

EMDR RESEARCH FOUNDATION

BY WENDY J. FREITAG, PH.D. - PRESIDENT, EMDR RESEARCH FOUNDATION

The EMDR Research Foundation is not a part of EMDRIA; this article is published as a service to EMDRIA members.



Progress...One Accomplishment At A Time

The EMDR Research Foundation (ERF) Board has had a busy Spring! We continue our ongoing fundraising efforts, along with looking into new possibilities, working with a grant writer and looking for opportunities to partner with other funding organization with similar missions. Given those tasks are in motion, we are now focusing our attention to the other goals set forth in our 2011 Strategic Plan.

One of those goals is to reach at least 10,000 clinicians with information on clinically relevant EMDR research. In January we launched our monthly e-newsletter and in early March, we introduced the first of our mini-monthly newsletter that focuses on our colleagues who have been 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 to show our support for those clinicians who deal daily with this growing population of traumatized individuals. One of the monthly highlights of the newsletter is a featured article related to past or current research literature pertaining to work with these clinical populations.

The ERF is aware that military and veteran families face a unique set of stressors that may negatively affect their health and well-being and that the clinicians who treat them encounter a different set of challenges as well. It is our hope that the monthly newsletter is informative, offers support to our colleagues and provides a means of staying connected with EMDR community. We hope the newsletter helps to stimulate conversation and creative treatment ideas amongst our EMDR-trained military colleagues, and potentially fosters new research on the efficacy of EMDR in the treatment of military personnel and their families. Anyone interested in receiving the EMDR and the Military in Action monthly newsletter, is welcome to sign up on our website. Thanks to our Board members, Barb Hensley and Rosalie Thomas, and to our colleague, Camille Zeiter, LICSW, at Joint Base Lewis-McChord (JBLM) who were responsible for getting this project off the ground.

Another way the ERF continues to reach out to EMDR clinicians is through the "Translating Research into Practice" (TRIP) column in the Journal of EMDR Research and Practice. This column is edited by the ERF and provides a link between research findings and their implications on clinical work. It also provides clinicians the opportunity to share how a particular research finding has impacted their work with clients. We are very interested in hearing from all EMDR clinicians whose clinical work has been impacted by a research article or finding. Our Board member and Education Committee Chair, Katy Murray (katymurraymsw@comcast.net) is actively looking for volunteers willing to write up their experiences and share their insights. Please contact Katy to find out more information about how you can be a part of this effort.

Also in March, to continue our outreach to clinicians Board member, Jim Gach staffed our exhibit booth at the Psychotherapy Networker Symposium held in Washington D.C. I want to make a special note to acknowledge and thank Gene Schwartz, one of our generous donors, who shared these responsibilities with Jim. They both took time from their practices and families to spread the word about the ERF. Our goals for this venture were to promote awareness of the ERF and our mission, increase the opportunities for future high quality research proposals as well as promote new donor interest. Our booth was very busy, due in part to the complementary sponsorship opportunity offered by Mike McKenna, Networker Exhibitor Director. Jim and Gene fielded many questions about EMDR, trainings, EMDRIA and the ERF; therefore, our presence not only promoted the ERF, but EMDR in general.



Another of our goals in the 2011 Strategic Plan is to provide non-monetary research resources for current and potential EMDR researchers. We are very excited to announce the launch of the ERF's "Research Resource Directory" on our new website. This was a combined effort by Board members, but I want to acknowledge Katy Murray, Barb Hensley and Tonya Edmond for their time, effort and tenacity in the development of the Directory. This is a compilation of various research resources to support practitioners and provide access to information to guide the development of research projects as well as to inform clinical practice. It was developed in response to numerous inquiries from EMDR practitioners about how to access databases, empirical articles, non-university based Internal Review Boards, measurement tools, and other resources. Some of these resources require a fee for use, but many of them are free to the public. We encourage you to explore the Directory on the Resource and Grants page of our website. We also ask that you share with us any additional resources you know of or discover that could be helpful to others.

In regards to funding research, the newest recipient of the ERF funds is the research team of Michael Blair, Ph.D. and Kathy Harms, Ph.D., at the Crittenton Children's Center in Kansas City, Missouri. Their research project is entitled "Children and Adolescents in an Inpatient Setting" and is the first study seeking to verify the efficacy of the use of EMDR with children and adolescents (ages 5-18) admitted to an inpatient acute psychiatric hospital. In this study, they will compare EMDR to Skills-Based Cognitive-Behavioral Therapy. Congratulations to Drs. Blair and Harms and their research team and we look forward to these important research findings.

As I mentioned, the ERF's new website is up and functional. In the process of making this important change, we have updated our online donation system to allow donors to make one-time and recurrent donations online. Given this is a new and updated donation system we will need to integrate all our current Visionary Alliance members into it. All members received a personal email from us in the last few weeks, instructing you how to register your membership on your own. If you have not done so, we ask that you take a few moments to do so at your earliest convenience. If not, someone from the ERF office will be contacting you by phone to assist you in setting up your account. Or if you have any questions, please feel free to contact Angie Schlanger at 512.571.3637. We want to thank you for your support and patience during this important transition.

As always, I end with a note of gratitude for your sustained financial support of the ERF. I recognize and want to acknowledge how vital your contributions are to our success and continued achievements.

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own." ~Cesar Chavez ❖

EMDR DVD Demonstrations with Master Therapist Laurel Parnell Ph.D.

*These are actual client sessions
treating trauma, phobia,
anxiety and fear.*

Now available through
Laurel's website:
www.emdrinfo.com



Laurel Parnell, Ph.D.

PAID ADVERTISEMENT

BioLateral Sound Recordings

Our CDs use left/right sound movement for **BILATERAL STIMULATION** for EMDR processing.

*******Now available as MP3 Downloads- Order online at: www.biolateral.com*******

New Brainspotting Book Now Available

BRAINSPOTTING: *The Revolutionary New Therapy for Rapid and Effective Change*
by David Grand. Purchase at www.Brainspotting.com

This is Your Brain on Sports: *Beating Blocks, slumps and Performance Anxiety for Good,* by David Grand and Alan Goldberg. Purchase at www.Brainspotting.com

EARN 13 EMDRIA CREDITS! NATURAL FLOW DISTANCE LEARNING PROGRAM

EMOTIONAL HEALING AT WARP SPEED: THE POWER OF EMDR Book by David Grand Ph.D.

TO ORDER BY PHONE OR FOR OUR BROCHURE: CONTACT LAURIE DELANEY

TELEPHONE/FAX: 516-826-7996 E-MAIL: lauriedela@aol.com

Or mail to: BioLateral, 2415 Jerusalem Ave., Ste 105, Bellmore, NY 11710

WE ACCEPT VISA, MASTERCARD, AMERICAN EXPRESS AND DISCOVER

PAID ADVERTISEMENT