

Translating Research into Practice

“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.” – Mission statement of the EMDR Research Foundation

The EMDR Research Foundation is committed to providing funding and support for unbiased research in EMDR with the ultimate goal of improving the quality of client care and the transformation of lives. Funding research alone won't do that – research has to be available and accessible to clinicians in a way that is relevant to their work. It is discouraging to hear from the Agency for Healthcare Quality and Care (2001) that it can take one to two decades for research to be integrated into routine clinical practice, but clinicians and researchers can expedite that integration by sharing our own clinical stories inspired by or supported by research. The EMDR Research Foundation's new project, the *Translating Research into Practice* column, aims to provide an accessible forum for researchers and clinicians to bring research alive and make research findings relevant in a clinician's day to day practice. By sharing our clinical experiences we can provide the vital link between research and practice.

Researchers read research, but clinicians are more likely to be influenced by the case examples described in research (Stewart and Chambless, 2010). Many clinicians acknowledge that they skim through research articles to find the nuggets of case examples. This is not surprising: clinical stories engage us and encourage us to read more. When we read a research article, it is with our own clients' lives in mind as we consider the possible influence on our own practices. “How will this make a difference in my work with my clients? With a particular client or particular disorder, does this support my current interventions or help me to identify another clinical choice? Does this help me understand my client, case conceptualization, or treatment effects more fully? Does this provide a strategy or technique for using EMDR with a client for whom I haven't yet used it?” For the non-research oriented clinician, case examples motivate us to wade through the more analytically organized data within a research article as we connect the findings with the heart and passion of our work.

With this in mind, the EMDR Research Foundation *Translating Research into Practice* column is soliciting clinical case examples inspired by or supported by research. Clinicians, if you have read a research article that stimulated your thinking, inspired your work, or made a difference in your work with a client, please share this by writing a brief case description that elucidates or is inspired by the findings of a research article. Researchers, if you have been involved in a research study and would like to share clinical examples that elucidate your findings, we invite you to share them with your clinical colleagues by writing your case example and how it relates to your research. Clinical consultants and trainers, if you have found a research article that has proven helpful to a consultee or to trainees in their understanding of or application of EMDR, please share your experiences. We can support researchers in disseminating their findings and provide the critical link between research and practice.

It has been said that “life is too short to learn solely from our own mistakes.” In the lifespan of a clinical practice, it is also clear that our work with clients is too important to learn only from our own clinical experience. Research and the clinical stories that spring from its application provide a distillation and elaboration of the experience of others, shine a light on possibilities for our own practices, and thereby accelerate healing for our clients. The EMDR Research Foundation's *Translating Research into Practice* column aims to support clinical excellence through the dissemination of clinically relevant research findings – exponentially expanding the clinical experiences from which clinicians learn. We look forward to the contributions of clinicians, consultants, trainers and researchers to this column.

Instructions for authors:

- Purpose: To translate research findings pertaining to EMDR into applications in clinical practice. The research article might explore clinical applications, the theoretical model, the procedures, or the underlying neurobiology.
- Format: Please include the following:
 - (1) Full citation and abstract of original research article,
 - (2) Clinical vignette(s) or case example(s) from your practice, using standard EMDR procedures, that support, elaborate, or are inspired by the findings of the original research article,
 - (3) Discussion of the relevance of the research findings in your clinical practice,
 - (4) References.

The Translating Research Into Practice column is featured in the Journal for EMDR Practice and Research and is available as full text download.. You can find a link TRIP articles through the Foundation's website at www.emdrresearchfoundation.org. If you would like to contribute an article or are interested in helping with this project, please contact the EMDR Research Foundation office at info@emdrresearchfoundation.org.

Agency for Healthcare Research and Quality (2001).

Translating Research into Practice (TRIP) II: Fact Sheet. US Department of Health and Human Services, Public Health Service. AHRQ Pub No. 01-P017 downloaded 2/2012: <http://www.ahrq.gov/research/trip2fac.pdf>

Stewart, R. E. and Chambless, D. L. (2010), Interesting practitioners in training in empirically supported treatments: research reviews versus case studies. *Journal of Clinical Psychology*, 66: 73–95. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2866067/>

Our Translating Research Into Practice (TRIP) articles:

Murray, K. (2012). EMDR with Grief: Reflections on Ginny Sprang's 2001 Study. *Journal of EMDR Practice and Research*, 6(4): 187-191. <http://dx.doi.org/10.1891/1933-3196.6.4.187>

Bellecci-St. Romain, L. (2013). EMDR with Recurrent Flash Forwards: Reflections on Engelhard et al's 2011 Study. *Journal of EMDR Practice and Research*, 7(2), 106-111. <http://dx.doi.org/10.1891/1933-3196.7.2.106>

Myers, K. (2015). EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh. *Journal of EMDR Practice and Research*, 9(1), 64-70. <http://dx.doi.org/10.1891/1933-3196.9.1.64>