

# EMDR RESEARCH FOUNDATION

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## Nurturing Research, Inspiring Hope

As 2016 comes to a close, so does a **Decade of Making a Difference** for the EMDR Research Foundation. First I want to say, on behalf of the Board, we are grateful to all of you who have supported EMDR therapy research over the last 10 years. Research helps us speak with confidence about what we do and why as well as informs and guides our clinical decisions. Research really does matter and perhaps now more than ever before. We need you and everyone else who cares about EMDR therapy!

Perhaps you are aware that the panel in charge of drafting the Clinical Guidelines for PTSD Treatment by the American Psychological Association has downgraded their recommendation of EMDR therapy to “weak” support. At the same time, the panel strongly recommends CBT, CPT, CT and EXP for adult patients with PTSD. Furthermore, the draft states, “Based on the new trials...there was insufficient evidence to determine whether the recommendations for eye movement desensitization and reprocessing therapy... would change.” The unfortunate take-away is that high quality research trials are lacking to support

EMDR’s previous ranking of “strong” support. The stark reality is that these APA Clinical Guidelines for PTSD Treatment can have far reaching effects on every EMDR therapy clinician’s practice. It is too late to provide comment to the APA panel, but it is NOT too late to support the mission of the EMDR Research Foundation and high quality research. As you consider your year-end charitable giving or your commitment to worthy causes in 2017, put your clinical practice first, ensuring the future of EMDR therapy by supporting research!!

We need your help—plain and simple! There is an extremely important sector of potential donors that the EMDR Research Foundation has been unable to tap—and that would be—clients who have benefited from EMDR therapy. For obvious reasons, there are ethical constraints on clinicians talking with their clients about supporting EMDR therapy research. However, there is a way you can help out. We have two beautifully crafted waiting room posters, in two sizes, available at: <https://onedrive.live.com/?authkey=%21ACUit7kBsikt2SD4&id=B101DF58257D569%213326&cid=0B101DF58257D569>. At the EMDRIA Conference in August the posters received rave reviews by attendees. Another way to passively support EMDR therapy research is through the Amazon Smile program by choosing the EMDR Research Foundation as the charitable organization you support. This costs you nothing, excepting signing into your Amazon Smile account before placing your order. Please visit <http://emdrresearchfoundation.org/get-involved/amazon-smile-program>, where you can find out more information to set up your account. Please consider hanging one of the posters in your waiting room, signing up for Amazon Smile, as well as sharing these important public service announcements with your colleagues, study groups, EMDRIA regional network and/or at EMDRIA Credit workshop you sponsor or attend. Your efforts will help us continue to support EMDR therapy research like the following three studies.

We are pleased to announce the three new recipients of an award from the Foundation. A \$25,000 Research Award was given to **Marleen Rijkeboer, Marcel van den Hout, Erick ten Broeke** of Utrecht University, Netherlands for their project, entitled, [EMDR as an Innovative Strategy in the Treatment of OCD](#). The aim of this research is to critically examine the effect of EMDR added to Exposure and Response Prevention (ERP) on treatment acceptability and outcome in patients with OCD. The evidence of the effect of EMDR on OCD is scant, although on theoretical grounds and clinical impressions it is hypothesized that EMDR will effectively reduce the impact of fear imagery in OCD, thereby lowering distress. Hence, it is expected that patients will be more prepared to engage in, and less inclined to drop-out, leading to an increase of the overall OCD treatment effect.

A \$5000 Dissertation Award was granted to **Yvette Eriksen** at Charles Sturt University, Australia for her dissertation, [Ecological Evaluation, Acceptability and Effectiveness of the Standard Eye Movement Desensitisation and Reprocessing \(EMDR\) Protocol for Post-traumatic Symptoms with an Aboriginal Australian Community: A Collaborative Mixed Methods Enquiry](#). There is no research to date evaluating the cultural sensitivity, acceptability or effectiveness of EMDR with Indigenous Australian peoples. This research aims to provide valuable, culturally appropriate evaluation of EMDR to inform future trauma-focused interventions for Indigenous Australian peoples.

A \$1000 consultation award has been given to **Amanda Roberts Ph.D., MA & Larry Shrier, MA** for their proposed research project, [The EMDR Group Traumatic Event Protocol with an Oncology Population](#). The ultimate goal of this project is to show that the G-TEP protocol is highly effective and safe for use with cancer patients and significantly reduces post-traumatic symptoms, anxiety and depression.

The Foundation’s Board of Directors is grateful we are able 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.

In my last article I shared with you some of the challenges the EMDR Research Foundation faces. Today I wrote about the stark reality facing EMDR therapy, as a recommended treatment approach for PTSD. I want to close out the Decade of Making a Difference with a few brief quotes from our Visionary Alliance Charter members dating back to 2011.

*"I see my monetary contribution here as a natural extension of the community of relationships I have with my colleagues in the EMDR world, my clients who benefit from what EMDR allows them to experience and restore in their own lives, and my own therapists who first shared their expertise in EMDR with me. The advances in EMDR are dependent on the courage and ambition of all of us to validate the known process and explore for new ones."* - Storey C. Smith MA, MSW, New Mexico Veterans Administration Healthcare System

*"I have witnessed the life-changing gift of EMDR in my client's lives over the past 13 years. I want to support EMDR research monetarily, so EMDR can continue to help people to heal all over the world."* - Betsy Prince, L.C.S.W., EMDRIA Consultant, HAP Facilitator, Regional Coordinator from NJ

*"I decided to commit to the monthly donation program to support EMDR Research for three main reasons: 1) I believe that EMDR provides extraordinary opportunities for healing and restored well-being, so much so that I rarely refer to a therapist who is not trained and experienced in EMDR; 2) I have become aware of how critical good research data is in getting the word out about this phenomenal therapeutic methodology in a way that is credible; and 3) It has literally changed my life and the lives of many of my clients in numerous ways."* - Linda K Laffey, MFT; Certified EMDR Therapist, California

*"As a non-researcher, I consider it a privilege to be able to impact the future of EMDR by offering a recurring monetary contribution to the EMDR Research Foundation."* - Irene Giessl, Ed.D, EMDRIA Approved Consultant, Ohio

*"EMDR is the most effective therapy I have ever used; my hope is that the EMDR Community will join forces in supporting the research that is desperately needed. It is only through research that EMDR can be "proven" effective for all of the conditions it is effective with. I feel honored and a privileged to assist in the healing that clients experience with EMDR. Hopefully, one day, EMDR will be fully recognized as the remarkable therapy it is."* - Roxann A. Hassett, LPC, NCC, EMDR-HAP Facilitator, South Carolina

These are reminders of why we do what we do. I hope they offer you some hope and inspiration as you consider your role in nurturing EMDR therapy research now and in the future. Lastly, I extend my warmest wishes to everyone for a very Peaceful, Safe and Prosperous 2017. ❖

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