

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.



The Year of Education - A Call to Action

As we move into 2014, a very exciting year for EMDR, I want to briefly recap the ERF's activities in the last quarter of 2013. I am excited to report that Catherine Butler, Ed.D., MFT was the second recipient of a Consultation Award. Dr. Butler was the recipient of an ERF's Dissertation Award in 2012. In her desire to get the study published, she requested funds to aid in this process. Given increased scientific publications is one of the ERF's highest priorities, we are glad to support her in the process. Dr. MaCayla Sarco, who was awarded the first Consultation Award in 2012, also submitted her study for publication in 2013. For more information about the types of the grants offered and past recipients, please visit the Research and Grants page on the ERF's website.

What is the purpose of funding high quality research? In medicine, clinical trials and scientific research dictate efficacious treatment protocols. As well, research findings often facilitate necessary adaptations as new information becomes available. For the ERF, as the only funding source dedicated solely to EMDR research, our Vision is similar. It has been, and continues to be, our intention to see the scientific literature abound with EMDR research that advances our knowledge of efficacious EMDR treatment protocols. With this goal in mind, the ERF's Board announced new research priorities in December 2013. We developed three tiers of research priorities to 1) advance evidence-based practice, 2) address the global burden of trauma, and 3) build clinical evidence in areas where little or no research exists. These priorities apply to research across the lifespan, so a study might address adolescent addiction or geriatric depression. For a complete understanding of the new priorities, please visit the Research and Grants page on the ERF's website. We also hope the new priorities create a greater number of grant applications in the near future. The number of submissions has diminished over time, with only one application submitted during the first cycle of 2014.

Also in late 2013, the ERF's Board created a new award entitled the "Research Dissemination Award." This financial support will be granted to EMDR researchers who present their EMDR research findings at non-EMDR conferences. It is intended to help defray some of the costs encountered by the researcher. This is yet another way for the ERF to promote the dissemination of research findings. For more information about the award or to review the application requirements, please visit the "Research Dissemination Travel Award" link on the ERF's website.

In 2014, education is one the most important areas of focus needed by the ERF. As our Mission states, "... promotes health and growth of human beings through the support of ... compassionate, **well-informed** clinicians." I believe much of clinical practice, EMDR and psychotherapy in general, is driven less by research as compared to medical practice. I think we need to engender excitement in our EMDR colleagues about EMDR research in general and promote research driven practice and clinical decision-making. EMDR research should not only be a priority, it should be a necessity for our clinical practice. I would like to see this change happen in 2014, as we celebrate the 25th Anniversary of Shapiro's 1989 publication in the *Journal of Trauma Stress*. One way the ERF has been promoting the link between research findings and their implications on clinical work is through the "Translating Research into Practice" (TRIP) Column in the *Journal of EMDR Practice and Research*. It offers clinicians the opportunity to share how a particular research finding has impacted their work with clients. To promote an interest in research, I urge you to take some time to review one of the many excellent resources of research articles. For example, the ERF archives our topical monthly newsletters for review. Or go to the Francine Shapiro Library and search for a subject matter of interest. Or read one of the articles posted in Andrew Leeds' column "Recent Articles on EMDR" in this newsletter. EMDRIA's *Journal of EMDR Practice and Research* is another obvious source of great information on EMDR Research. If you find one of the studies or articles to be of help to you in your clinical work, I strongly encourage you to share your experience with us. Our Education Committee Chair, Katy Murray (katymurraymsw@comcast.net) can provide you the details of how to participate in this important effort.

The EMDRIA Board under the leadership of President Mark Nickerson also promotes an interest in EMDR research. Our organizations are collaborating to support each other in this very important effort. With the permission of EMDRIA, the ERF will disseminate information about our activities, available grants, the avenues of support to clinicians and researcher, as well as fundraising efforts to be distributed at Regional Network meetings and EMDRIA Credit workshops in the coming year. We hope this increases the interest in research findings to guide clinical practice, invites a TRIP column submission, or even encourages a clinician to conduct a research study.

This year is one of celebration! Twenty-five years ago this April, the first EMDR research study was published. For the ERF, it feels like this is the genesis of our being. To honor our heritage, the ERF is launching our "**25 Years of EMDR Research**" fundraising campaign. You might consider a tribute gift of \$25, \$250 or \$2500 in the name of EMDR Research. Another way to acknowledge the 25th year is to

become an ERF's Visionary Alliance donor with a monthly pledge of \$25. Of if you are already a monthly donor, you might consider raising your pledge TO or BY \$25. Another reality is as EMDR ages so do the clinicians using it. Is this the year you consider the ERF in your planned giving arrangements? There are many options to choose from, such as an Endowment Gift, where the funds are used annually in perpetuity or maybe you name the ERF as a beneficiary in your Will or Trust. Please visit the "Get Involved" page of our website to learn how to support us now and well into the future. **Let's Celebrate!**

Lastly, I want to close by bidding a very warm farewell to one of our original Board officers and my good friend, Jim Gach. Jim has decided after many years of unselfish Board service to both EMDRIA and the ERF to move on, but promises to not go too far. Jim's positive nature, wisdom, humor and voice of reason provided a stable force to the Board. His collaborative and genuine style and kind and generous spirit brought something very special to the Board that will never be duplicated. I am entirely grateful for your Board service all these years to both EMDRIA and ERF and I have so enjoyed working with you these past 16 years. Although you will be deeply missed on the Board, I know we all wish you the very best in your retirement. Be well, my friend.

"The goal of education is the advancement of knowledge and the dissemination of truth."
— John F. Kennedy ❖



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

Brief, Intensive Early Trauma Repair

Sandra Paulsen, Ph.D.



- Increase affect regulation
- Repair early attachment injuries, trauma, shame, disappointments (early trauma protocol, O'Shea & Paulsen, 2007) from infancy and childhood
- Work somatically in implicit memory
- Engage protective ego states in healing, where needed (Paulsen, 2009) and improve self system integration
- Enlist spiritual resources in forested setting, canine and equine assisted, where appropriate.

See website for more information

www.bainbridgepsychology.com
Bainbridge Island, Washington

sandra@paulsenphd.com
(206) 855-1133

PAID ADVERTISEMENT