EMDR Current Research Listing

A project of the EMDR Research Foundation to provide 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 projects supported by the Foundation.

Principle Investigator	Catherine M. Butler, Ed.D., MFT
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Address in listing?	yes
Country/Region	USA
Contact Information	PO Box 1177
Contact information	La Mesa, CA 91944-1177
Project Title	Comparing the efficacy of EMDR to treatment as usual for veterans with
Troject Title	military-related PTSD
Date of Report	08/30/2015
Date of Report	Initial
Brief description:	Abstract
	Insufficient attention has been given to treating veterans who have become drugaddicted and homeless subsequent to military discharge. Since 2004, the Department of Veterans' Affairs (VA) and Department of Defense (DoD) identified Eye Movement Desensitization and Reprocessing (EMDR) therapy as a top-tier evidence-based treatment for post-traumatic stress disorder (PTSD). Twenty-one residents of a veteran's homeless program, who were diagnosed with substance use disorder and military-related PTSD, were randomly assigned to receive 12 weekly sessions of either EMDR therapy or treatment as usual (TAU). Participants received the Clinician-Administered PTSD Scale (CAPS) and other standardized symptom measures for PTSD, depression, and anxiety at pre- and post-treatment and at a one-month follow-up. Participant ages ranged from 23 to 62 years, representing the last three major American wars. Results indicated that EMDR therapy was superior to TAU for re-experiencing and avoidance symptoms, as well as for clinically significant reductions in hyper arousal and depressive symptoms. Neither EMDR nor TAU had a statistically significant impact on co-occurring depression and generalized anxiety symptoms. Overall, 88% of veterans receiving EMDR therapy no longer met the PTSD criteria. Keywords: EMDR, PTSD, veterans, military, homeless, randomized controlled trial
Funding Source(s)	EMDR Research Foundation
Anticipated end date	03-31-2016
Conceptualization and Design	Completed
Data Collection	Completed
Data Analysis	Completed
Writing the Study	Completed
Dissertation or Thesis	Completed
Dissertation or thesis	Butler, C. M. (2012, August). Comparing the efficacy of eye movement
citation, including	desensitization and reprocessing to treatment as usual for veterans with military-
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Go to www.emdrresearchfoundation.org/emdr-current-research-listing to see other ongoing EMDR therapy research projects that have been submitted and to view any updates submitted by the principal investigator of this study. We invite all researchers to submit information about current EMDR research.

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URL if available	related post-traumatic stress disorder. (Doctoral dissertation, Argosy University)
Presented as a Poster	Yes
or Presentation	
Poster or presentation,	Butler, C. M. (2014, September). Comparing the efficacy of EMDR to treatment
citation, including	as usual for veterans with military-related PTSD. Poster presented at the 25th
URL if available	Annual EMDR International Conference, Denver, CO.
	URL: http://emdrresearchfoundation.org/images/Butler-C-2014-Poster.pdf
Submitted for	Yes
Publication	
Name(s) of	Military Psychology
Publications:	
Accepted for	Pending
Publication	
Name of Publication	n/a
and any details you'd	
like to provide	
General comments:	