

EMDR RESEARCH FOUNDATION

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2014 - A Year of Milestones



The EMDRIA Conference in Denver was a great success and it was extra special, as we celebrated 25 years since the first published study on EMDR therapy. The workshops were informative and enlightening as usual, and the plenaries were inspirational beyond words, to say the least. I feel unbelievably fortunate to be a part of such an important, powerful, healing community that spans the globe. *My hat goes off to EMDRIA's Conference Committee for providing such a wonderful learning and exhilarating experience. Thank You!*

The EMDR Research Foundation (ERF) was pleased to be a part of the celebration. Our booth was 'moving and shaking' most of the time. It seems our community has really taken to supporting EMDR therapy research! I am more than grateful and I know I speak for all the Board members as well. One of the ERF's biggest supporters is Dr. Francine Shapiro and frequently her words are a heartfelt request to support EMDR therapy research. As she blew out the candles on the 25th Anniversary cake, she made her wish known that "EMDR therapy is empirically validated for all diagnoses." The EMDR Research Foundation is the only funding source dedicated solely to EMDR therapy research worldwide, so much rests on our shoulders. However the excitement of our donors and the impressive fundraising support makes our duty and great responsibility a bit lighter these days. I have so many exciting things to share about our research efforts, I hope you read on.

I am thrilled to announce that we received 14 applications in response to our 25th Anniversary grant opportunity on 9/1/14. In celebration of 25 years of EMDR Research, the Foundation offered a \$25000 Research Grant in addition to the regular grants (i.e., Research, Dissertation, Consultation and Travel) we offer. The 14 applications are a milestone in our history. A second milestone is the Board's plan to award \$100,000 for this grant cycle to those projects that meet our criteria for high quality EMDR therapy research. *Exciting times....*

At the same time those grant applications were received, we also awarded a \$10,000 research grant to Joyce Baptist, Ph.D., LCMFT of Kansas State University School of Family Studies and Human Services for her project entitled *Developing Evidence-based Practice for EMDR for Depression*. This project falls within the 1st tier of our Research Priorities – Advancing Evidence Based Practice. We are excited about the potential meaningful contribution of this study to enhance clinical practice. It is also a step closer to Dr. Shapiro's Anniversary wish of validating EMDR therapy for Depression.

The Foundation offers two grant cycles each year with a submission deadline of February and July. The award amount has been \$10,000 for the Research Grant and consistently we had few or no applications. In light of huge surge in applications for the \$25000 Award and feedback from our applicants, at our annual meeting the Board decided to increase the future Research Grant Awards to \$25000. This increase in the award amount will start with the 2/1/15 application deadline. Also based on feedback from our applicants, we are making changes to our application process. For more information, please visit our "Research and Grants" page on our website.

One of our fundraising goals at the EMDRIA Conference was to sign up 25 new Visionary Alliance members in celebration of 25 years of EMDR therapy research. This donor program offers our constituents the opportunity to give a sustaining pledge by automatic monthly donations. An effective way to "pay back" for all the benefits received due to EMDR therapy is to "pay it forward" by your ongoing contribution to EMDR therapy research. We not only met our goal, but surpassed it by signing up 44 new members in Denver. Our new goal is 50 by the end of the year. ***This would be a HUGE milestone if we meet this goal!*** We are also grateful for the increases in monthly pledges made by the current Visionary Alliance members. The new members and the current members who increase their monthly donation by \$5 or more will be entered into a special drawing for some wonderful prizes offered by the generous EMDRIA Conference vendor donors. Funding and promoting scientific research is crucial to the advancement of EMDR therapy and its positive impact on people's lives.

If you want to be a part of the "25 Years of EMDR therapy research" fundraising campaign you might consider a tribute gift of \$25, \$250 or \$2500 in the name of EMDR therapy research. Or given it is the holiday season; you may want to honor or pay tribute to a colleague, friend, family member or someone special with a donation. We will write to them and acknowledge your donation in their name. Another reality is as EMDR therapy ages so do the clinicians using it. Is this the year you consider the EMDR Research Foundation 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. For more information, please visit our "Get Involved" page on our website.

Another group of donors I want to acknowledge are the Conference vendors who donated prizes for our raffle and special Visionary Alliance drawing. I am so grateful for our repeat donors as well as our first timers. The generosity of these vendors made a significant impact on our fundraising success. I offer a big "Thank You" to Cynthia Kong & Gerald Puk, Tal Croitoru, ZynnyMe, Inc., EMDR Consulting, EMDR Institute, Inc., Convention Media Solutions, Courage to Change Addiction Recovery, HeartMath LLC, Neurotek Corporation, EMDR Therapist Network, Young Living Essential Oils, The Ranch, Trauma Institute & Child Trauma Institute, Bennington School, In Light Wellness Systems, Mentor Books, Celtic Art Therapy, BioMat Store/Healing Space Massage, and Barbara Hensley. We hope to see you in Philly in 2015.

At the Conference, the EMDRIA Research Committee invites poster sessions of current EMDR therapy research. The Foundation Board was quite thrilled when Dr. Catherine Butler's poster won first prize. The ERF funded this Dissertation research and we are pleased to hear that Dr. Butler is in the process of writing her study for publication. Upon accepting the prize, she shared her thoughts, *"The funding I gratefully received from the ERF enabled me to conduct doctoral research on the benefits of EMDR versus talk therapy for veterans with military related PTSD, in order to support our nation's veteran population who suffer from the consequences of their service. On behalf of myself and the veterans who participated in the study, thank you for your generous financial support."* Dr. Butler is the second ERF award recipient to win first prize for their poster. The poster of Dr. Gail Ironson's research, which was also funded by the ERF took first prize in 2012.

We want to thank everyone who took our 25th Anniversary Quiz, which covered 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 also generously donated the prize money. We acknowledge our winners in order of the top 6 scores: Kathryn Bass, Andrew Leeds, Juliette Troy, Mark Nickerson, Sang Soo Seo and Marshall Wilensky. We hope everyone who took the quiz found it challenging and educational.

Lastly, I want to bid a very warm farewell to two of our Board Members, Tonya Edmond and Dennis Hall. Both of these wonderful servants have been on the Board since 2009. Dr. Edmond served as our Research Committee Chair and was responsible for reviews of our grant applications. Dennis was our Development Committee Chair and provided us guidance about investments and other financial related decisions. I am so grateful for their service, integrity, commitment and friendship. Although they will be deeply missed, I wish them the very best in what is to come.

In closing, I share my sincere gratitude to all of you who made this celebratory year, one of many milestones for the ERF. In 2014, we had a record number of grant applications, will award a record amount of money and sign up a record number of new Visionary Alliance members. Equally exciting is the sense that our community truly understands the great importance of EMDR therapy research and why it needs to be funded. We hope this momentum continues as we launch our 2015 campaign of **"Expanding Our Research, Deeping Our Impact."** I also want to thank the ERF Board members who gave another year of unselfish time, effort and money. The ERF is making great headway and this has been made possible by the dedication of these committed members. At this holiday time, I also wish everyone a Blessed Holiday Season and a Peaceful, Prosperous 2015.

***"What I know for sure, is that what we give – comes back to us tenfold."* - Wendy Freitag ❖**



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