

# EMDR RESEARCH FOUNDATION

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## 2014 - Nostalgia (Past), Celebration (Present) & Promotion (Future)

Like many of you, the EMDR Research Foundation (ERF) Board members are gearing up for our trip to the EMDRIA Conference this month. The Conference is such a great opportunity to catch up with old friends, make new ones and be once again inspired by the knowledge, skills and energy of our esteemed colleagues. For the ERF Board members, it is our once-a-year opportunity to meet our donors face-to-face and personally thank them for their loyal support of EMDR Research.

This year's EMDRIA Conference is not just another Conference, but a very special one indeed. It will be a celebration of "**25 years of EMDR Research.**" I am sure each Conference event will be an opportunity to celebrate our history and this important milestone. There is sure to be a nostalgic feel as well, as the community reminisces about EMDR's evolution from 1989 to the present.

Celebrating this achievement also provides the opportunity to look ahead as to what is to come in the next 25 years. Planning and strategizing about the ERF's future will be a main topic for our annual meeting in Denver this year. In my humble opinion, I think one of the most important goals is to promote and increase the use of research findings in clinical practice and clinical decision-making. The ERF's "*Translating Research into Practice*" (TRIP) article in the *EMDR Journal of Practice and Research*, and the first tier "*Advance Evidence-Based Practice*," of our three-tiered research priorities, both address this goal. However, the first step to promoting research findings in clinical decision-making is the research findings themselves. Just as more EMDR research is needed in general, the ERF needs more grant application submissions for our funding program. The ERF is willing and able to do our part in this endeavor, we just need more grant applications for consideration. It is our hope that this year's \$25,000 Research Grant Award, the regular awards (i.e., Research, Dissertation, Consultation and Travel) we offer, and the new research priorities will help to increase the number of grant applications we receive. We encourage everyone doing EMDR research to strongly consider submitting a grant application. We also urge you to spread the word to others who might benefit from our grant funding programs. Your help in disseminating this information would be most appreciated.

In talking about our funding programs, I am very excited to announce the first recipient of our new Research Dissemination Travel Award. This travel award was created this year to support the dissemination of EMDR research findings at local, national and international non-EMDR professional meetings. The first travel grant was awarded to Lindsay M. Bira, M.S. who will be presenting her dissertation paper, "*Determining Person-Treatment Fit for Brief Treatment of Trauma in a Community Setting: Which Interventions are Best for Whom?*" at The International Society for Traumatic Stress Studies (ISTSS) Conference in November. The study was part of a larger NIH-funded investigation. The ERF also provided funding in 2011 for a six month follow-up study, from which Lindsay's data was taken. For more information on the results to be presented, please see the details on our website. **Congratulations, Lindsay!**

Also on our website you will find the link to the 25th Anniversary EMDR Quiz that we encourage you to take—multiple times, if you so desire. Test your knowledge or perhaps learn a few things about the history of EMDR research with the chance to win a grand prize of \$500. The questions cover topics about specific research studies and findings, the history of EMDR therapy and the ERF. This was the brainchild of our creative Board member, Barb Hensley, who has also very generously donated the prize money. There will be one grand

## 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)

prize with additional financial and other EMDR-related materials as prizes for those who answer the most questions correctly in the shortest amount of time. The winners will be announced at the 2014 EMDRIA Conference on September 19th. All of the details are on our website. **Good Luck!**

This leads me back to where I began, the celebration at the EMDRIA Conference. Of course the ERF will have a booth in the Exhibit Hall again this year. We will distribute the badge ribbons for our donors, and a separate one for the Visionary Alliance members, to wear with pride and satisfaction throughout the Conference. As part of our **"25 Years of EMDR Research"** fundraising campaign it is our goal to sign up 25 new Visionary Alliance members this year. If you are already a monthly donor, you might consider raising your pledge TO or BY \$25. This will not only help our bottom line it will make more of those \$25,000 grant awards possible. Another way to participate in our anniversary fundraising campaign is to consider a tribute gift of \$25, \$250 or \$2,500 in the name of a loved one, friend or colleague, or simply in the name of EMDR Research. Additionally, this just 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. As EMDR ages, unfortunately so do we!

We have other fun activities planned and I hope you visit our booth to find out how you can participate. I look forward to seeing all of you in Denver.

***"While we are living in the present, we must celebrate life every day, knowing that we are becoming history with every work, every action, every deed." - Mattie Stepanek ❖***

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