

EMDR RESEARCH FOUNDATION

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We Celebrate You!

The EMDR Research Foundation is celebrating our 10th Anniversary this year. This means we are celebrating YOU. We are celebrating our loyal and generous donors, vendor donors, grant applicants and recipients, EMDR therapy researchers at large, volunteers who submitted TRIP articles, as well as the completed studies and published results because this is who and what has made the last 10 years possible! Celebrating this achievement also provides the opportunity to look ahead as to what is to come in the next 10 years. Planning and strategizing about the Foundation's future will be a main topic for our annual board meeting in Minneapolis this August.

The main purpose and function of the Foundation is to support high quality EMDR therapy research and the main goal of our *"EMDR Research Foundation: A Decade Of Making A Difference"* fundraising campaign is to do just that. We plan to develop fundraising strategies, which will aid us in funding research on a much larger scale than ever before. Not only do we plan to increase the amount of funding, but also

the number of studies we fund each cycle.

Speaking of our funding cycles, I am thrilled to announce we have awarded \$60,130 thus far in 2016. It is with great pleasure that I introduce the four new recipients who received funding in May. ***This highlights just how important YOU are to the Foundation's success.*** I am providing a brief synopsis of the projects and you can find the full abstract on our website.

A \$25,000 research grant was awarded to each of the following two research teams:

G. Di Lorenzo, M.D., Ph.D., of the University of Rome, Italy with co-applicants **L. Ostacoli M.D.**, **A. Hofmann M.D.** & **M. Pagani M.D., Ph.D.** for their project Neurobiological processing of emotions in Major Depression: Comparing the effects of Eye Movement Desensitization and Reprocessing and Anti-Depressant Medication. Depression is a severe challenge to mental health systems worldwide, and has significant neurobiological consequences. The aims of this study are 1) to compare the neurobiological effects of two different therapeutic interventions (EMDR and Anti-Depressant Medication) on emotion processing in adult patients with Major Depressive Disorder as assessed through High Density-EEG, and 2) to compare the efficacy of different interventions on clinical symptoms. The results of this study will help to improve the efficacy and effectiveness of treating the costly population of patients with depression.

C. Lee Ph.D. with co-applicants **A. Arntz Ph.D., F.R. Watt MB, BS, FRANZCP** & **K. Boterhoven de Haan Ph.D.** of Murdoch University, Australia for their project, Imagery Rescripting (ImRs) vs. Eye Movement Desensitization and Reprocessing (EMDR) as treatment of childhood-trauma related PTSD in adults. Trauma that originates from childhood experiences can develop into a chronic condition having a lasting impact on an individual's functioning and quality of life. Both imagery rescripting (ImRs) and EMDR therapy seem highly acceptable and effective treatments, which are less demanding than other trauma treatments. They are brief trauma-focused interventions that limit the amount of exposure to traumatic material, and are thereby found to be less distressing. The primary aim of this study is to compare these two trauma-focused interventions for treatment of childhood trauma-related PTSD. A second aim is to explore the treatment experience from the participant's perspective, and thirdly explore how EMDR therapy and ImRs treatments influence trauma memory narratives.

A \$5,130 research grant was awarded to **F.J.J. Ter Heide, Ph.D.** with co-applicants, **J.W. Knipscheer Ph.D.**, **T.M. Mooren Ph.D.**, **R.J. Kleber, Ph.D.** & **D. Medema M Sc** of the Utrecht University, The Netherlands for their project Association between coping style and response to EMDR and stabilization therapy in refugees with PTSD. There is currently a heated debate on the necessity of phased treatment for refugees who experience PTSD. Some clinicians argue that treatment guidelines for PTSD should be followed and EMDR or TF-CBT be offered, while others argue that trauma-focused treatment should be preceded or even replaced by stabilization. Coping style is an important element in this debate. The study aims to determine 1) if coping styles in refugees change as a result of receiving EMDR therapy or stabilization therapy, and 2) if different coping styles affect the response to EMDR therapy or stabilization therapy?

A \$5,000 Dissertation Grant was awarded to **M. D. Morrissey, MS, LMFT** at Northcentral University, Arizona for her project EMDR-IGTP for Secondary Traumatic Stress/Vicarious Trauma among First Responders. First responders experience daily exposure to critical incidences, which can increase the likelihood of developing vicarious trauma (VT) and secondary traumatic stress (STS). This study will consider if the proposed treatment, eye movement desensitization and reprocessing-integrated group treatment protocol (EMDR-IGTP) can decrease PTSD-like symptoms associated with VT/STS and increase post-traumatic growth (PTG). PTG has been defined as positive outcomes after exposure to traumatic events. Participants in this study will be nurses recruited from emergency rooms, EMS personnel, and firefighters who reside and/or work in the selected towns in Colorado.

The Foundation's Board of Directors is grateful we 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 dissertation award is up to \$5000. The Foundation also offers Consultation and Dissemination Travel Awards, which are available year round. Please see our website for more information about the grants and awards we offer.

To help us to exceed our current funding level, the goal of our 2016 ***“EMDR Research Foundation: A Decade Of Making A Difference”*** fundraising campaign is to raise \$10,000 or more. We plan to sign up a record number of new Visionary Alliance members this year. If you are already a monthly donor, you might consider raising your pledge BY \$10 in celebration of the achievement of our 10-year milestone. This will help our bottom line and more importantly, it will make more of those \$25000 grant awards possible. Another way to participate in our anniversary fundraising campaign is to consider a tribute gift of \$100, \$1000 or \$10,000 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 EMDR Research Foundation as a beneficiary in your Will or Trust. As EMDR therapy ages, unfortunately so do we!

The EMDR Research Foundation will have a booth in the Exhibit Hall at the EMDRIA Conference in Minneapolis this year. Conference time is the best time of the year for the Foundation's Board of Directors, as it is our only chance to see and talk with our generous donors in person and personally say “thank you” for your support. We will distribute badge ribbons for our donors, and a separate one for the Visionary Alliance members, to wear with pride and satisfaction throughout the conference. We have other fun activities planned and I hope you visit our booth to find out how you can participate in the Foundation's continued success. We look forward to seeing all of you in Minneapolis.

“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 ❖
