



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

[Support EMDR Research](#)
[Impact of EMDR on Aggression in the Workplace](#)
[2013 EMDRIA Conference](#)

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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 show our support for those clinicians who deal

Impact of EMDR on Aggression in the Workplace

Bullying is not just a schoolyard phenomenon. The impact of bullying on its victims has been well examined and described.

(<http://archpsyc.jamanetwork.com/article.aspx?articleid=1654916#METHODS>)

Bullying occurs not only in schools and on playgrounds, but channels into the workplace as well. Studies indicate that workplace violence affects more than half of U.S. organizations, and fewer than 30 percent have programs or policies that execute plans to eliminate such violence. Research indicates that aggressive behavior of a psychological nature often precedes physical violence in the workforce, but even when reported by employees, employers regularly ignore warning signs. Costs to U.S. employers are estimated in the millions due to employee absences, medical costs, theft, and costs related to litigation.

(<http://www.ncbi.nlm.nih.gov/pubmed/22635145>)

According to the U.S. Bureau of Justice Statistics, in 2009, American workers ages 16 and older were involved in nearly 600,000 incidents of workplace violence. Workplace violence refers to threats of violence or violent acts perpetrated against workers. These acts include, but are not limited to, assaults, robberies, rapes, and homicides.

daily with this growing population of traumatized individuals.

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Support EMDR Research

Support EMDR Research Foundation today! Join the Visionary Alliance, for as little as \$15 a month, or make a single donation through the new online donation system. With your support, we can learn more about the benefits of EMDR therapy.

Thank you for your continued support as it is crucial to the success of the Foundation. We value your contributions. For more information about how you can support our mission, visit www.emdrresearchfoundation.org.

Special Notes

The Translating Research Into

<http://work.chron.com/workplace-violence-statistics-information-13144.html>

There are numerous articles and books that define bullying, and both its short and long-term impact. Based on recent studies, we know that victims of childhood bullying have serious mental health issues throughout their lives.

(<http://archpsyc.jamanetwork.com/article.aspx?articleid=1654916#METHODS>)

In addition to programs that attempt to change this cycle, both at school and at work, what is needed is research that identifies interventions that are proven effective in helping the victims. Encouragingly, a recent program in France demonstrated that there may be immediate help for victims of bullying. In a Pilot Study on workplace aggression, EMDR was shown to have immediate and long-term positive effects on victims when applied in the Emergency Room setting.

[Marie-Jo Brennstuhl, PhD](#), [Cyril Tarquinio, Professor](#), [Lionel Strub, PhD](#), [Sebastien Montel, Professor](#), and [Jenny Ann Rydberg, PhD](#) [Zoi Kapoula, Professor](#) *Université de Lorraine, Psychology of Health Team, Metz, France Hôpital Européen Georges Pompidou, Service d'Ophthalmologie-ORL-Stomatologie, Paris, France*

"This study focuses on 34 victims of aggression at the workplace, less than 48 hours following the incident of aggression. We compared victims who received an EMDR emergency protocol (URG-EMDR; $n = 19$) that we developed with those who received a method of intervention called eclectic therapy ($n = 15$). The results show that URG-EMDR therapy, provided within 48 hours, resulted in a greater decrease in perceived stress and a lower PCL-S score than eclectic therapy did. The scores were lower in both groups after 24 hours, and after 3 months, the drop was significantly greater among the victims treated with the URG-EMDR protocol; none of the EMDR-treated patients exhibited symptoms of post traumatic stress."

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 inspired by the

Imagine the potential this research has in protecting children who are bullied in schools, employees experiencing stress from bullying in the workplace, and soldiers in and out of deployment. We are all encouraged by the positive results we see every day as we apply EMDR in our offices, but what is needed is more definitive research to confirm this and other promising results.

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. With funding for further research, we can continue to support the growth of knowledge for the most effective treatments.

Support the EMDR Research Foundation. Your contribution can help change lives and reduce suffering. To learn more about how you can support our on-going efforts, visit our website, www.emdrresearchfoundation.org.

2013 EMDRIA Conference

2013 EMDRIA Conference will be held at the Renaissance Austin Hotel in Austin, Texas on September 26-29, 2013. This year, EMDRIA will feature another dynamic and remarkable line-up of educational sessions and networking events. Registrants will experience cutting edge sessions dealing with EMDR practice, research, and education.

EMDR Research Foundation is proud to participate in the conference again this year. Stop by our booth to learn more about the work ERF is doing, participate in a raffle to win great prizes, and pick up EMDR Research Foundation brochures for your office waiting room. We look forward to seeing you there.

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

If you have not registered yet, sign up today. The EMDRIA Conference is one that should not be missed. We will see you in Austin, Texas this September.

<http://2013emdriaconference.wordpress.com/>

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

**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 a future ERF newsletter to encourage others to support our efforts in EMDR research.

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

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how EMDR may be
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2920 N. Quinlan Park
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