

# EMDR Research Foundation

WWW.EMDRRESEARCHFOUNDATION.ORG

## Mission Statement:

The EMDR Research Foundation promotes health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.



## Vision Statement:

The EMDR Research Foundation envisions a world where people are transformed to wellness and vibrancy by effective, compassionate mental health treatment that is driven by quality research.

## Purpose of the EMDR Research Foundation

The EMDR Research Foundation is dedicated to the promotion of quality, unbiased research in EMDR therapy and other scientific approaches to mental health, as well as the education of mental health professional and the general public.

- To invest in the development and dissemination of high quality research to inform, strengthen, and expand the understanding and effective use of EMDR therapy
- To insure the development of a comprehensive understanding of the range of effectiveness of EMDR therapy so that mental health professionals and the general public are well informed and able to make the best decisions regarding evidence-based treatment options
- To enhance the quality of life for people everywhere by facilitating healing, health, and well-being.

## History of the EMDR Research Foundation

- Founded, in 2006, the EMDR Research Foundation is a registered 501c3 Association dedicated to the promotion of quality, unbiased research in EMDR Therapy. In an effort to inform, strengthen and expand the understanding and effective use of EMDR, the Foundation ultimately enhances the quality of life for people everywhere by facilitating healing, health and well-being.
- EMDR Therapy is an evidence-based psychotherapy effective in the treatment of a variety of symptoms and conditions.
- The Foundation website is designed to provide a wealth of information to researchers, donors, therapists and the general public.

## Four Mechanisms to Fund Research on EMDR

- (1) **\$25,000 Research Grant Award:** Grant awards of up to **\$25,000** are available for post-doctoral students, university faculty or clinician conducting research on EMDR therapy.
- (2) **The Sandra Wilson Memorial Dissertation Grant Awards:** Eligible doctoral students may apply for a grant of up to **\$5,000** to support dissertation expenses related to research to study the effectiveness of EMDR therapy.
- (3) **Research Dissemination Travel Awards** The EMDR Research Foundation offers a travel award of up to **\$1,000** to support dissemination of research findings by clinicians, doctoral students, or university faculty presenting their research at non-EMDR professional meetings.
- (4) **Research Consultation Awards** Up to **\$1,000** may be available to facilitate access to required expertise that would advance the development of an EMDR therapy research project, to support the completion of an EMDR therapy research project underway, or the writing of an article on EMDR therapy for publication in a professional journal.

Apply online at: [www.emdrresearchfoundation.org/research-grants](http://www.emdrresearchfoundation.org/research-grants).

## EMDR Therapy Research Priorities

### 1st Priority – Advancing Evidence Based Practice:

Increase the availability of quality EMDR research where a foothold in the literature but where more evidence is needed. Specifically, those areas are in the use of EMDR therapy to treat anxiety, depression, military PTSD, phantom limb pain, and to enhance recovery from the impact of cardiac events and the diagnosis and treatment of cancer.

### 2nd Priority – Addressing the Global Burden of Trauma

Investigate the use of EMDR in natural or man-made disaster response, by determining the effectiveness of early intervention protocols, child or adult group protocols, or the use of EMDR standard protocols in disaster response.

### 3rd Priority – Building Clinical Evidence:

There are a number of areas where EMDR therapy is being used, clinical observations are positive, and there are some research indicators of success. However, more research is needed to build a body of literature in these populations or diagnostic categories, including, but not limited to: addiction, eating disorders, dissociative disorders, additional medical/somatic conditions, suicide prevention and/or to address the impact of suicide.

These priorities apply to research across the lifespan, so that a study might address, for example, adolescent addiction, or geriatric depression.

