

# EMDR RESEARCH FOUNDATION

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

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## 2014 - A Year of Celebration



This year is a special one for the EMDR community as a whole. EMDR therapy is celebrating its 25th Anniversary signifying its beginning with Shapiro's 1989 publication in the *Journal of Trauma Stress*. The EMDR Research Foundation (ERF) has only been operating for a fraction of that time, but I feel this publication is the genesis of our being. For the rest of the year, we will devote our attention to recognize the past, celebrate the present and promote the future of EMDR therapy research in a number of ways we hope will be interesting, engaging and educational. In addition to commemorating the ERF's beginnings and reason for existing, another one of our 2014 goals is to promote the importance of research in clinical practices.

Through the ERF's monthly e-newsletter, we will showcase some of the significant research that has been published throughout the years. We see this both as an educational tool to bring awareness to what has been published as well as a way to honor the many researchers and contributors who pursued the

numerous lines of study. If you would like to share with us a research article you found helpful or beneficial, please write to [info@emdrresearchfoundation.org](mailto:info@emdrresearchfoundation.org) and we will work to include that in one of the future newsletters. Also if you are not receiving the e-newsletter, but would like to, please see our website ([www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)) and click on the sign-up tab.

Another planned anniversary event, which will be educational and challenging plus profitable for the winners, is our 25th Anniversary Quiz. Yes that's right—a Quiz! The questions will cover topics about specific research studies and findings, the history of EMDR therapy and the ERF. For the newbies to the EMDR therapy community, searching for the answers will shed some light on the history, specific published research as well as an introduction to the ERF. For the old-timers in our community, it might fire up some of those dormant memory networks to link to new and updated information. This was the brainchild of our creative Board member, Barb Hensley. Barb has very generously donated the prize money with a grand prize of \$500, with additional financial and other EMDR-related materials to be given to individuals who answer the most questions in the shortest amount of time. The quiz can be taken once or multiple times and will start on June 15th. The winners will be announced at the 2014 EMDRIA Conference in Denver. All the specific details will be on the ERF website and will be announced in our monthly newsletters.

As I mentioned in my last article, the ERF has 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. The second priority, *Addressing the Global Burden of Trauma* encompasses the use of EMDR in disaster response, whether that is natural or man-made disasters. We need more research in this area, particularly with the Early EMDR Interventions (EIs) for both children and adults. To facilitate this effort, the ERF is partnering with other EMDR organizations such as Trauma Recovery/HAP, EMDR Europe, EMDR HAP Europe, and EMDR Asia to develop a "Disaster Response Research Toolkit." The toolkit will provide a guide for the selection of research tools, data collection, and follow up for those responding to both man-made and natural disasters. We need data to guide the EMDR responder regarding which of the EMDR Early Intervention (EI) protocols are most effective, when they are best delivered, and/or by whom. We look forward to the outcome of this project as well as the collaboration of the worldwide EMDR therapy organizations.

## The EMDR Research Foundation

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Stay tuned for our "25 years of EMDR Research" campaign

[www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

In addition to launching our “**25 Years of EMDR Research**” fundraising campaign we are also offering at least one \$25,000 Research Grant Award. This grant opportunity is offered in addition to the regular awards (i.e., Research, Dissertation, Consultation and Travel) and the application is due July 1, 2014. We hope that our new priorities along with a larger award will generate an increased number of grant applications. With the submissions diminishing over time, the ERF has been unable to award the amount of funds we planned to high quality research projects. We encourage everyone doing EMDR research to strongly consider submitting an application for consideration. We also urge you to spread the word to others who might benefit from our grant funding programs.

Our “25 Years of EMDR Research” fundraising campaign is underway and will help make those \$25,000 grant awards possible. There are a couple of ways you can participate in this year’s campaign. To acknowledge the 25th Anniversary you can become an ERF’s Visionary Alliance donor with a monthly pledge of \$25. If you are already a monthly donor, you might consider raising your pledge TO or BY \$25. You might consider a tribute gift of \$25, \$250 or \$2500 in the name of a loved one, friend or colleague, or simply in the name of EMDR Research. Additionally, this might be the right time for you to consider 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 you can 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.

In closing, on behalf of the ERF Board of Directors, I want to express our condolences to the family and friends of Sandra Kremer. Sandra was dedicated, energetic and passionate about EMDR therapy. She was committed to the entire EMDR community, serving as a facilitator to the EMDR Institute and Trauma Recovery. She was also a Visionary Alliance member and loyal ERF donor. Sandra will be remembered for her generosity, hard work, wisdom, and caring and will be missed by all who knew her. ❖



**Ricky Greenwald, PsyD**  
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