

EMDR RESEARCH FOUNDATION

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The EMDR Research Foundation is not a part of EMDRIA; this article is published as a service to EMDRIA members.



Resources * Resources * Resources

As most of you know, the main purpose of the EMDR Research Foundation is to financially support high quality EMDR therapy research. The Board of Directors remains grateful to all of the loyal and generous donors who support our mission. In this article I would like to highlight some of the additional resources supplied by the Foundation as well as those offered by others and available through our website. These resources can be of help to both researchers and clinicians who have an interest in high quality EMDR therapy research and practice.

We have a great opportunity for a researcher or team who has had difficulty securing the necessary IRB review to apply for a grant. IntegReview IRB (www.integreview.com) has generously donated one IRB review to help support the mission of the Foundation. The Board has announced a one-time online auction for U.S. researchers planning an EMDR therapy research study. The prize is an initial review of

your project by IntegReview IRB, worth up to \$1785, and 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. Bidding is open now and extends through our next two grant cycles ending 7/1/18. Please visit our website (www.emdrresearchfoundation.org/irb-auction) for all the details. Please feel free to share this information with friends and colleagues.

The world we live in today is a cruel reality of far too many occurrences of both natural disasters and human-made devastation. As I write this article, the most recent horrific events in Sutherland Springs, Texas, occurred. As EMDR therapy clinicians we know that intervening early or soon after a trauma occurs can positively affect the healing course, and in many cases, mitigate a full diagnosis of Post Trauma Stress Disorder. However, there is a need for these interventions to be employed properly and data gathered so good quality research can be conducted. Rosalie Thomas and Katy Murray, two esteemed Board members of the EMDR Research Foundation created the EMDR Early Intervention (EEI) Toolkit (www.emdrresearchfoundation.org/toolkit) for just those reasons. I am writing about this here, as a reminder of what a great resource this is. Also we need to increase publication of early intervention studies to better understand the most effective ways of intervening after a traumatic event. As we can imagine, when a tragedy of any magnitude hits our community, it is a very chaotic and stressful time. Searching out the appropriate protocols and interventions is probably the last thing you have time to do. I encourage all EMDR therapy clinicians to take some time to look at what the Toolkit has to offer. I also encourage the coordinators of Trauma Recovery Networks and EMDRIA Regional Networks, who are on the frontlines and likely the ones to organize a response, to inform their network of clinicians of this valuable tool. For those of you first hearing about the Toolkit, it is a comprehensive document with several protocols to intervene and aid in conducting research in disaster situations, or in clinical situations such as crises clinics, emergency rooms, or rape treatment centers. It is our hope that the Toolkit will make it easier and more likely that EMDR therapy clinicians respond using a standardized approach and collect appropriate data as an integral part of their response to trauma and disaster situations. Thank you for taking the time to check this out.

Another resource for both researchers and clinicians is the newly released EMDR Fidelity Rating Scale (EFRS) available on our website (www.emdrresearchfoundation.org/research-grants/emdr-fidelity-rating-scale). The EFRS is a comprehensive rating instrument designed to assess treatment integrity in a single EMDR therapy session and over the course of EMDR treatment. In addition to use in research, the EFRS can be used by an individual clinician to monitor fidelity in his/her own treatment sessions and by EMDR consultants when assisting therapists in the development of their EMDR therapy skills. Originally developed for use in a study by van der Kolk et al. (2007), the scale has been revised and expanded over the years after receiving feedback from researchers and raters who had used the scale. The current version (version 1: 8/18/2017) was completed by Deborah L. Korn, Psy.D., Louise Maxfield, Ph.D., Nancy J. Smyth, Ph.D., and Robert Stickgold, Ph.D., and integrates feedback from clinicians, raters, and researchers.

Before I close I want to bid a very warm farewell to one of our officers and our friend, Karen Forte. Karen has decided after four years of unselfish Board service to the Foundation to move on. Karen has been a long-standing supporter of the Foundation's vision and mission even before joining the Board and promised to continue her support after leaving it. Her positive nature, collaborative

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and genuine style, and her kind and generous spirit brought something very special to the Board that will never be duplicated. Karen, although you will be deeply missed on the Board, I know we all wish you the very best in the next chapter of your life. Be well, my friend.

As 2017 comes to a close, I reflect on all the great things the EMDR Research Foundation has accomplished this year and in years past. I offer my sincere gratitude to all of our donors for your sustained financial support making these efforts possible and successful. As well, I want to thank the Foundation Board members who gave another year of unselfish time and unwavering effort to forge us forward. I extend my warmest wishes to everyone for a Blessed Holiday Season and a very Peaceful, SAFER and Prosperous 2018.

You must learn to see everything around yourself as your resources, your opportunities, and turn them into your [tools] so that everything works in your favor and helps to achieve your goal.

~Sunday Adelaja