

## 30 years since the walk in the Park—Funding EMDR Research matters now more than ever

### Funding priorities

*Our research funding priorities apply to research across the lifespan:*

**1st Priority - Advancing Evidence Based Practice:** Increase quality EMDR research in areas where we already have a foot-hold in the literature but where more evidence is needed. Specifically, the use of EMDR therapy to treat anxiety, depression, military PTSD, phantom limb pain, and recovery from the impact of cardiac events or cancer.

**2nd Priority - Addressing the Global Burden of Trauma:** Investigate the use of EMDR in natural or man-made disaster responses by determining the effectiveness of the EMDR standard, early intervention, or group protocols.

**3rd Priority - Building Clinical Evidence:** There are a number of areas where EMDR therapy is being used and shows promise with some research indicators of success. However, more research is needed to build a body of literature in these populations or diagnostic categories; for example, addictive and compulsive disorders, other medical/somatic conditions, dissociative disorders, and suicide prevention or impact.

### Grants awards since our 2016 conference\*

Rijkeboer, M., van den Hout, M., ten Broeke, E. *EMDR as an Innovative Strategy in the Treatment of OCD*. \$25,000 research grant.

Yvette Eriksen, Y., Sturt C., *Evaluation, Acceptability and Effectiveness of the Standard EMDR Protocol for Posttraumatic Symptoms with an Aboriginal Australian Community: A Collaborative Mixed Methods Enquiry*. \$5,000 dissertation grant.

Amanda Roberts, A. & Shrier, L. *The EMDR Group Traumatic Event Protocol with an oncology population*. \$1,000 research consultation grant.

\*Grant applications were received in July 2017 and are currently under review. Watch our website for award announcements.

### NEW: Dedicated research funds



**"The Carol York Memorial Fund: Hope for Children."**  
All monies raised will be exclusively earmarked for EMDR therapy research with children. This fund honors the life work of Carol York, who was a beloved pioneer in working with children and made EMDR therapy a significant part of her life's work.

**"The Marcia Murray Memorial Fund: Dedicated to Research in Suicide Prevention and Survivor Support."**

Your donations to this fund will be used for research of EMDR therapy with those at high risk of suicide and/or impacted by loss or exposure to suicide. Initiated by a bequest from her father in 2017, this fund honors the life and death of our colleague Katy Murray's oldest sister, Marcie, who died by suicide in 1979.



### JUST RELEASED: The EMDR Fidelity Rating Scale (EFRS)

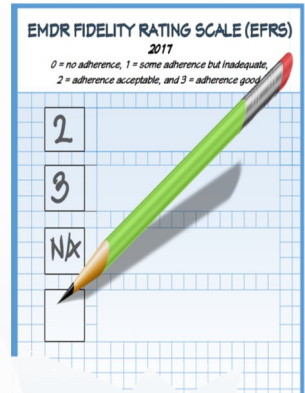
**A resource for researchers, clinicians, and consultants**

**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.

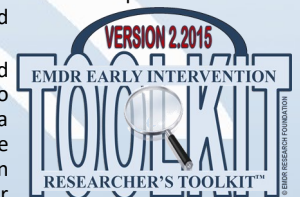
The EFRS is now available for no charge on our website:  
[www.emdrresearchfoundation.org/emdr-fidelity-rating-scale](http://www.emdrresearchfoundation.org/emdr-fidelity-rating-scale)



### EMDR Early Intervention Toolkit (EEI Toolkit)

The 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.

This Toolkit was developed to make it easier and more likely that EMDR clinicians responding to recent trauma and disaster situations will use a standardized approach and collect appropriate data as an integral part of their response. It is an introduction to conducting research in disaster situations, or in acute clinical situations, such as crisis clinics, emergency rooms, or rape crisis centers. It is available at no charge to clinicians and researchers on our website at: [www.emdrresearchfoundation.org/toolkit](http://www.emdrresearchfoundation.org/toolkit)



You can make a difference by joining us in our efforts to support EMDR research!  
To learn more, stop by our booth #202 or visit: [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

The EMDR Research Foundation is the only funding agency dedicated solely to supporting EMDR therapy research worldwide.  
30 years after Dr. Francine Shapiro's chance discovery during a walk in the park, EMDR research matters now more than ever.

