

EMDR RESEARCH FOUNDATION

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EMDR Therapy Research is a Global Affair

Have you ever stopped to think how far the results of EMDR therapy research extend? If you are reading this article you already know the tremendous effects of EMDR therapy and its potential in healing trauma and other clinical situations. Since there are therapists doing EMDR therapy all over the world, these healing effects are global. Many of you also believe in the importance of research to clinical practice—it guides clinical decisions, informs the most effective practice and determines the appropriate protocols for different clinical populations and situations. Furthermore a solid research result adds to the credibility of EMDR therapy and strengthens it as an evidence-based treatment choice. Therefore, EMDR therapy research makes a difference globally (i.e., worldwide), as well as makes a global (i.e., comprehensive) difference in healing trauma and other clinical situations. One of our 2015 goals is to increase the global awareness of the EMDR Research Foundation. As the only funding agency solely dedicated to supporting EMDR therapy research, we hope to deepen the impact of EMDR therapy worldwide.

Funding high quality EMDR therapy research is the main function of the Foundation. We are thrilled to announce the two new recipients of a \$25000 research grant. One of the recipients shared his heartfelt thanks and added, “A great idea to have such an institution!!” in reference to the EMDR Research Foundation. Both of these research teams are outside the US and now over 50% of all monies funded by the Foundation have been to international teams. Here is a brief synopsis of the projects that were awarded funding. For a full description, please visit our website at www.emdrresearchfoundation.org.

Marco Pagani, M.D., Ph.D. of the Institute of Cognitive Sciences and Technologies, CNR Rome & Padua, Italy for his project, Neurobiological features and response to EMDR treatment of PTSD in breast cancer patients. The aim of their study is: 1) to treat by EMDR a cohort of breast cancer patients with PTSD; 2) to identify by Electroencephalography (EEG) the regions activated upon bilateral stimulation in both the initial symptomatic and the final asymptomatic phases, and 3) to correlate the neurophysiological changes to the neuro-psychological and clinical status.

Dr. Luca Ostacoli and Dr. Arne Hofmann of St. Luigi Hospital, and the University of Turin, Italy for their project, Role of Eye Movement Desensitization Reprocessing (EMDR) versus Cognitive-Behavioural Therapy (CBT) in reducing depressive symptoms in patients with Current Depressive Episode and Recurrent Depression: A multicenter randomized controlled clinical trial. The current multi-center randomized study is organized from the EDEN network (European Depression EMDR Network) of EMDR Europe. The aim is to study if patients with current Depressive Episode and Recurrent Depressive Disorders benefit from a psychotherapeutic intervention (by using CBT or EMDR) in addition to standard clinical management.

The Foundation also awarded a \$1000 Consultation Award to **April Wise, MFT LPCC**, of California Southern University for her project, The Effect of Two Protocols of Eye Movement Desensitization and Reprocessing on Persons with Co-occurring PTSD and Addictive disorders. The purpose of this study is to acquire new knowledge of how the use of the standard protocol and an addiction protocol in treatment of persons with co-occurring disorders of trauma and addiction affects recovery.

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 \$25000 and the Doctoral Dissertation award is up to \$5000. **(See the special announcement below regarding the Dissertation Award.)** The Foundation also offers Consultation and Dissemination Travel Awards, which are available year round. Please visit our website for more information about the grants and awards we offer.

Another of our 2015 goals is to house a full list of all current EMDR therapy projects on our website. To meet this goal we are excited to announce a new project with the goals of both increasing access to general information about ongoing research and to increase communications between researchers. We are creating a listing of EMDR therapy research projects currently in process worldwide. This list is intended to include all current research projects related to EMDR therapy and is not limited to the projects supported by the Foundation. The aim of this project is to publish updated material to keep us all on the cutting edge of research information! If you have a current project and agree to be listed, please complete the form at <http://emdrresearchfoundation.org/emdr-current-research-listing/>.

It is hard to believe the 2015 EMDRIA Conference is just around the corner. I am excited! For the EMDR therapy community the EMDRIA Conference provides 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. However, for the Foundation's Board members the Conference is extra special. This is our once-a-year opportunity to meet our donors face to face and personally thank them for their loyal support of EMDR therapy research.

Of course we will have a booth in the Exhibit Hall and we want all of you to visit us there! Like years past 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. One of the goals of our 2015 **Expanding our Research, Deepening our Impact** fundraising campaign, is to maintain or better yet, exceed our 2014 funding level of \$102,000. To help us reach this goal is to sign up 26 new Visionary Alliance members this year. The 26 new members reflect 26 years of EMDR therapy research. If you are already a monthly donor, you might consider raising your pledge TO or BY \$26. This will not only help our bottom line it will make MORE of those \$25000 grant awards possible. Another way to participate in our 2015 fundraising campaign is to consider a tribute gift in the name of a loved one, friend or colleague, or simply in the name of EMDR therapy 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 Foundation as a beneficiary in your Will or Trust. As EMDR ages, unfortunately so do we!

The EMDR Association of Australia did a fundraising event for the EMDR Research Foundation. It set an excellent example and a CHALLENGE to EMDR therapy associations worldwide. Under the auspices of Graham Taylor, President and the esteemed Board of Directors, the membership was strongly encouraged to donate to the Foundation when they joined or renewed their membership. The Board then matched the donations dollar for dollar. When the significant donation was presented to the Foundation, Graham wrote, "Other Associations might like to follow our example, it all helps." We agree and would like to encourage all EMDR therapy associations to consider this or other ways to help raise money for the Foundation. The benefits of these efforts are two-fold. It raises money and at the same time increases the awareness of the EMDR Research Foundation and what we are all about. We are grateful to the Board and membership of the EMDR Association of Australia for their generosity.

As I close this article I do it with a heavy heart. Sadly, we mourn the death of our EMDR therapy colleague and researcher, Sandra Wilson, Ph.D. I extend my deepest sympathy to her husband and our colleague, Bob Tinker, Ph.D. and their family. Sandra's dissertation research was the basis for the first validating study of Francine Shapiro's original research. In honor of Sandra and all that she has done for EMDR therapy and EMDR therapy research, the Foundation Board has decided to rename our Dissertation Award to "The Sandra Wilson Memorial Dissertation Award." The publication of her dissertation research was so pivotal for EMDR therapy it seems like a fitting tribute, and, for the recipient, an appropriate inspiration. It is bittersweet, yet appropriate to honor such a loyal, dedicated advocate of EMDR therapy. We are honored that Dr. Wilson and her husband, Dr. Tinker, have asked that contributions in her memory be made to the Foundation.

"The world needs dreamers and the world needs do-ers. But above all, the world needs dreamers who do."

- Sarah Ban Breathnach❖

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