



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 8

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 daily with this growing population of traumatized individuals.

 [Join Our Mailing List](#)

EMDR Research Foundation at the 2013 EMDRIA Conference

The 2013 EMDRIA Conference is less than a month away. The EMDR Research Foundation (ERF) Board of Directors look forward to meeting you face to face and thanking you for your support. We see this as an opportunity to share our progress, future vision and the goals to meet this vision. We have both pre-conference and onsite activities planned which involve attendees and non-attendees in the support of EMDR research and at the same time take part in the conference excitement. We hope you choose to participate and signify your commitment to EMDR research. Please stop by our booth to learn what the Foundation is doing to support research and how **your** support is vital to our endeavors.

The ERF Raffle returns with a twist this year. Everyone is welcome! The pre-conference activity is a way to involve those not coming to the conference, as well as incite excitement for those coming to Austin. **Watch for your "Research the Facts" email coming soon for all the details.** It will identify the way you can win some great prizes from our generous vendor

Ways to Support EMDR Research Foundation

You can support EMDR Research Foundation a variety of ways;

- Become a Visionary Alliance monthly donor.
- Make a single donation.
- Make a donation in honor or in memory of a loved one.

With your support, we can learn more about the benefits of EMDR therapy.

If you already support ERF but have not transferred your monthly commitment to our new online donation system, please click on the link provided below. If you need assist or have questions, please contact the ERF office, and we will assist you.

www.emdrresearchfoundation.org

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

Special Notes

The Translating Research Into Practice (TRIP) *Newly Updated!*

donors while also learning about our website. At the conference, we will begin selling raffle tickets on Thursday, September 26 at our booth in the Exhibit Hall. ***A sneak peak of raffle prizes include*** an iPad (or equivalent, redeemable at Best Buy), Delluxe Tac/AudioScans, One-Year "EMDR Therapist Network" Memberships, emWave® Desktop, Complete Sets of 2013 EMDRA Conference Recordings, Distant learning programs and much more.

Another way to support the ERF is participation in our Visionary Alliance campaign. From now until the conference, if you join or increase your monthly pledge by \$5 or more, you will be entered into a special drawing for more great prizes, including an incredible Vacation Time Share Week of your choosing. The Visionary Alliance campaign provides a predictable, continuous stream of income for the ERF. An effective way to "pay back" for all the benefits received due to EMDR is to "pay it forward" by your ongoing contribution to EMDR research.

The conference gives us a chance to highlight our progress and thank our donors in person. Since the ERF is the only foundation dedicated to funding EMDR research, your support is critical to the future of evidence-based EMDR therapy. To learn more about how you can support our mission, stop by our booth at the conference or visit us online at www.emdrresearchfoundation.org.

Free Full Articles Published by EMDRIA Conference Plenary Speakers

[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 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

The EMDR Research Foundation is pleased to note the solid research base included in this year's conference. There is an impressive line-up of professionals speaking about various topics relevant to EMDR clinicians and researchers. Vincent J. Felitti, MD will be Saturday's plenary speaker. He has published significant research linking *Adverse Childhood Experiences (ACE) to both Physical and Mental Health problems in Adulthood*. Click on the links below to download free full articles about the ACE study findings.

The Adverse Childhood Experiences (ACE) Study: *Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults* ([link here](#))

The Adverse Childhood Experiences (ACE) Study: *What about the Study: What Everyone Should Know!* ([link here](#))

Research on the impact that EMDR can have on the outcomes of these negative life events is potentially very exciting for the health and welfare of those who suffer. For additional articles on ACE study findings, click on the links provided below.

Coronary heart disease, *Insights Into Causal Pathways for Ischemic Heart Disease*, Adverse Childhood Experiences Study: Dong M, Giles WH, Felitti VJ, Dube, SR, Williams JE, Chapman DP, Anda RF. ([link here](#))

Insights into causal pathways for ischemic heart disease: Adverse Childhood Experiences Study:
<http://www.ncbi.nlm.nih.gov/pubmed/15381652>

EMDR for Survivors of Life-Threatening Cardiac Events: Results of a Pilot

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 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.

Study. Circulation 2004;110:1761-1766. and the EMDR research by Roger Solomon
<http://dx.doi.org/10.1891/1933-3196.5.1.2>

Robert Stickgold, Ph.D. will be Sunday's plenary speaker. He will be presenting updates on the mechanisms involved with EMDR reprocessing and the function of memory. He has published an article: *EMDR: A Putative Neurobiological Mechanism of Action.*
www.emdr.nl/acrobat/STICKG1.pdf

The material is profound in its implications; however, more quality research is needed to further the knowledge base of EMDR therapy. As a clinician and dedicated healthcare professional, join our endeavor and help make a difference. To learn more about how **you** can support research in EMDR, stop by our booth at the conference or visit us at 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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