

EMDR THERAPY EVALUATED CLINICAL APPLICATIONS

To-date, while numerous randomized controlled studies have supported EMDR therapy's effectiveness in the treatment of trauma and PTSD across the lifespan, other clinical applications are generally evaluated in case studies or open trials and are in need of further investigation. In addition to the studies reviewed in Chapter 12, this section provides an overview of a range of published clinical cases.

Another excellent resource is the Francine Shapiro Library (FSL) created by Barbara Hensley, Ed.D., and hosted by the EMDR International Association. It is a compendium of scholarly articles and other significant publications related to the Adaptive Information Processing model and EMDR therapy. <http://emdria.omeka.net/>

Since the initial efficacy study (Shapiro, 1989a), positive therapeutic results with EMDR therapy have been reported with a wide range of populations including the following:

1. **Combat veterans from the Iraq Wars, the Afganistan War, the Vietnam War, the Korean War, and World War II who were formerly treatment resistant and who no longer experience flashbacks, nightmares, and other PTSD sequelae** (Blore, 1997a; Brickell, Russell, & Smith, 2015; Carlson, Chemtob, Rusnak, & Hedlund, 1996; Carlson, Chemtob, Rusnak, Hedlund, & Muraoka, 1998; Daniels, Lipke, Richardson, & Silver, 1992; Lansing, 2013; Lipke, 2000; Lipke & Botkin, 1992; McLay et al, 2016; Narimani, Sadeghieh Ahari, & Rajabi, 2008; Niroomandi, 2012; Russell, 2006, 2008b; Russell & Figley, 2012; Russell, Silver, Rogers, & Darnell, 2007; Silver & Rogers, 2001; Silver, Rogers, & Russell, 2008; Thomas & Gafner, 1993; Wesson & Gould, 2009; White, 1998; Young, 1995).
2. **Persons with phobias, panic disorder, obsessive compulsive disorder and generalized anxiety disorder who revealed a reduction of fear and symptoms** (Cook & Taylor, 2013; de Jongh, 2012; de Jongh, Holmshaw, Carswell, & van Wijk, 2010; de Jongh & ten Broeke, 1998; de Jongh, ten Broeke, & Renssen, 1999; de Jongh, van den Oord, & ten Broeke, 2002; Doering, Ohlmeier, de Jongh, Hofmann, & Bisping, 2013; de Roos & de Jongh, 2008; de Roos, Veenstra, de Jongh, den Hollander-Gijsman, van der Wee, Zitman, & van Rood, 2010; Feske & Goldstein, 1997; Farima, Dowlatabadi, & Behzadi, 2015; Farretta, 2013; Fernandez & Faretta, 2007; Gauvreau & Bouchard, 2008; Goldstein, 1992; Goldstein & Feske, 1994; Grey, 2011; Gupta, Gupta, & Choudhary, 2014; Howard & Cox, 2006; Kleinknecht, 1993; Leeds, 2012; Marr, 2012; Marsden, 2016; Nadler, 1996; Morrissey, 2013; Nazari, Momeni, Jariani, & Tarrahi, 2011; Newgent, Paladino, & Reynolds, 2006; O'Brien, 1993; Rathschlag & Memmert, 2014; Schurmans, 2007). Some controlled studies of spider phobics have revealed comparatively little benefit from EMDR (e.g., Muris & Merckelbach, 1997; Muris, Merckelbach, Holdrinet, & Sijsenaar, 1998; Muris, Merckelbach, van Haften, & Nayer, 1997) but evaluations have been confounded by lack of fidelity to the published protocols (see de Jongh et al, 1999; Shapiro, 1999). One evaluation of panic disorder with agoraphobia (Goldstein, de Beurs, Chambless, & Wilson, 2000) also reported limited results.
3. **Crime victims, police officers, fire fighters, field workers, and caregivers who are no longer disturbed by the aftereffects of violent assaults and/or the stressful nature of their work** (Jensma, 1999; Kitchiner, 2004; Kitchiner & Aylard, 2002; Kleinknecht & Morgan, 1992; Lansing, Amen, Hanks, & Rudy, 2005; McNally & Solomon, 1999; Page & Crino, 1993; Rost, Hofmann, & Wheeler, 2009; Shapiro & Solomon, 1995; Solomon, 1995, 1998; Solomon & Dyregrov, 2000; Wilson, Becker, Tinker, & Logan, 2001).
4. **People relieved of excessive grief due to the loss of a loved one or to line-of-duty deaths, such as engineers no longer devastated with guilt because their train unavoidably killed pedestrians** (Lazrove, Triffleman, Kite, McGlasshan, & Rounsaville, 1998; Meysner, Cotter, & Lee, 2016; Puk, 1991; Shapiro & Solomon, 1995; Solomon, 1995, 1998; Solomon & Kaufman, 2002; Solomon & Rando, 2007; Solomon & Shapiro, 1997; Sprang, 2001).

