

There is Nothing Better than the Collective Wisdom of our Members



BY WENDY FREITAG, Ph.D.
EMDRIA FOUNDATION
PRESIDENT

At the time of this writing, the EMDRIA Foundation has raised just over 50% of our stated goal of \$100,000 by September 1st. We have faith that by the time this Newsletter reaches you we will have made significantly more progress towards our goal. All donations, large

and small, are much appreciated.

In May, the new EMDRIA Foundation website went live. The website provides information about the Foundation, a list of donors, giving opportunities and what your donations support. Please take a moment to visit our site at www.emdriafoundation.org. The Foundation's informational brochures are also ready for distribution. All EMDRIA Approved Providers can distribute these brochures at your trainings and EMDRIA Credit workshops. EMDRIA Approved Consultants can disperse these to their consultees. EMDRIA members can put them in their waiting rooms, so that clients helped by EMDR might consider a donation. The benefit of widespread distribution of these brochures is two-fold. It will not only raise money, but also increase visibility and familiarize potential donors of the EMDRIA Foundation. For more information on how to obtain the brochures, please contact the EMDRIA Office.

In June we sent out an email alert regarding the future of EMDR, outlining the importance of supporting good quality, unbiased research. Many of you responded immediately by making a donation which was awesome. We are grateful and appreciate your generosity! We also received some great suggestions as well as some important questions and comments about our funding activities. I want to first share with you the some of the collective wisdom of our membership to increase giving for research. We hope that one of these ideas might encourage you to contribute.

Consider the suggestion of a member who wrote: "...have you all considered sending out a notice asking people to seriously consider donating one hour of their time (i.e., contributing what they make in a session?)." Our response is "What a great idea!" If each member would contribute one session's fee, it would certainly ensure success of our \$100,000 goal.

Another member asked, "I feel strongly about supporting good research. Is there as way to set up monthly (or regular

giving?" Our answer is a resounding "YES!" You can do this easily by visiting the EMDRIA Foundation website. You can either click on "donate now" for a one-time donation, or use the justgive.org icon to set up regular donations.

If you are a member of an EMDRIA Regional Group, an EMDR support group or even an EMDRIA Approved Consultant with ongoing consultation groups, you might consider a similar effort to that of the Western MA Regional group. Their example, and the precedent they set, was to ask their members to participant in a group donation, setting a goal of \$2500. You can easily organize a similar effort, setting a goal that is high enough, yet reasonable for the number of people in your group.

Another idea is to do a 50/50 raffle at your next EMDRIA Credit Workshop. Ask workshop attendees to purchase one or more tickets, with the potential of winning 50% of the total amount collected, while the other 50% goes to the EMDRIA Foundation. Of course, the winner might decide to donate their portion (as a tax deduction, of course), creating a 100% win for the Foundation!

If you have a creative idea to help raise money for the Foundation we would love to hear from you. However,

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Carrie Ann Cherep, MA, LCPC
EMDR Certified Therapist
EMDR Consultant in Training

EMDR, Mindfulness & Strengthening Client Resources

6.5 EMDRIA Credits (Dr. Andrew M. Leeds ☐ Credit Provider)
4 Week teleconference during May, 2010 & October, 2010
Wednesday evenings from 10am-11:30am CST **OR**
6:00 ☐ 7:30 p.m. (Central Time)

- *Learn mindfulness and meditation techniques to build affect tolerance, strengthen personal resources, and clarify targets for reprocessing.
- *Discover methods to increase readiness for reprocessing.
- *Obtain skills to increase client self-assessment.

- ☞ Earn EMDRIA credits from the comfort of your own home or office
- ☞ Gain advanced training and EMDR skill enhancement.
- ☞ Network with other EMDR professionals.

For further information or to register, please contact Carrie Ann Cherep at **708-499-8033** or visit us at www.hopeenrichmentcenter.com

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EMDRIA Foundation

The EMDRIA Foundation is a nonprofit, charitable organization created to further the development of EMDR through research and the education of mental health professionals and the public.

The Foundation's goals are to support:

- Excellence in the research, theory, training, practice and evolution of EMDR;
- Integration (of EMDR) with current psychotherapy research;
- Accurate information regarding EMDR being universally available.

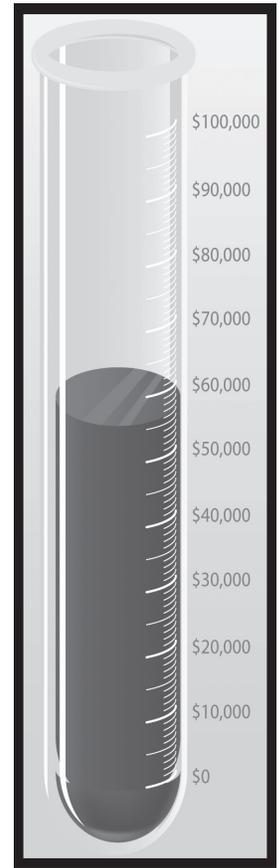
The Foundation is funded by voluntary contributions from EMDRIA members and other supporters of EMDR. The Foundation is recognized by the IRS to be exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code. Contributions are tax deductible under section 170 of the Code. Contributions can be made by mailing a check made payable to:

EMDRIA Foundation
5806 Mesa Drive, Suite 360
Austin, TX 78731-3785

Contributions can also be made online at
www.emdriafoundation.org

Foundation Board Sets Fundraising Goal of \$100,000

Please help the EMDRIA Foundation Board reach its goal of raising \$100,000 by September 1st, 2010. Please take a moment to donate! Remember, your donations are tax-deductible! Please check the EMDRIA Foundation webpage for updates on fundraising status. Give in honor of your friends, colleagues, clients and family members. Support EMDR research by a tax-deductible gift to the EMDRIA Foundation.



\$56,732
(as of August 5th)

Recent Dedicated Donations

- Marcy JT Smith made a donation in honor of Francine Shapiro, Robbie Dunton, Debbie Korn, and Elizabeth Call for reasons too numerous to list, but never to be forgotten. Wishing them many blessings.
- Susan Goodell made a donation in honor of Susan Rogers and Louise Maxfield.
- Catherine Lavoie made a donation in honor of Bessel van der Kolk.
- MaryBeth Chruden made a donation in memory of Liz Snyder, whose candor in telling her personal story in a speaking engagement about EMDR convinced me to take the training, and whose expert treatment showed me how powerfully and easily EMDR can heal and made it easy for me to commit to using it in my practice.
- Francine Fettman made a donation in honor of Marilyn Luber.
- Anna Monaco made a donation in honor of Nancy Smyth. My career changed once I took the EMDR class from Nancy Smyth. This is in honor of her taking care of me and many others.