

# EMDR RESEARCH FOUNDATION

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

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## 2013 - Making Things Happen

Since the introduction of the EMDR Research Foundation (ERF) at the 2010 EMDRIA Conference, we've come along way. At the 2013 EMDRIA Conference our presence was expected, our energy was enthusiastic and passionate, and our mission accepted. As always the Conference provided a great time to learn, laugh and renew or make connections with others who are excited about EMDR therapy. We all know the power of this therapy and it provides the unspoken bond we all understand. Advancing the understanding and practice of EMDR therapy along with the essence of ERF creates a synergy like no other! As always the Conference provides the ERF Board members the opportunity to thank our donors and supporters face to face. We can send thank you emails or letters, but for me, there is nothing like personally thanking a donor with a warm handshake or heartfelt hug.

At our exhibit booth, like in years past, we held a raffle and a drawing for new Visionary Alliance (VA) members or those who increased their monthly pledge at our booth. This year Susan Zeichner signed up as a new VA member just minutes before the drawing took place. Susan won the grand prize of the time-share vacation week generously donated by Cynthia Kong and Gerald Puk. Other raffle or drawing winners include Cassandra Gorman, DaLene Forster, E.C. Hurley, Cossette Ahlburn, Robbie Dunton, Mary Ellen Bertling-Sefford, Joe Graca, and Irene Giessl. **We are grateful to all of you who were entered into the drawing and everyone who played the raffle.** I want to give special recognition to Irene Giessl, the winner of the Heads and Tails event at the Awards Dinner, who so generously donated her winnings back to the ERF. Thanks so Irene!

Next, I want to acknowledge the generous vendor donors who donating the great prizes. All of these vendors are long-term donors and I am grateful for their continuing support. A big thank to Doug Fisher of Neurotek, Carol Maker from EMDR Therapist Network, John White and Carol Thompson from HeartMath, Tom Isom from Convention Media, Ricky Greenwald from the Child Trauma Institute and Blair Dunn from Mentor books. In addition to Cynthia and Gerald, Katy Murray and Barbara Hensley also made generous donations for our booth activities.

We are all winners with the donations made at the ERF's largest fundraising event. These donations along with those made throughout the year make it possible for the ERF to fund research that is high quality and advances our knowledge of EMDR therapy. The most recent recipient of a \$10,000 research award was W. Markus, a Ph.D. candidate from the Netherlands, along with his esteemed research team of Dr. G. de Weert, Dr. C.A.J. de Jong, Dr. E.S. Becker, and Dr. Hellen Hornsveld. The objectives of this study are to determine the acceptability, feasibility and efficacy of EMDR as an intervention to reduce craving and alcohol use in alcohol dependent outpatients and gain insight in working mechanisms. The study design is a randomized controlled trial and it addresses an important and timely area of research – the impact of EMDR therapy on outcomes for persons with alcohol dependence.

In addition to funding research, another important ERF initiative is 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. Please check out the newly updated column, [EMDR With Recurrent "Flash-Forwards": Reflections on Engelhard et al. 's 2011 Study](http://dx.doi.org/10.1891/1933-3196.7.2.106). Journal of EMDR Practice and Research, 7(2), 106-111. <http://dx.doi.org/10.1891/1933-3196.7.2.106>. In this column, Lisa Bellecci-St. Romain references Engelhard et al.'s (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future catastrophes-"flash-forwards." Like Lisa, if you have found a research study or article that has been useful in your clinical practice, we would love to hear about your experience. Please contact our Education Committee Chair, Katy Murray ([katymurraymsw@comcast.net](mailto:katymurraymsw@comcast.net)) to find out how you can be a part of this effort.

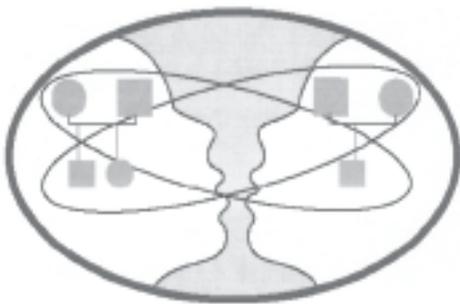
The ERF Board is extremely pleased to welcome Karen Forte, MSW from Bend, Oregon to the Board of Directors. Karen is well known to the EMDR community and has been a very active advocate for EMDR therapy locally, nationally and worldwide. Karen created and continues to moderate a listserv for Central Oregon EMDR therapists to keep them informed of EMDR therapy related activities and referral information. She received EMDRIA's "Outstanding Regional Coordinator" Award and served as the Regional Coordinator's Committee Chair and a member of the S&T Committee. As an EMDR HAP (now Trauma Recovery) volunteer, she has been very involved in numerous projects spanning the globe from the USA, Canada, Sri Lanka, Turkey, Bangladesh and Granada. Karen has an impressive list of volunteer activities and memberships in non-EMDR organizations as well. Karen has been a long-standing supporter of the ERF's vision and mission and we are very delighted and fortunate to have her on our team. Welcome Karen!

I would be remiss if I did not mention again our new online donation system. First I want to thank all of you who have transferred your membership to the new system and your continued support of the ERF. We are hoping to have the transfer complete by the end of the year, so for those of you who have not done the transfer yet, we kindly ask your cooperation in this effort. If you have any questions about this you can contact me (wjfreitagphd@gmail.com) or call the office at 512.571.3637 and Angie would be happy to help you. Thank you to all for your effort and patience during the transition.

All in all, 2013 has been a great year for making things happen. The ERF expanded our outreach with the military and general monthly e-newsletter, and we exhibited at another mental health conference. We created the Resource Research Directory, a multi-purpose Directory compiled to support clinician's access to information and guide the development of research projects. We also continue to reach clinicians through the newly updated "Translating Research into Practice" column. The ERF awarded funds to two research teams and the first consultation award, all with the purpose of advancing the knowledge and understanding of EMDR therapy. In closing, I offer my sincere gratitude to all of our donors for your sustained financial support and who made these efforts possible and successful. As well, I thank the Board members, who gave another year of unselfish time, effort and money to forge our efforts forward. My wish to everyone is a Blessed Holiday Season and a Peaceful, Prosperous 2014.

***"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."***

**— Leonardo da Vinci ❖**



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