5. **Children and adolescents healed of the symptoms, including depression, caused by disturbing life experiences** (Ahmad, Larsson, & Sundelin-Wahlsten, 2007; Bae, Kim, & Park, 2008; Beer & Bronner, 2010; Bronner, Beer, van Zelm van Eldik, Grootenhuis, & Last, 2009; Chemtob, Nakashima, Hamada, & Carlson, 2002; Cocco & Sharpe, 1993; Datta & Wallace, 1994, 1996; Dautovic, de Roos, van Rood, Dommweholt, & Rodenburg, 2016; Fernandez, 2007; Fernandez, Gallinari, & Lorenzetti, 2004; Gomez, 2012; Greenwald, 1994, 1998, 1999, 2000, 2002; 2009; Jaberghaderi, Greenwald, Rubin, Dolatabadim, & Zand, 2004; Jarero, Artigas, & Hartung, 2006; Klaff, 2016; Korkmazler-Oral & Pamuk, 2002; Lovett, 1999; Maxfield, 2007; Maroufi, Zamani, Izadikhah, Marofi, & O'Connor, 2016; Oras, de Ezpeleta, & Ahmad, 2004; Pellicer, 1993; Puffer, Greenwald & Elrod, 1998; Rodenburg, Benjamin, Meijer, & Jongeneel, 2009; Russell & O'Connor, 2002; Scheck, Schaeffer, & Gillette, 1998; Shapiro, 1991; Soberman, Greenwald, & Rule, 2002; Stewart & Bramson, 2000; Taylor, 2002; Tinker & Wilson, 1999; Tufnell, Gauhar, & Majid, 2016; 2005; Wadaa, Zaharim, & Alqashan, 2010; Wanders, Serra, & de Jongh, 2008; Zagherout-Hodali, Alissa, & Dodgson, 2008).
6. **Sexual assault victims who are now able to lead normal lives and have intimate relationships** (Allon, 2015; Edmond, Lawrence, & Schrag, 2016; Edmond, Rubin, & Wambach, 1999; Hyer, 1995; Kowal, 2005; Posmontier, Dovydaitis, & Lipman, 2010; Puk, 1991; Rothbaum, 1997; Rothbaum, Astin, & Marsteller, 2005; Scheck, Schaeffer, & Gillette, 1998; Shapiro, 1989b, 1991, 1994; Tang, Yang, Yen, & Liu, 2015; Wolpe & Abrams, 1991).
7. **Victims of natural and manmade disasters able to resume normal lives** (Chemtob et al, 2002; Colelli, & Patterson, 2008; Farrell, Keenan, Wajid Ali, Bilal, Tareen, & Rana, 2011; Fernandez, 2008; Fernandez, Gallinari, & Lorenzetti, 2004; Gelbach, 2008; Grainger, Levin, Allen-Byrd, Doctor, & Lee, 1997; Jarero & Artigas, 2010; Jarero, Artigas, Mauer, Lopez Cano, & Alcalá, 1999; Jarero & Uribe, 2012; Jayatunge, 2008; Konuk, Knipe, Eke, Yuksek, Yurtsever, & Ostep, 2006; Shapiro & Laub, 2008; Silver, Rogers, Knipe, & Colelli, 2005).
