



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.

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Volume 1, Issue 5

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.

EMDR Treatment and Community Disasters

In the wake of the monster tornado that caused utter devastation and loss on so many levels in Moore, Oklahoma, we offer our thoughts and prayers to everyone affected. As the Moore community works to put their lives back together, we look to provide assistance to those in need of support. Although their immediate and primary needs will be safety, finding adequate shelter, and reconnecting with loved ones, the people of Moore may also need to seek assistance for mental health treatment now and in the coming months.

If you or a loved one is in need of mental health assistances, you can find an EMDR therapist in your area by visiting <http://emdria.org/displaycommon.cfm?an=1&subarticlenbr=235>

If you are an EMDR clinician living or working in the Oklahoma area, the EMDR Humanitarian Assistance Program (HAP) is developing a coordinated response to meet the emerging needs of the citizens of Moore and those affected by this disaster. The effort is organized through local clinicians,

 JOIN OUR MAILING LIST

Support EMDR Research

Support EMDR Research Foundation today! Join the Visionary Alliance or make a single donation through the new online donation system. With your support, we can learn more about the benefits of EMDR therapy.

The new online donation system launched last month, and we hope to integrate all members into the new system in a smooth and efficient manner. If you want to update your membership on your own, please visit www.emdrresearchfoundation.org.

If you would like assistance, someone from the Foundation office will be happy to assist you. We want to thank you for your support during this transition. If you have any questions, please feel free to contact us.

Thank you for your continued support as it is crucial to the success of the Foundation. We value

Moore community leaders, as well as HAP volunteers who have experience in disaster recovery. For future updates, you can visit their website at <http://www.emdrhap.org/>.

Resources for Clinicians

EMDR has been listed as an effective treatment by the International Society for Traumatic Stress Studies with more than two dozen controlled clinical trials to support the use of EMDR for trauma such as that resulting from natural disaster. Listed below are available resources for clinicians treating psychological effects of disasters, early EMDR intervention procedures and numerous published studies demonstrating EMDR's effectiveness in the treatment of PTSD resulting from disasters all over the world.

[EMDR Treatment of Recent Events and Community Disasters](#) can be found in the entire open access issue of the *Journal of EMDR Practice and Research*, 2(2) 2008.

[The EMDR protocol for recent critical incidents: Application in a disaster mental health continuum of care context.](#) The full text is open access at *Journal of EMDR Practice and Research*, 5(3), 82-94. 2011

[A randomized comparison of cognitive behavioural therapy \(CBT\) and eye movement and reprocessing \(EMDR\) in disaster-exposed children.](#) (PDF format)

The full abstracts of the following studies can be found at the [Francine Shapiro Library](#).

Chemtob, C., Nakashima, J., & Carlson, J. (2002, January). [Brief treatment for elementary school children with disaster-related posttraumatic stress disorder: A field study.](#) *Journal of Clinical Psychology*, 58(1), 99-112.

your contributions. For more information about ERF, visit www.emdrresearchfoundation.org

Special Notes

Board Members Needed

If you are interested in promoting EMDR through research and education, and if you have an interest in giving back to the community by serving on the EMDR Research Foundation Board, please contact Rosalie Thomas at rthom@centurytel.net or more information.

The Translating Research Into Practice

(TRIP) 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

doi:10.1002/jclp.1131.

Abstract: Effective psychological intervention is needed to help children recover from disaster-related PTSD. This controlled study evaluated the effectiveness of a brief intervention for disaster-related PTSD. At one-year follow-up of a prior intervention for disaster-related symptoms, some previously treated children were still suffering significant trauma symptoms. Using a randomized lagged-groups design, we provided three sessions of Eye Movement Desensitization and Reprocessing (EMDR) treatment to 32 of these children who met clinical criteria for PTSD. The Children's Reaction Inventory (CRI) was the primary measure of the treatment's effect on PTSD symptoms. Associated symptoms were measured using the Revised Children's Manifest Anxiety Scale (RCMAS) and the Children's Depression Inventory (CDI). Treatment resulted in substantial reductions in both groups' CRI scores and in significant, though more modest, reductions in RCMAS and CDI scores. Gains were maintained at six-month follow-up. Health visits to the school nurse were significantly reduced following treatment. Psychosocial intervention appears useful for children suffering disaster-related PTSD. Conducting controlled studies of children's treatment in the post disaster environment appears feasible. [Author Abstract]

