

EMDR Research Foundation President's Message

2012: Revealing the Science Behind the Miracle



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EMDR RESEARCH
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Happy 2012! May this year bring you much joy, abundance and life satisfaction. As is common with new beginnings we look forward to future accomplishments, doing things differently or maybe just improving on what is. Often it is a time to look

forward to where we want to be next year at this time. In my last article, I reflected back on 2011 with hopes of what is to come in the future. In this article I write to tell you it is time to take the Foundation to the next level. Increasing peer-review journal publications, providing additional research grants, expand our understanding of EMDR's mechanism of action and spreading the word of EMDR's effectiveness are on our agenda for 2012. To accomplish these it is necessary to encourage volunteer involvement, increase the number of Visionary Alliance members as well as one-time annual donors this year.

Before setting the intentions for this year, I begin with my sincere gratitude to Scott Blech and want to publicly thank him for his many years of service to EMDRIA and more recently, the EMDR Research Foundation. Many of the board members currently serving the Foundation were serving on the EMDRIA Board when Scott arrived. During the interview process, I vividly remember sitting across the table from him, listening to his newfound passion for EMDR and his genuine respect for therapists in the trenches. Since we revived the Foundation he has supported it personally,

financially and most importantly, with his staff. When I met Scott, it truly seemed he wanted to serve EMDR and the membership. Now as I reflect back on his eight years with EMDRIA--he did exactly that! I will personally miss Scott. I wish both Scott and his wife Hedio a very wonderful retirement. Thank you and many blessings to you both.

Thus far, the EMDR community has been generous to the Foundation and its mission. That generosity has provided a strong foundation on which we will expand our donor pool, secure grants and partner with larger funding organizations to support high quality EMDR research. In keeping with our goal to take the Foundation to the next level, it has become apparent the Board needs additional hearts and hands to make that happen. We are providing the opportunity for willing volunteers to become involved in one of newly formed committees. If you are new to the EMDR community and feel the excitement to "get involved" here's your chance. Or if you are aware of someone who knows the benefits of EMDR or has experience with non-profits or just has a willingness to give of their time and talent to a very worthy organization, here's their chance. There is so much that needs to be done! **As a volunteer you can be a part of this exciting endeavor and share your expertise in an area of interest all for a few hours of time.** The level of involvement is up to you, and will offer you a chance to share your skills and help to fill a gap that is now apparent, given our success thus far. To find out more information about the types of committees and activities involved, please contact either of Katy Murray (katymurraymsw@comcast.net) or Barbara Hensley (bhens14456@aol.com) who are serving as co-chairs of our Volunteer Committee.

The Foundation is excited to announce the theme of our 2012 fundraising campaign "**Revealing the Science Behind the Miracle**". One essential goal of the Foundation is to increase the number of high quality research studies

The EMDR Research 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 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:

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

Contributions can also be made online at:
www.emdrresearchfoundation.org

Take a moment to donate now! Remember, your donations are tax-deductible! Please check the EMDR Research Foundation website 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 EMDR Research Foundation.

published in peer-reviewed journals. This is central to increasing the understanding of what happens during EMDR, as well as increasing the awareness of its effectiveness. As a donor, you can help to achieve this goal. Our 2012 campaign is targeting two areas for growth.

In August 2011, we launched the Visionary Alliance. This program offers our donors the opportunity to make a sustaining pledge by automatic monthly donations. As of 12/31/11, we are proud to announce that we have 128 Visionary Alliance members. Thank you to those individuals who have pledged their support! Our goal in 2012 is to increase the number of Visionary Alliance members to 200. This predictable, continuous stream of income offers the Foundation leverage when we pursue funding from larger organizations, granting agencies and foundations. It also allows the regular offering of grants to quality research projects. The second goal is to increase the number of one-time annual donors by 50%. This past year, because of the generous support of the EMDR community, we were able to offer four research grants totaling \$40,000. We are grateful to those of you who made this possible. Just imagine what we could accomplish if we are able to fund an additional six to ten studies? Working together, we can make it happen! If you are not currently a donor, either through the Visionary Alliance or through annual giving, we offer this opportunity to be a part of this important effort.

In 2012, the Foundation is again accepting applications for a Research Grant Award (up to \$10,000), with revised eligibility criteria to broaden access and participation. We are also accepting applications for a Doctoral Dissertation Award (up to \$5000). This year there will be two funding cycles and the applications are **due February 1 and July 1**. The recipients of the award will be notified of their selection by April 15 and September 15, respectively. You can access the Request for Proposal information on our website <http://www.emdrresearchfoundation.org/research>. If you are interested in reading about the studies that have been funded previously, you can find that exciting information at the same link. There is a great deal to be accomplished in 2012. We look forward to your involvement in whatever fashion or style you make that happen. The Foundation Board knows first hand that any participation in this important endeavor will be an enriching and satisfying experience.

“VOLUNTEER—not so you can build your resume, but so you build yourself.”

~ Unknown Author ❖

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