



Promoting the health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.

A monthly newsletter keeping you informed.

#### In This Issue

[Sign Up - EMDR And The Military In Action](#)  
["Getting Past Your Past" Now In Paperback](#)  
[Helping Loved Ones With Trauma](#)

#### Volume 1, Issue 3

### Sign up for *EMDR and The Military In Action*

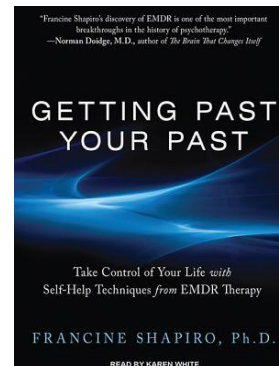
ERF sponsors a monthly newsletter that focuses on our colleagues who have been specifically trained to treat military personnel, veterans, and their families.

***EMDR and The Military In Action*** is designed to promote continued interest and education in EMDR and to show our support for those clinicians who deal daily with this growing population of traumatized individuals.

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### "Getting Past Your Past" by Dr. Francine Shapiro Now Available in Paperback

***Getting Past Your Past*** talks about how to take control of your life with self-help techniques from EMDR therapy. It explores why we suffer and what we can do about it.



Dr. Francine Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing) explains how our personalities develop, why we become trapped into feeling, believing and acting in ways that don't serve us. Readers will understand why they and other people in their lives act the way they do. Most importantly, readers will learn techniques that could improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and

## Support EMDR Research Make a One-Time Donation or Join the Visionary Alliance

EMDR Research Foundation is funded by voluntary contributions from members and one-time donations.

For your convenience, EMDR Research Foundation provides quick and easy ways to give. Support the EMDR Research Foundation through a one-time donation of any amount or become a member by setting-up a monthly donation plan.

The Visionary Alliance is the EMDR Research Foundation's monthly giving donation program. Choose your monthly giving amount, and you could become a member of the Visionary Alliance helping to plant the seeds that could positively impact someone's future.

**Support EMDR Research Foundation today!** With your support, we can learn more about the benefits of EMDR therapy. Visit [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

## Special Notes

**The Translating Research Into Practice (TRIP)** column is soliciting clinical case examples inspired by

performers.

*Getting Past Your Past* is now available in paperback, hardcover, e-book, and audio-book.

**Fifty-percent of the royalties from this book will go to support the EMDR Research Foundation.** The Foundation supports quality research in EMDR and ensures that mental health professionals and consumers are knowledgeable about EMDR.

### **What people are saying about *Getting Past Your Past***

*"Francine Shapiro's discovery of EMDR is one of the most important breakthroughs in the history of psychotherapy."* ~**Norman Doidge, MD, author of *The Brain That Changes Itself***

*"Real people, real-life stories, and real emotional healing of past hurts and traumas! In this book, Dr. Shapiro offers a collection of self-help techniques facilitating emotional healing based on EMDR therapy, used by thousands of clinicians and proven successful. Her true stories depict how stressful, painful, or traumatic experiences influence our lives and block our potential - and how they can be changed and even resolved. An eye-opener to the layperson!"* ~**Ruth Colvin, recipient of the Presidential Medal of Freedom, and cofounder of ProLiteracy**

## Helping Loved Ones with Trauma

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. To learn more about TRIP, visit our website.

#### **Board Members Needed.**

If you are interested in promoting EMDR through research and education, and if you have an

Dr. Francine Shapiro has worked with countless soldiers returning from combat who have a hard time coping with their experiences. **Studies estimate that one in every five military personnel returning from Iraq and Afghanistan has PTSD.** Veterans know they have changed but often feel that no one, including family and friends, can possibly understand what they are facing and many have difficulty reweaving any network of support. Dr. Shapiro writes:

*"While they give their all, they are often wracked with feelings of guilt and powerlessness. This is often because they demand themselves to be 100% successful 100% of the time, even when they cannot control 100% of the situation. Symptoms can persist for life if they are left untreated. There can also be delayed reactions where years later something triggers the negative feelings or self-judgment. The bottom line is that the symptoms can emerge at any time. Our enlisted men and women may be returning home with visible or invisible wounds- and deserve our help, understanding and respect. Who among us could have withstood these experiences intact?" In a post-EMDR therapy interview a veteran and his wife discuss how devastating the war experiences were for them. The secret "Bart" felt he needed to keep from "Cindy," that he had killed someone, was tearing them apart. He felt so guilty and ashamed that he was afraid he'd*

interest in giving back to the community by serving on the EMDR Research Foundation Board, please contact Rosalie Thomas at [rthom@centurytel.net](mailto:rthom@centurytel.net) or more information.

### Resources for EMDR

**Researchers** can be found on our website, visit [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

**Don't forget to like us on Facebook and follow us on Twitter.** It is just one more way to support the EMDR Research Foundation! It is free and quick! We will provide updates on research grants, outcomes from funded programs, and resources for you and those suffering who want to learn more about how EMDR may be able to help them.

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### Board of Directors

Scott Blech

*lose Cindy completely. After the memory was processed he said,, "It's still a horrible tragedy that he had to die, and I still feel bad about that, but I don't think that I'm a bad person for what I did... Get good intervention early, the sooner, the better-so there's not that much "baggage" that's stacked up on top. Cindy wants everyone to know, "the veteran who might have had the war experience isn't the only person that might need EMDR therapy. I had some very strong emotional issues that I had to overcome too as a result of what occurred between us over time due to this experience that Bart had. So I would recommend getting both people involved in that kind of therapy." As Dr. Shapiro writes, "The bottom line here is that if something happens that changes your relationship, be willing to communicate about it. If you find yourself blocked, consider getting professional assistance. Waiting for things to blow over is not something that should be dragging on for months and years. As Bart said, it only adds to the "baggage'."*

When someone goes through a traumatic or life changing experience, you want to help them find the care they need to get better. Once people are placed in stressful, life threatening situations their brain begins to process the information in a different way. When in trauma mode, sensory information such as sights, sounds, tastes and smells gets encoded as short-term memories that are frozen and won't go away. Post Traumatic

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Stress Disorder (PTSD) is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events.

While the most notable group of people with PTSD is military, PTSD can be found in anyone who has experienced a traumatic situation. **It is said to occur in 1% of the general population and in 3.5 - 23.6% of persons exposed to trauma.** These people can include cancer survivors, children who have dealt with abuse, and persons with disabilities to name a few. Veteran families see their loved ones struggling to make sense of their combat experiences and their personal lives; and want to help but don't know where to go.

EMDR therapy is recommended as an effective treatment for PTSD in the practice guidelines of the Department of Veterans Affairs and Department of Defense, as well as other organizations worldwide. Scientific research has established EMDR therapy as effective for post traumatic stress. Clinicians have also reported success using EMDR in treatment conditions for panic attacks, complicated grief, disturbing memories, phobias, sexual and/or physical abuse, and a variety of other conditions. EMDR is a phased, scientifically validated, and integrative psychotherapy approach based on the theory that much of psychopathology is due to traumatic experience or disturbing life events. These result in the impairment of the client's innate ability to process and to integrate the experience or experiences within the central nervous system. ([Francine Shapiro Library](#))

To learn more about how you can support our continued efforts in EMDR research to help people suffering and their loved ones, visit our website, [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

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