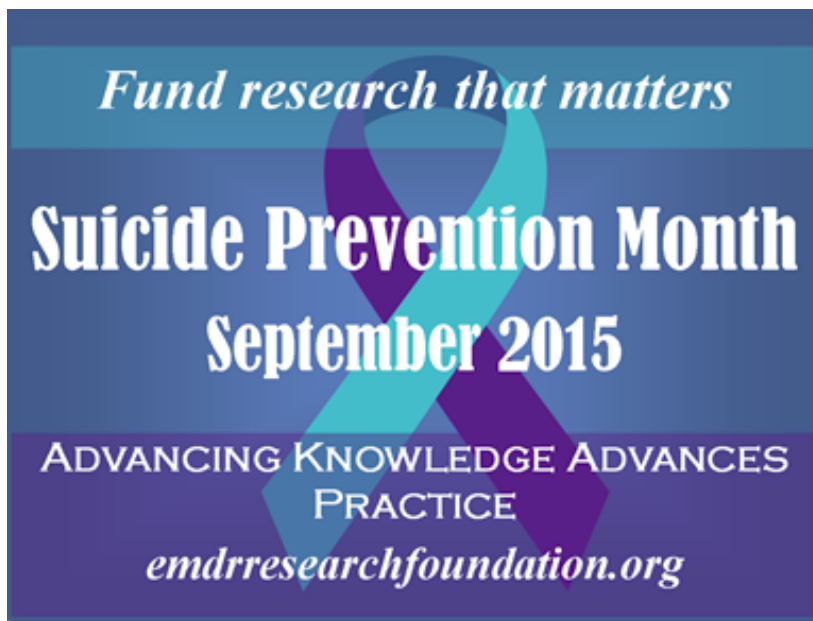
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#### **Expanding Our Research, Deepening Our Impact**

*During Suicide Prevention Month we offer this special e-newsletter to promote continued dialogue regarding the efficacy and current developments with EMDR Therapy and its use with a variety of populations.*

*By providing research grants (up to \$25,000), dissertation grants, and EMDR research*

## **The EMDR Research Foundation Acknowledges Suicide Prevention Month**



### **Suicide: How can we make a difference?**

More research is needed to stop the suffering caused by the tragedy of suicide. Case reports indicate that Eye Movement Desensitization and Reprocessing (EMDR) therapy may make a difference in suicide prevention and the treatment of those who have lost a loved one to suicide, as well as those who survived a

consultation grants the Foundation strives to advance our knowledge - including suicide prevention and treatment of survivors.

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

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suicide attempt, but solid research is needed. The EMDR Research Foundation provides support for research exploring the clinical applications of EMDR therapy - a psychotherapy originally developed over 25 years ago for the treatment of trauma-related disorders. One of the Foundation's priorities is to build clinical evidence for new applications of EMDR therapy. In recognition of Suicide Prevention Month, we ask that you support important research by [learning more](#) about the work of the EMDR Research Foundation, making a [donation](#), or applying for a [grant](#) to evaluate the use of EMDR therapy in those impacted by suicide or suicide prevention.

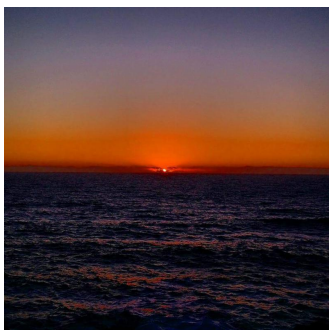


## A Family's Experience of Suicide

by Katy Murray

Suicide Prevention Month leads me to wonder how the psychotherapy profession could have better helped my oldest sister who died by suicide 36 years ago; and how our family could have been more effectively helped after losing her in such a traumatic way. If it weren't for EMDR therapy, I would still be feeling permanently crippled by the devastating loss of Marcie. Though I had received a lot of help from skilled therapists and support groups, I continued to live with a confusion of feelings, thoughts, and reactions - even 16 years after her death. I knew, intellectually, that it wasn't my fault. Common sense and my years of experience as a therapist allowed me to see that there was nothing I could have done to prevent her death. Yet at the core of me I *felt* that I should have done something - *anything* - to help my sister know that life was worth living. The powerful love and support I experienced from Marcie during our childhood was completely lost; replaced with equally potent feelings of regret, emptiness, and confusion.

EMDR therapy, focused on the loss of my sister by suicide, resolved the confusion and guilt for me in a heartfelt way. More importantly and quite unexpectedly, it allowed me to reconnect to a deep sense of enjoyment of and gratitude for all the positive, rich memories of her and the time we had together. To this day, I continue to experience the positive benefits from those EMDR therapy sessions.



Following this resolution, I decided that EMDR was a psychotherapy I wanted to become skilled in. Now, 36 years after Marcie's death, and nearly 20 years since those transformative EMDR sessions and my EMDR training, my commitment continues and grows. From both personal and professional experience I have seen how EMDR therapy can resolve the burden and scars of those left in suicide's wake. In my years as an EMDR clinician, I have been frequently gratified to see a client experience relief from feelings of hopelessness and from long standing automatic urges and thoughts to end his or her life. I've learned that we *can* limit or

even stop the contagion of suffering caused by the suicide or attempted suicide of a sister or brother; mother or father; spouse or child; friend, classmate or coworker; or - as *therapists* - from the suicide or attempted suicide of a client or patient.

Of course, clinical observations are not enough. We need research on the use of EMDR therapy with those that suffer from suicidal thoughts and urges as well as those who suffer from the devastating loss of a loved one, friend, or client to suicide. That is why I contribute to the EMDR Research Foundation. With research to inform and guide clinicians, we can make a greater difference in the lives of those who have given up hope, and those who feel forever scarred by loss or trauma.

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### **Case study of a four year old witnessing the suicide of her mother**

Kondo, C. (2009, May). [[EMDR with a violent child at school: Collaborative treatment for an abused child who witnessed her mother's suicide](#)]. Japanese Journal of EMDR Research and Practice. 1(1), 34-43. Japanese.

The junior high school girl in this case witnessed her mother's suicide at the age of four. She has been acting violently since she entered elementary school. One year before the author met her, a consultation office for children intervened due to physical abuse by her father. Flashbacks and dissociation caused wrist cutting and panic. After a few EMDR sessions, wrist cutting, panic and PTSD symptoms disappeared. As she gained affect regulation skills, she gradually improved her interpersonal relationship and began to trust others.

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## **Stay Connected and Get Involved with the ERF**

*The EMDR Research Foundation is the only funding agency dedicated solely to supporting EMDR research worldwide. With the support of our donors and dedicated researchers throughout the world, we hope to expand our the application of EMDR therapy, including the prevention of suicide and to resolve the suffering of those left behind or scarred by a loved one's suicide attempts.*

### **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.

### **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 who want to learn more about EMDR Therapy.

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[www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

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