

EMDR RESEARCH FOUNDATION

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

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A NEW Day is Dawning

Last year the EMDR Research Foundation had a successful fundraising campaign, in celebration of the 25th Anniversary of EMDR Research. I want to thank our one-time donors, our NEW and current Visionary Alliance members for their generous support. These donations are the future of EMDR therapy research funding and make it possible to expand the science and knowledge about EMDR therapy. The results from the research will increase the credibility and influence evidence-based EMDR therapy in the future.

The new year brings many NEW successes for the EMDR Research Foundation. Our NEW campaign for 2015 is **Expanding our Research, Deepening our Impact**. The goals of the campaign are to maintain or exceed our current funding level, expand the international awareness of the Foundation, and house a full list of all current EMDR therapy projects worldwide on our website. Throughout this year, we will keep you aware of our progress.

We are thrilled to announce the four NEW recipients of the special \$25000 grant in celebration of the 25th year anniversary of EMDR therapy research. These special awards brought our yearly funding total significantly higher than ever before. Here is a brief synopsis of the NEW research projects that were awarded funding. For a full description, please visit our website (www.emdrresearchfoundation.org).

Joyce Baptist, Ph.D., LCMFT of Kansas State University for her project, Developing Evidence-based Practice for EMDR for Depression. The primary purpose of this project is to further understand the neurological mechanisms of EMDR and to gain more evidence for the efficacy of EMDR in treating depression. This study aligns with EMDR Research Foundation's first research priority -- to substantiate EMDR as an evidenced-based practice for depression.

Erno J. Hermans, Ph.D. with co-applicants of **Lycia D. de Voogd, MSc; Jonathan W. Kanen, BSc** of Radboud University Medical Centre Donders and the Institute for Brain, Cognition and Behaviour Centre for Cognitive Neuroimaging for their project, Neurobiological basis of EMDR: The medial temporal lobe suppression hypothesis. To further understand the mechanisms by which EMDR therapy exerts its therapeutic effects and to promote evidence-based practice, this study is designed to investigate the effects of lateral eye movements on fear memory retention in a well-established experimental laboratory model of fear and safety learning.

E. C. Hurley, Ph.D. of the Soldier Center, Clarksville, TN for his project, A comparative study of the efficacy of EMDR therapy in the treatment of simple PTSD and moral. On average of 22 veterans a day commit suicide while nearly one-fourth of veterans suffer from posttraumatic stress disorder (PTSD). Additionally, many veterans who have served in combat struggle with guilt and moral injury. This study is designed to measure the effectiveness of EMDR therapy in the treatment of OIF and OEF veterans diagnosed with posttraumatic stress disorder (PTSD), guilt and moral injury.

Emre Konuk, MA and **Zeynep Zat** from DBE DAVRANIŞ BİLİMLERİ ENSTİTÜSÜ (INSTITUTE FOR BEHAVIORAL STUDIES) and Sivas University, Medical Faculty, Psychiatry Department for the project, EMDR Treatment of Fibromyalgia. The EMDR Fibromyalgia Protocol was specifically developed through a pilot study to offer an effective EMDR Therapy for fibromyalgia patients. This study aims to examine the effectiveness of EMDR Fibromyalgia Protocol in fibromyalgia treatment and other psychological problems including depression and trauma related symptoms.

We feel fortunate to have the ability to offer funding to these deserving projects and look forward to their results. As a reminder for future funding, we have two yearly cycles with submission deadlines of February 1 and July 1. For the research grants, the award will be up to \$25,000 and the Doctoral Dissertation award is up to \$5,000. The Foundation also offers Consultation and Dissemination Travel Awards, which are available year round. Please see our website (www.emdrresearchfoundation.org) for more information about the grants and awards we offer.

To our next NEW thing and this one is really exciting. The Foundation Board is pleased to announce the release of the EMDR Early Intervention Researcher's Toolkit. This is quite an impressive piece of work, if I do say so myself! I must first acknowledge our Board members, Rosalie Thomas, Katy Murray and Barbara Hensley for their huge investment of time and energy to provide such a comprehensive and thorough tool. In 2013, the EMDR Research Foundation established "Addressing the Global Burden of Trauma" as one of its research priorities. The research previously done on early interventions indicated a need for research validation of the various protocols utilized. The Toolkit is the Foundation's response to that need.