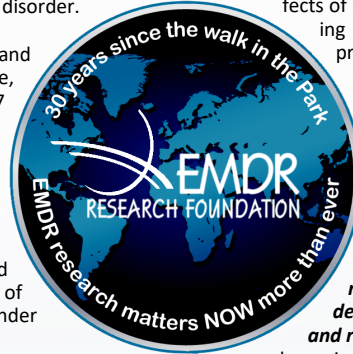


## Four mechanisms to fund EMDR therapy research

- **\$25,000 Research Grant Award**
- **Sandra Wilson Memorial Dissertation Grant Award (\$5,000)**
- **Research Consultation Awards (\$1,000)**
- **Research Dissemination Travel Awards (\$1,000)**

## Recent updates and publications from the research our donors have helped to fund

- Amann, B.L. **Comparison of a novel EMDR bipolar protocol versus supportive therapy (ST) in the prevention of affective relapses in bipolar patients with a history of trauma: a multicenter single-blind, randomized controlled trial.** Update: The various sites have been coordinated, the study is underway and 27 subjects have been entered. The protocol for the study has been published and articles related to the study are under review:
- Moreno-Alcázar A, et al: Study Protocol of a Single-blind, Randomized Controlled Comparison of EMDR Therapy Versus Supportive Therapy in Affective Relapse Prevention in Bipolar Patients With a History of Trauma, *Trials* (2017) Apr 4;18(1):160. <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-017-1910-y>
  - Landin-Romero R, et al: How does EMDR therapy work? A systematic review on proposed mechanisms of action. *Frontiers in Psychology* (2017), under review.
  - Valiente-Gómez A, et al: EMDR beyond PTSD: A systematic literature review (2017) *Frontiers in Psychology* under review.
  - Novo, Navarro P., et al. "25 years of EMDR: The EMDR therapy protocol, hypotheses of its mechanism of action and a systematic review of its efficacy in the treatment of post-traumatic stress disorder." *Revista de psiquiatria y salud mental* (2016).
  - Radua J, et al: Meta-analysis of the risk of relapse in bipolar disorder. *Psychotherapy and Psychosomatics* (2017) 86:90-98.
  - Amann, B. L., et al: Psychiatric and physical comorbidities and their impact on the course of bipolar disorder: A prospective, naturalistic 4-year follow-up study. *Bipolar Disorders*. 2017 May;19(3):225-234. doi: 10.1111/bdi.12495.
  - Jiménez E, et al. Impact of childhood trauma on cognitive profile in bipolar disorder (2017) *Bipolar Disorder*.
  - Amann BL, et al: EMDR therapy: A brief description and its evidence in posttraumatic stress disorder (2017) *Frontiers in Psychology* under review.
  - Moreno-Alcazar A, et al: Efficacy of EMDR in children and adolescent with Post Traumatic Stress Disorder: a meta-analysis of randomized controlled trials (2017) *Frontiers in Psychology* under review.
- Baptist, J. **Developing evidence-based practice for EMDR for depression.** Update: The study is ongoing. A CBT comparison group was added to the study. 25 subjects have completed the protocol. Data analysis to date provides promising preliminary evidence for the efficacy of EMDR in the treatment of unipolar depression.
- "The Neurobiology Underlying Treatments for Depression." (2017) American Association for Marriage and Family Therapy.
  - Presented at EMDRIA conferences in 2015 and 2016.
- Bira, L. **Determining person-treatment fit for brief treatment of trauma in a community setting: Which interventions are best for whom?** (Dissemination Award)
- Bira, L., et al. (2015) Determining person-treatment fit for brief treatment of trauma in a community setting: Which interventions are best for whom? Presentation at the ISTSS 30th Annual Meeting.
  - Ironson, G., et al. (2015). A comparison of three treatments for traumas in a high crime neighborhood. Presentation at the ISTSS 30th Annual Meeting.
  - Bira, Lindsay M., "Brief Psychological Intervention for Acute Posttraumatic Stress: Individual and Trauma Factors Affecting Recovery in Low-SES Minorities." (2014). *Open Access Dissertations*. 1273. [http://scholarlyrepository.miami.edu/oa\\_dissertations/1273](http://scholarlyrepository.miami.edu/oa_dissertations/1273)
- Butler, C.M. **Comparing the Efficacy of EMDR to Treatment as Usual for Veterans with Military-Related Post-Traumatic Stress Disorder.**
- Butler, C. M. (2012, August). Comparing the efficacy of EMDR to treatment as usual for veterans with military-related post-traumatic stress disorder. (Doctoral dissertation, Argosy Univ.)
  - Conference presentations in 2014 and 2015.