Konuk, E., Knipe, J., Eke, I., Yuksek, H., Yurtsever, A., & Ostep, S. (2006, August). [The effects of eye movement desensitization and reprocessing \(EMDR\) therapy on post-traumatic stress disorder in survivors of the 1999 Marmara, Turkey, earthquake.](#)

International Journal of Stress Management, 13(3), 291-308. doi:10.1037/1072-5245.13.3.291.

Abstract: As part of a program of response to

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

the 1999 Marmara, Turkey, earthquake, an estimated 1,500 trauma victims with posttraumatic stress disorder (PTSD) symptoms were treated in tent cities with eye movement desensitization and reprocessing (EMDR). A field study evaluating a representative group of 41 participants with diagnosed PTSD indicated that a mean of five 90-minute sessions was sufficient to eliminate symptoms in 92.7% of those treated, with reduction in symptoms in the remaining participants. Significant reductions occurred between the pre and post treatment PTSD Symptom Scale Self-Report version (PSS-SR) total scores and all subscales. These gains were maintained at 6-month follow-up. The same pattern of recovery was observed regardless of the use or nonuse of psychotropic medication at the time of intake.

Abbasnejad, M., Mahani, K. N., & Zamyad, A. (2007, Winter). [Efficacy of "eye movement desensitization and reprocessing" in reducing anxiety and unpleasant feelings due to earthquake experience](#). *Psychological Research*, 9(3-4), 104-117.

Abstract: EMDR is effective in reducing earthquake anxiety and negative emotions (e.g. PTSD, grief, fear, intrusive thoughts, depression, etc) resulting from earthquake experience. Furthermore, results show that, improvement due to EMDR was maintained at a one month follow up.

\$10,000 Research Grant Award Recipient is Announced

The EMDR Research Foundation is committed to funding quality research to further EMDR therapy. Most recently, the Foundation has selected the newest recipient for a Research Grand Award. Michael L. Blair, Ph.D., Kathy

research and practice. To learn more about TRIP, visit our website.

Resources for EMDR Researchers can be found on our website, visit 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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Harm, Ph.D., and Crittenton Children's Center have been granted \$10,000. The study will focus on children and adolescents in an inpatient setting. A full description of the study is below.

Project Title: Children and Adolescents in an Inpatient Setting

Abstract: Eye Movement Desensitization and Reprocessing (EMDR) will be applied to 100 children between the ages of 5-18 with random assignment of an equal number to participants in EMDR therapy, or Skills-Based Cognitive-Behavioral Therapy. Pre- and Post-tests will be given (Peterson-Quay, Trauma Symptom Checklist for Children, and a Follow-up Questionnaire), and other data will be collected (demographic information, medication therapies, treatment and placement histories, presenting problems, and length of stay). Analysis of Covariance between treatment conditions across subscales of the RBPC in order to factor out pretest variance from between group comparisons at post-test. Multivariate analysis is used insofar as no Total Score is provided for the RBPC. Separate analysis will be conducted for each dependent variable (TSCC and RPBC). This will be the first study to verify the efficacy of the use of EMDR with children and adolescents admitted to an inpatient acute psychiatric hospital

The next application submission deadline is July 1. The recipients of the award will be notified of their selection by September 15. An electronic copy of each application document is required. Any application received without all required documents will not be reviewed. All materials should be collated and sent together.

In 2012, The EMDR Research Foundation announced criteria for research grant applications in the field of Eye Movement Desensitization and Reprocessing (EMDR). Grant awards of up to \$10,000 are

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available for qualifying researchers and priority will be placed on studies that emphasize underdeveloped applications such as the underlying mechanisms of EMDR; EMDR treatment of depression, anxiety disorders, somatic and medical conditions, suicide (military and nonmilitary), eating disorders, substance abuse, dissociative disorders and populations such as combat veterans, children and adolescents.

For more information about how to apply for the Research Grant Award, visit www.emdrresearchfoundation.org/research-grants/research-grants-awards/

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