The Toolkit was specifically designed to assist EMDR clinicians who provide early EMDR therapy interventions as part of frontline trauma response and recovery. The primary goal of the Toolkit is to increase data collection and publication of studies in order to gain a better

understanding of the most effective ways to intervene after a traumatic event. It is our hope that with the publication of this Toolkit, researchers will have the ability to use with fidelity, the protocols created by early intervention researchers in response to man-made and natural disasters. In that research, we hope to see the accumulation of wisdom about the most effective interventions possible. We are very excited about the potential for this and hope you will be too. Please visit our website (www.emdrresearchfoundation.org) to learn more about the Toolkit. Please note, it is most effective if you save it to your hard drive and review it from there. Also please complete the online registration form, so we can send you updates or new information.

Another important, non-financial supportive initiative of the Foundation is the “Translating Research into Practice” (TRIP) Column in the *Journal of EMDR Research and Practice*. This column is edited by the Foundation 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 NEW column, Myers, K. (In Press - 2015). EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh. *Journal of EMDR Practice and Research*, 9(1). In this issue’s column, Keith Myers references the 2008 study, which investigated EMDR treatment of choking phobias. Illustrating the treatment considerations and treatment results reported by de Roos and de Jongh, Myers describes the successful treatment of an adult client who presents with choking phobia and secondary depression using the EMDR protocol for phobias. The case example is followed with a discussion of specific treatment considerations in the addressing phobias within the eight phases of EMDR therapy.

Like Keith, if you have found a research study or article that has been useful in your clinical practice, we would be very interested to hear about your experience. Please contact our office (Kristen@emdrresearchfoundation.org) to find out how you can be a part of this effort.

Last, but certainly not least is my great pleasure in introducing our two NEW Board members. Neither of these two fine women (clinicians, colleagues, friends) need much introduction as they are well known to the EMDR therapy community. We are thrilled to welcome Susan Rogers and Susan Brown to the EMDR Research Foundation Board of Directors.

Susan Rogers, Ph.D. is retired after 24 years as a psychologist for the VAMC in Coatsville, PA. Dr. Rogers states, “*Research is the lifeblood of any psychotherapy*” and believes the “*Foundation serves a critical function.*” At this time, she finds serving on the Board the most important contribution she can make to support EMDR therapy research. Dr. Rogers has quite an impressive list of accomplishments and current EMDR-related activities. She is a trainer for the EMDR Institute and EMDR-HAP, as well helped to launch training programs in the VA and Department of Defense. She conducted EMDR studies, wrote grant proposals, obtained VA funding, served as Principle Investigator for one VA study and a local PI for a multisite study. Dr. Rogers also serves on the editorial board of the *Journal of EMDR Practice and Research*, served on the EMDRIA research committee and coordinated the UNICEF-HAP Bangladesh program. She has publishing five articles, wrote a book chapter and co-authored *Light in the Heart of Darkness: EMDR and the Treatment of War and Terrorism Survivors*, along with presenting EMDR therapy research summaries at national and international conferences.

Susan Brown, LCSW is a Board Certified Diplomate in Clinical Social Work and works in private practice in La Mesa, CA. Susan has her own personal research experience with a lengthy pilot study with addicted clients. She is very invested in developing and supporting research that expands the clinical applications of EMDR therapy. As well she is strongly committed to promoting evidence-based practice and well-informed clinicians. Susan also has an impressive list of papers, publications and several presentations on trauma, EMDR therapy and addictions, both locally and nationally. Susan is a facilitator for the EMDR Institute and Trauma Recovery. She is an EMDRIA Credit provider, EMDRIA Certified and an Approved Consultant and does extensive EMDR Therapy consultation. She served on the EMDRIA Standards and Training Committee and currently serves on the EMDRIA Conference committee.

We are so fortunate to have both of them join the Board! They each have so much to offer, with the breadth and depth of their experience as well as their passion for EMDR therapy research.

“With the new day comes new strength and new thoughts.”
- Eleanor Roosevelt ❖

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