- Hermans, E. J., de Voogd, L.D., Kanen, J.W. **Neurobiological basis of EMDR: The medial temporal lobe suppression hypothesis.** Update: Data acquisition on the main project is complete; currently acquiring data from 15 more volunteers to increase sample size. Follow-up study is underway.
- "Investigating the effect of goal-directed eye movements during extinction on amygdala activity and long-term expression of fear memory." Poster Session at the Society for Neuroscience, 2015.
- Konuk, E. and Zaf, Z. **EMDR treatment of fibromyalgia.** Update: Group assignments have been completed and assessments are underway. Data collection is nearing completion.
- Lee, C., Arntz, A., Watt, F.R., Franz, C.P. Boterhoven de Haan, K. **Imagery Rescripting vs. EMDR as treatment of childhood-trauma related PTSD in adults.**
- de Haan, K. L. B., et al (2017). Imagery rescripting and EMDR for treatment of adults with childhood trauma-related post-traumatic stress disorder: IREM study design. *BMC psychiatry*, 17(1), 165. Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5418842/>
- Markus, W., de Weert, G., de Jongh, C.A.J., Becker, E.S., Hornsveld, H. **From feasibility to efficacy: The use of EMDR to reduce craving and drinking behavior in alcohol dependent out patients: A multiple baseline study and RCT .**
- Markus, W., et al (2015). A multi-site randomized study to compare the effects of EMDR added to TAU versus TAU to reduce craving and drinking behavior in alcohol dependent outpatients: Study protocol. *BMC Psychiatry*, 15(51). Full text: <https://doi.org/10.1186/s12888-015-0431-z>.
- Morrissey, M. D., **EMDR-IGTP for secondary traumatic stress/vicarious trauma among first responders.**
- Morrissey, M. D. (2016). *EMDR Integrated Group Treatment Protocol for Secondary Traumatic Stress/Vicarious Trauma in First Responders* (Doctoral dissertation, Northcentral University). Access abstract at <https://library.ncu.edu/diss/GetAbstract/5318>.
- Ostacoli, L. and Hofmann, A. **Role of EMDR versus CBT in reducing depressive symptoms in patients with current depressive episode and recurrent depression: A multi-center and randomized controlled clinical trial.** Update—The treatment phase is complete and the team is completing the follow-ups. Preliminary data was presented at the 2017 EMDR Europe Conference. A manuscript for publication is in preparation.
- Pagani, M. **Neurobiological features and response to EMDR treatment of PTSD in breast cancer patients.** Update: Data collection is complete and completion of analysis is anticipated for the fall.
- Pagani, M., and Nicolais, G. **Pre- intra- and post-treatment EEG imaging of EMDR Therapy related changes in a cohort of patients and healthy controls.**
- Pagani M, et al (2015) Neurobiological response to EMDR therapy in clients with different psychological traumas. *Frontiers in Psychology* 6:1614. Full text article: <https://doi.org/10.3389/fpsyg.2015.01614>.
- Ironson, G. **The Effect of Three Treatments for Recent Trauma on Trauma-related Cognitions.**
- Freund, B., Ironson, G., & Bira, L. (2012). The effect of three treatments for recent trauma on trauma-related cognitions. EMDRIA conference poster: <http://emdrresearchfoundation.org/images/Ironson-EMDR-Poster.jpg>
- Schubert, S. **Underlying mechanisms of EMDR and its effectiveness to treat Timorese women suffering from PTSD.**
- Schubert, S. J. et al. (2016). The effectiveness of EMDR therapy to treat symptoms following trauma in Timor Leste. *Journal of traumatic stress*, 29(2), 141-148. <http://www.ncbi.nlm.nih.gov/pubmed/26934487>
- Wise, A. **The effect of two protocols of EMDR on persons with co-occurring PTSD and addictive disorders.** (Research Consultation Grant)
- Wise, A. (2016). Research papers: "The perceived effect of two protocols of EMDR on persons with co-occurring PTSD and addictive disorders." EMDRIA Conference.



**Give to research that matters! [www.emdrresearchfoundation.org/donate](http://www.emdrresearchfoundation.org/donate)**

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.

**[www.emdrresearchfoundaton.org](http://www.emdrresearchfoundaton.org) | 401 West 15th Street, Suite 695 Austn, TX 78701 (512) 992-1241**