



BY WENDY FREITAG, Ph.D.
EMDRIA FOUNDATION
PRESIDENT

In my efforts to de-clutter and simplify, I have been glancing through my unread Oprah magazines from the last 10 years. Oprah ends each of her magazines with a series entitled "What I Know For Sure." It was a series I didn't miss as I rushed to find any other treasures before recycling the magazine. One day I began to ponder about "what I know for sure." I wondered, what do I know for sure about...the world, life, my life, my work, my purpose, and of course that led to EMDR. I know for sure that EMDR is a gift, it heals, it is effective and efficient, it has given meaning to my life beyond anything I could imagine, it keeps my work challenging and equally rewarding. I don't know what I would do without it. "Doing without it" led me to think about the EMDRIA Foundation. (Funny how those associative links work, isn't it).

As all of you know, the mission of the EMDRIA Foundation is to support quality research, disseminate current information to mental health professionals and provide effective and efficient treatment information for mental health consumers. Although I don't think that EMDR practice will disappear, our focused concern is that EMDR remain a viable, evidenced-based practice conducted by competent and knowledgeable mental health professionals. High quality research defines and maintains that a treatment approach is evidenced-based. That's how it is done. As well, high quality studies provide important clinical information specifying what works, what doesn't and for whom. The EMDRIA Foundation has taken on the responsibility to pursue and uphold these standards. In the current milieu of evident-based practice this seems important, and the funding imperative. It appears that a bias against funding for EMDR research exists in the larger scientific and funding communities. Therefore, the EMDRIA Foundation's goal to fund high quality research is to further establish it as an evidenced-based practice and maintain the integrity of EMDR. practice. On the other end of the evidenced-based continuum, is the untrained therapist who waves their fingers in front of the client and calls it EMDR. And somewhere in the middle, is the result of the substandard, non-EMDRIA approved training programs producing uninformed and unprepared therapists in some variation of what we know as EMDR. These situations exist and are the current reality, so "what I know for sure" is that EMDRIA and the EMDRIA Foundation has the challenge of maintaining the integrity of EMDR practice through high quality trainings and improving the funding of EMDR research.

To that end, on behalf of the EMDRIA Foundation Board, I proudly announce the recipients of the 2011 Research Grant Awards. Each of these teams received a grant of \$10,000 for their project. We are grateful to the other four researchers who submitted proposals and hope that we can fund one of their projects in the future.

The first recipient is by Gail Ironson, MD, Ph.D. at the University of Miami Psychology Department in Coral Gables, FL. This research project involves a comparison between three interventions (EMDR, stress management, and standard care) to "mitigate the development of PTSD and to protect the psychological and physical health in disadvantaged people." "Aim 1: Effect of EMDR on outcome Variables: To determine the efficacy of EMDR compared to group administered stress management with a trauma focus (STRESS), and a psychological first aid control group on psychosocial and health outcome variables." "Aim 2: Who benefits most from this brief intervention: predicting recovery for the outcome variables from the nature of the trauma, past trauma history, substance use, and borderline personality disorder." The researchers have funding for this project and are already implementing the study. They will use the EMDRIA Foundation grant to cover the costs of adding a 6 month follow up. The second receipt is the research team of Michael Scheering MD, MPH at Tulane University School of Medicine in New Orleans, LA and Ana Gomez, MA, LPC of Phoenix, AZ. The aim of this research project is to evaluate the effectiveness of EMDR in "treating trauma-related depression in 6-17 year old children." The children (n=40) will be randomly assigned to received either 8 sessions of EMDR or 8 sessions of standard treatment at a mental health clinic. The Foundation Board is grateful to the review team lead by Tonya Edmond Ph.D, and thrilled that these two projects met the high standards required for the award.

What the EMDRIA Foundation Board knows for sure is that we need to continue our fundraising efforts. Our 2011 annual campaign goal is a lofty and **reachable** goal of \$125,000. As I said earlier, EMDR has given me more than I could ever have imagined. I know many of you feel the same way. If each of us donates a dollar for every time we **witnessed** the sheer strength of the human soul, **marveled** at a life-changing session, felt **great relief** for our client (and us, too!) at the other side of something horrible, have been **honored** to know the **empowerment** of healing a heart, or have simply just been **grateful for EMDR**, the EMDRIA Foundation's 2011 annual goal would easily be met. "What I know for sure" is that what we give comes back to us tenfold.

Please check out the EMDRIA Foundation's website (www.emdriafoundation.org) and visit the donation page, to promote the continued integrity and viability of EMDR practice. ❖



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Memphis TN	Aug 19-21	Feb 3-5, 12
Chicago IL	Sep 9-11	Mar 9-11, 12
Columbus OH	Sep 16-18	Mar 9-11, 12
Orlando FL	Sep 16-18	Feb 3-5, 12
Los Angeles CA	Sep 30-Oct 2	Mar 30-Apr 1, 12
Boston MA	Oct 14-16	Mar 16-18, 12
Iselin NJ	Nov 11-13	Feb 10-12, 12
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