8. **Accident, surgery, and burn victims who were once emotionally or physically debilitated and who are now able to resume productive lives** (Blore, 1997b; Broad & Wheeler, 2006; Hassard, 1993; McCann, 1992; Stramrood et al, 2012).
9. **Victims of family, marital and sexual dysfunction who are now able to maintain healthy relationships** (Bardin, 2004; Capps, 2006; Errebo & Sommers-Flanagan, 2007; Keenan & Farrell, 2000; Gattinara, 2009; Kaslow, Nurse, & Thompson, 2002; Knudsen, 2007; Koedam, 2007; Madrid, Skolek, & Shapiro, 2006; Moses, 2007; Phillips et al, 2009; Protinsky, Sparks, & Flemke, 2001b; Reicherzer, 2011; Shapiro, Kaslow, & Maxfield, 2007; Stowasser, 2007; Talan, 2007; Wernik, 1993; Wesselmann et al, 2012; Wesselmann & Potter, 2009; Wesselmann, Schweitzer, & Armstrong, 2014).
10. **Clients at all stages of chemical dependency, sexual deviation/addiction, pathological gamblers, and other behavioral (process) addictions who now show stable recovery and a decreased tendency to relapse** (Abel & O'Brien, 2010, 2014; Amundsen & Karstad, 2006; Bae, Hahn, & Kim, 2015; Bae & Kim, 2012; Beatrice & Tapia, 2014; Besson et al., 2006; Brown, Gilman, Goodman, Adler-Tapia, & Freng, 2015; Brown, Stowasser & Shapiro, 2011, 2016; Cox & Howard, 2007; Halvgaard, 2015; Hase, Schallmayer, & Sack, 2008; Hase, 2009; Henry, 1996; Knipe, 1998, 2005, 2009 2014; Kullack & Laugharne, 2016; Krupnik, 2015; Littel, van den Hout, & Engelhard, 2016; Marich, 2009,2010; Meysami-Bonab, Abolghasemi, Sheikhan, Barahmand, & Rasooliazad, 2012; Miller, 2010; 2012; O'Brien & Abel, 2011; Perez-Dandieu et al., 2015; Popky, 2005, 2009; Ricci, 2006; Ricci & Clayton, 2008, 2016; Ricci, Clayton, & Shapiro, 2006; Rougemont-Bucking & Zimmermann, 2012; Shapiro & Forrest, 1997; Shapiro, Vogelmann-Sine, & Sine, 1994, 1999; Tsoutsas, Fotopoulos, Zakynthinos & Katsaonou, 2013; van Rens, de Weert-van Oene, van Oosteren & Rutten, 2012; Vogelmann-Sine, Sine & Smyth, 1999; Vogelmann-Sine, Sine, Smyth, & Popky, 1998; Wise & Marich, 2016; Zweben & Yeary, 2006).
11. **People with dissociative disorders who progress at a rate more rapid than that achieved by traditional treatment** (Barol and Seubert, 2010; Cohen, 2009; Dilly, 2014; Fine, 1994; Fine &