Request for proposals due February 1 & July 1

**\$25,000 Research Awards  
&  
\$5,000 Sandra Wilson Memorial  
Dissertation Awards**



Applications accepted year round:

**\$1,000 Research Consultation Awards  
&  
\$1,000 Research Dissemination Travel Awards**

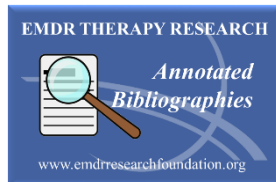


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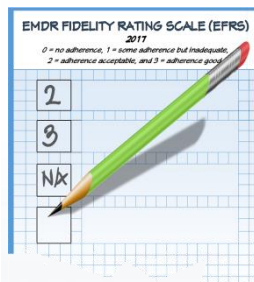
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**Resources for Clinicians and Researchers:** The EMDR Research Foundation offers a variety of resources and links on its website for researchers, clinicians, consultants, trainers, and the public.

- Information on EMDR therapy
- Annotated EMDR therapy research bibliographies – updated annually
- Francine Shapiro Library link
- Resources to assist clinicians to integrate research findings into clinical practice
- EMDR therapy clinical and military newsletters
- Researcher's Resource Directory
- How to develop and research a new treatment protocol for EMDR therapy
- Psychotherapy outcome measurements
- Informed Consent



**NEW: The EMDR Fidelity Rating Scale (EFRS)** evaluates adherence to EMDR therapy's standard eight-phase treatment approach and three-pronged protocol. The EFRS can be used in the evaluation of EMDR treatment sessions for any disorder or presenting problem in which standard EMDR procedural steps and the three-pronged protocol are used in addressing memories of adverse life experiences or current triggers eliciting distress.



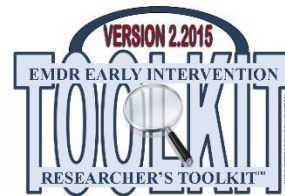
The EFRS is a comprehensive rating instrument designed to assess treatment integrity in a single EMDR session and over the course of EMDR treatment. In addition to use in research, the EFRS can be used in clinical practice to monitor fidelity in EMDR sessions and by EMDR consultants in the development of consultee 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. The current version is a significant advancement in the entire instrument, which now includes a scoring workbook with an embedded calculator that automatically calculates scores for each session, a therapist's overall fidelity, and the overall fidelity in a research study. The EFRS was completed in 2017 by Drs. Deborah L. Korn, Louise Maxfield, Nancy J. Smyth, and Robert Stickgold.

The EFRS is now available for no charge on our website [www.emdrresearchfoundation.org/emdr-fidelity-rating-scale](http://www.emdrresearchfoundation.org/emdr-fidelity-rating-scale)



**The EMDR Early Intervention Toolkit (EEI Toolkit)** provides access to many EMDR Early Intervention Protocols, research articles on the protocols, and guidelines to research measures in a readily accessible online format. It highlights disaster response research methods, including randomized controlled trials. Developed by Dr. Rosalie Thomas, the EEI Toolkit is available at no charge to clinicians & researchers on our website at: [www.emdrresearchfoundation.org/toolkit](http://www.emdrresearchfoundation.org/toolkit)



**“Translating Research Into Practice “(TRIP) is** a regular feature of the Journal of EMDR Practice and Research in which clinicians share clinical case examples that support, elaborate, or illustrate the results of a specific research study. Each column begins with the abstract of that study, followed by the clinician's description of their own application of standard EMDR procedures with the population or problem treated in the study. The column is edited by the EMDR Research Foundation with the goal of providing a link between research and practice and making research findings relevant in therapists' day-to-day practices.

**The EMDR Current Research Listing**, dedicated to worldwide EMDR therapy research projects currently in process, is not limited to research supported by the Foundation. The aim of this project is to publish updated material to facilitate both clinicians and researchers staying on the cutting edge of research information and increasing communication between researchers.



**Join the Visionary Alliance** or make a one-time donation to help fund research that matters. You can “pay it back” for all of the EMDR therapy benefits received, and “pay it forward” by your ongoing contributions to quality research.



**What does it mean to be a member of the Visionary Alliance?”** The Visionary Alliance program provides an opportunity to give a sustaining pledge by automatic monthly donations of \$15 or more. These regular donations allow us to predict the amount we can distribute to support research proposals. Please consider becoming a “give as you earn” donor by donating one EMDR therapy session or a portion of a session each month to support EMDR research.