

EMDR RESEARCH FOUNDATION

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Our Goals ACHIEVED — Thanks To You!

It was such a delight to see all of the friends (new and loyal) of the EMDR Research Foundation at our annual fundraising event in Bellevue, Washington. We are so grateful that so many EMDR therapy clinicians came to our booth to buy raffle tickets, make a donation, and/or join or increase their monthly pledge as a Visionary Alliance donor. Our goal of 30 new Visionary Alliance members was achieved along with several increases to donors' monthly pledges. As well we exceeded our financial goal, which will certainly help us in our future funding of high quality EMDR Therapy research.

I want to acknowledge our vendors and individuals who donated prizes to our raffle. These included Agate Institute & Ana Gomez, Barbara Hensley, BioMat Sales, Convention Media Solutions, Cynthia Kong & Gerald Puk, DNMS Institute, EMDR Consulting, EMDR Exchange, EMDR Institute, EMDR Therapist Networker, Harbor Wellness, HeartMath, Mentor Books, Neurotek Corp, The Recovery Ranch, Ross Institute, Soaring Hope, The TouchPoint Solution, and Trauma Institute & Child Trauma Institute. We are grateful to each of these organizations and individuals, both the loyal repeat donors as well as those who provided a prize for the first time. This year's raffle was again a huge success and we could not have done it without their help.

IntegReview IRB also offered a raffle prize for our fundraising event. However, given the specific nature of the prize and the distinct audience who will benefit from it, we have extended its availability. IntegReview IRB is offering a free Initial Review for one research project for a researcher or team in the US, valued up to \$1785. The IRB Review includes Study protocol/design; One informed consent (or request for a Waiver of Consent); Researcher's CV and training; Recruitment materials; Surveys/questionnaires; and Participant instructions. IntegReview IRB will provide templates to help a researcher start a project. Their team will also be available to help through the IRB process and provide guidance. Researchers interested in finding out more about this great opportunity, please visit our website.

The Foundation's Board also took the opportunity of this fundraising event to launch our Corporate Sponsorship program. This program will give companies repeated exposure to over 10,000 therapists through numerous avenues, such as our monthly newsletters, our website and social media. The Corporate Sponsorship program also provides interested companies to support or partner on research to determine which evidence-based treatments are most effective and efficient. The details about the program including the sponsorship opportunities with the specific benefits at each level are on the Foundation website or for personalized service, please contact us at info@emdrresearchfoundation.org.

Every year the EMDR Research Foundation acknowledges one of our donors. We consider high-level donors, donors who uniquely understand the importance and impact of EMDR therapy research on their clinical work, and/or those who inspire others to donate. This year we acknowledged our esteemed colleague and one of our own Board Members, Katy Murray. We chose Katy to talk about the directed fund donor program we launched earlier this year. "The Marcia Murray Memorial Fund: Dedicated to Research in Suicide Prevention and Survivor Support" was initiated with a bequest from E.M. "Sandy" Murray as a way to memorialize his oldest daughter, Marcia, who died by suicide in 1979. Katy spoke of how her own grief experience when her older sister died as well as how EMDR therapy transformed it. She shared passionately her own personal family story that exemplifies the importance of research. It is time for clinical research to address both how we can provide healing and support to those left in the wake of suicide, as well as address how to prevent suicide by helping people to move from hopelessness to hope – rather than needing to choose to use the ultimate "escape hatch" in life.

All monies donated to this fund will be earmarked for research that investigates EMDR therapy with individuals at high risk of suicide and those who have been impacted by the trauma of suicide loss or exposure to suicide. You can honor our friend and colleague Katy by your donation as she pays tribute to her sister's life, her father's request, and promotes advancing our knowledge of EMDR therapy's role in suicide prevention and survivor support. By the way, September is National Suicide Prevention month.

All of the Foundation's fundraising efforts are in service of providing funding for EMDR therapy research projects here in the US and abroad. It is with great pleasure that I introduce the two new recipients who received funding in September, bringing our total funding

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to \$365,000 over the last several years. 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 A. Roberts PhD, R. Eads, LMHC; C. P. Brigham, LICSW; S. Burnham, LICSW; & P. Krentzel, PhD; for their multi-site research project entitled, The examination of the effects of the EMDR Group Traumatic Episode Protocol (G-TEP) on anxiety, trauma and depression in patients living with a cancer diagnosis within the past year. The purpose of the study is to examine whether the G-TEP protocol is effective and safe for use with cancer patients and will significantly reduce post traumatic symptoms, anxiety, and depression. This is a research protocol testing the viability of extending EMDR therapy formally used for individuals to a group setting with increased efficacy and economics as the potential benefit.

A \$7,850 Research Grant was awarded to Dr. I.A.E. Bicanic, Dr. C.A.J. de Jong, Dr. J.H.C. van den Hout, & Dr. R.J.C. Huntjens for their multi-site research project entitled, Early Intervention with EMDR to reduce PTSD symptom severity: A randomized controlled trial in recent rape victims. The purpose of this study is to determine whether offering EMDR therapy at an early stage can be efficacious in reducing the symptom severity of post-traumatic stress, and other symptoms of psychopathology in victims of a recent sexual assault. If this study shows that offering EMDR therapy early is effective in reducing the symptom severity of post-traumatic stress, it would provide trauma therapists with a short preventive intervention to treat (recent) assault victims. It could also contribute to the prevention of re-victimization.

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 \$25,000 and the 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 for more information about the grants and awards we offer.

In closing, I want to once again express my gratitude to our donors who help us achieve our goals, this year and years past. Your donations make it possible for the Foundation to fulfill its mission of promoting health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.

EMDR Research Foundation website: www.emdrresearchfoundation.org

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

~Brian Tracy



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