- Berkowitz, 2001; Knipe, 2014; Lazrove & Fine, 1996; Paulsen, 1995; Twombly, 2000, 2005; Young, 1994; van der Hart, 2014).
12. **People with performance anxiety or deficits in school, business, performing arts, and sport who have benefited from EMDR as a tool to help enhance performance** (Barker & Barker, 2007; Crabbe, 1996; Foster & Lendl, 1995, 1996; Graham, 2004; Maxfield & Melnyk, 2000; Silverman, 2011).
 13. **People with somatic problems/somatoform disorders, including migraines, chronic pain, phantom limb pain, chronic eczema, gastrointestinal problems, CFS, psychogenic seizures, eating disorders, and negative body image, who have attained a relief of suffering** (Amano, Seiyama, & Toichi 2013; Bloomgarden & Calogero, 2008; Brown, McGoldrick, & Buchanan, 1997; Carletto & Pagania, 2016; Chemali & Meadows, 2004; de Roos, Veenstra, de Jongh, den Hollander-Gijsman, van der Wee, Zitman, & van Rood, 2010; Dziegielewski & Wolfe, 2000; Farretta, Borsato, Civilotti, Fernandez, & Pagani, 2016; Farretta, & Civilotti, 2016; Gattinara, 2009; Gerhardt et al. 2016; Grant, 2015; Grant, 2016; Grant & Threlfo, 2002; Gupta & Gupta, 2002; Halvgaard, 2015; Hughes, 2014; Jarero, Artigas, Uribe, & Garcia, 2016; Kelley & Selim, 2007; Kneff & Krebs, 2004; Konuk, Epözdemir, Atçeken, Aydın, & Yurtsever, 2011; Kowal, 2005; Marcus, 2008; Maroufi, Zamani, Izadikhah, Marofi, & O'Connor, 2016; Mazzola, Calcagno, Goicochea, Pueyrredón, Leston, & Salvat, 2009; McGoldrick, Begum, & Brown, 2008; Moore, 2016; Ray & Zbik, 2001; Royle, 2008; Russell, 2008a, 2008b; Schneider, Hofmann, Rost, & Shapiro, 2007, 2008; Silver, Rogers & Russell, 2008; Tefft & Jordan, 2016; Tinker & Wilson, 2006; Wilensky, 2006; Wilson, Tinker, Becker, Hofmann, & Cole, 2000).
 14. **Adults and adolescents successfully treated for diagnosed depression** (Bae, Kim, & Park, 2008; Behnam, Behnam, & Salehian, 2015; Behnamoghdam, Alamdari, Behnamoghdam, & Darban, 2015; Broad & Wheeler, 2006; Gauhar & Majid, 2016; Grey, 2011; Hase, Balmaceda, Hase, Lehnung, Tumani, Huchzermeier, & Hofmann, 2015; Lobenstine & Courtney, 2013; Manfield, 1998b; Protinsky, Sparks, & Flemke, 2001a; Semiz, Atik, & Erdem, 2016; Srivastava & Mukhopadhyay, 2008).
 15. **Clients with acute trauma and wide variety of PTSD and trauma-based personality issues who experience substantial benefit from EMDR** (Allen & Lewis, 1996; Barol & Seubert, 2010; Bisson, Ehlers, Matthews, Pilling, Richards, & Turner, 2007; Brown & Shapiro, 2006; Carbone, 2008; Cohn, 1993; Farrell et al, 2010; Fensterheim, 1996; Forbes, Creamer, & Rycroft, 1994; Gelinias, 2003; George, et al, 2014; Inoue, 2009; Jovett, Karatzias, Brown, Grieve, Paterson, & Wally, 2016; Kim & Choi, 2004; Kutz, Resnik, & Dekel, 2008; Kosatka & Ona, 2014; Kim & Choi, 2004; Kitchiner, 2000; Korn & Leeds, 2002; Landin-Romero et al; 2014; Laub & Weiner, 2011; Manfield, 1998a; Manfield & Shapiro, 2003; Marquis, 1991; Maxwell, 2003; McCullough, 2002; McLaughlin et al, 2008; Mevissen, & de Jongh, 2010; Mevissen, Didden, & de Jongh, 2016; Mevissen, Lievegoed, & de Jongh, 2010; Mevissen, Lievegoed, Seubert, & de Jongh, 2011; Mosquera & Gonzalez, 2014; Mosquera & Knipe, 2015; Mosquera, Leeds & Gonzalez, 2014; Mosquera & Ross, 2016; Nova et al, 2014; Park, Kim, Jang, & Bae, 2016; Parnell, 1996; Pollock, 2000;; Protinsky, Sparks, & Flemke, 2001a; Proudlock & Hutchins, 2016; Raboni, Tufik, & Suchecki, 2006; Renfrey & Spates, 1994; Rittenhouse, 2000; Sandstrom et al, 2008; Schneider, Nabavi, & Heuft, 2005; Schubert, Lee, de Araujo, Butler, Taylor, & Drummond, 2016; Seidler & Wagner, 2006; Shapiro, 2012; Shapiro & Forrest, 1997; Shapiro & Laub, 2008; Spates & Burnette, 1995; Semiz, Atik, & Erdem, 2016; Spector & Huthwaite, 1993; Sprang, 2001; Tofani & Wheeler, 2011; van den Berg & van den Gaag, 2012; Vaughan, et al, 1994; Vaughan, Wiese, Gold, & Tarrier, 1994; Wolpe & Abrams, 1991; Zabukovec, Lazrove, & Shapiro, 2000).

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