



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 6

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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Highlighting the Effectiveness of EMDR Therapy

Independence Day is just around the corner, and the ERF Board of Directors want to take this opportunity to thank the men and women who defend our freedom. It is those who have sacrificed their lives so Americans can continue to celebrate this day.

Each year on the 4th of July, Americans celebrate our freedom and independence with barbecues, family gatherings, fireworks. Pop! Crack! Boom! Fireworks light up the skies with beautiful colors and flashes as the crowds "ooh and aah" with excitement. Fireworks on the 4th of July can be thrilling for Americans, but not for veterans coping with PTSD.

With nearly one-third of all veterans are diagnosed with PTSD, the upcoming holiday is not the only time of year veterans have to cope with their illness. PTSD affects veterans every day leaving them unable to live normal lives. If a veteran does not know where to turn for treatment, they can spend

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

Special Notes

years struggling with their illness. With appropriate therapy, veterans can look forward to living fuller and richer lives. 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. Below are highlighted stories of the effectiveness of EMDR therapy through the eyes of a therapist, a veteran, and a family member. PTSD does affect not only the patient but also the people around them. Help a Veteran; help a family.

Theodore Olejnik, a therapist at Northampton VA Medical Center who spent 24-years in active duty for the Air Forces, recalls treating PTSD victims in the early years strictly with talk therapy and cognitive behavioral therapy. *"I kept thinking there had to be a better, quicker method."* After treatment with EMDR, he says, *"So many combat veterans here have said, 'Ted, you literally brought me out of my ashes, made me whole again.'"* (to read the full article, visit www.boston.com/lifestyle)

Veterans need to know there is life after PTSD. A dedicated EMDR therapist who has treated veterans recently received a note from a patient who feels like a new person. He wants to tell his story so he allowed us to share his recent comments. He writes, *"Sorry it's been a while! I'm doing so great I still can't believe it! 4 and 2 in softball! School is awesome! I have a date tonight! And I'm sleeping with no bad dreams and no anxiety at all. Thank you so much! I'll never be*

Tell Us Why You Support the EMDR Research Foundation

If you have an inspirational story that you would like to share, send it to info@emdrresearchfoundation.org. We may highlight it in the next e-newsletter to encourage others to support our efforts in EMDR research.

The Translating Research Into Practice (TRIP) Newly Updated!

[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> In this issue's column, Lisa Bellecci-St. Romain references Engelhard et al.'s (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future catastrophes-"flash-forwards."

TRIP articles bring research alive and make research findings relevant in a therapist's day-to-day practice. It also supports researchers in disseminating their findings and provides a critical link between research and practice.

- **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

able to say that enough! When his therapist asked for permission to quote him, he said, ""Yes please do! I just told someone today I'm a totally different person than I was 6 months ago."

A mother writes about her son's treatment and recovery. "I wanted to thank EMDR for helping my son. I was grasping for something to help him recover from his time spent in Iraq and as his mom, knew not what to do. EMDR was referred to me by a dear friend, and I put my faith in it. I saw my son for the first time since his initial visit with you and his is a changed man. He has color in his face and the shallow, pale, distraught look is gone. EMDR gave me back my son. Thank you! I wanted you to know that this procedure has helped save a young soul from a lifetime of problems."S.K.

Scientific research has established EMDR therapy as effective for PTSD. However, researchers and therapists must continue our mission in furthering EMDR therapy through research. To learn more about how you can support our continued efforts in EMDR research to help veterans suffering from PTSD, visit our website, www.emdrresearchfoundation.org.

Researcher's Resource Directory is Available

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.

Email Katy Murray at katymurraymsw@comcast.net if you think you might want to contribute to the column.

Board Member Recruitment

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

We are happy to announce that the Researcher's Resource Directory is now available on the ERF website. The multi-purposeful Directory has been compiled to support practitioner access to information to guide the development of research projects as well as to inform clinical practice.

It was developed in response to numerous inquiries from EMDR practitioners about how to access databases, empirical articles, non-university based Internal Review Boards, measurement tools, and other resources.

Please note: The Directory can be found in Research & Grants / Resources & Links for Researchers <http://emdrresearchfoundation.org/research-resource-directory/>

EMDR Research Foundation Board, please contact Rosalie Thomas at rthom@centurytel.net for more information.

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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