



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](#)

[Home For The Holidays](#)

[Thank You For Your Support](#)

Volume 1, Issue 11

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.

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Ways to Support EMDR Research Foundation

You can support EMDR Research Foundation a variety of ways;

Home For The Holidays

Home for the holidays has become a cultural icon—something to strive for, a place to let go, to relax, to feel connected. This may be true for many, but for those who don't have a home to go to, or the experience of home is not what is hoped and dreamed of, the reality and the fantasy often collide.

The constant assault of the media, department stores, street lights, and decorations can feed that sense of emptiness and lack of belonging. Some may attempt to mediate these feelings of disconnection, loneliness, or shame with compulsive behaviors.

Drinking too much, shopping too much, or over-dependence on the internet are ways that clients attempt to solve these problems. Therapists attempt to help their clients manage these behaviors in different ways. However, insufficient appreciation of the strong emotional connection that clients can have for these compulsive responses can leave both the therapist and client feeling helpless and frustrated.

Initial research exists on a number of innovative and very promising approaches to working with compulsive behaviors that may provide alternative pathways in dealing with these problems.

[Treatment of Behavioral Addictions Utilizing the Feeling-State Addiction Protocol: A Multiple Baseline Study](#). *Journal of EMDR Practice and Research*. Vol.6, No. 4, 2012

Author: Miller, Robert

- 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 assistance 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 critical to the future of evidence-based EMDR therapy. We truly value your contribution to our mission.

Special Notes

We are pleased to announce the newest addition to the ERF Board of Directors. Karen Forte, LCSW, DCSW, joins us with a wealth of knowledge in EMDR and mental health issues. To learn more about Karen, visit www.emdrresearchfoundation.org.

The EMDR Research Foundation has established three mechanisms to fund research on EMDR:

1. Doctoral Dissertation Grant
2. Research Grant Awards
3. Research Consultation Awards

Please note: Research Grant Award applications are due February 1, 2014. To learn more about these awards and how to apply, visit www.emdrresearchfoundation.org.

This article proposes a new treatment for behavioral addictions, which are commonly treated with some form of cognitive behavioral therapy. The Feeling-State Addiction Protocol (FSAP), based on the feeling-state theory of behavioral and substance addiction, proposes that just as single-event traumas can become fixated with negative feelings, intensely positive events can become fixated with positive feelings. This fixated linkage between an event and a feeling is called a feeling-state (FS). A multiple baseline study of the FSAP was performed using only the steps of the protocol that involved the processing of the FSs. The results of the study of 4 participants (each with at least two compulsions) indicated for 3 of the 4 participants a clear link between the processing of the FSs and reduced reactivity to the visualized behavior. The re-activity was measured by skin conductance level and a positive feeling scale. All four participants reported that their compulsive behavior was eliminated after the intervention targeted the FSs.

Hase, M., Schallmayer, S., et al. (2008). [EMDR Reprocessing of the Addiction Memory: Pretreatment, Posttreatment, and 1-Month Follow-Up](#). *Journal of EMDR Practice and Research*, 2(3), 170-180.

This randomized controlled study investigated the effects of eye movement desensitization and reprocessing (EMDR) in the treatment of alcohol dependency. EMDR was applied to reprocess the addiction memory (AM) in chronically dependent patients. The AM includes memories of preparatory behavior, drug effects (drug use), and loss of control (Wolffgramm, 2002). It is understood to involve extensive brain circuitry, drive part of conscious and unconscious craving, change environmental response at an organic level, and modify circuits that link to feelings of satisfaction, future planning, and hope. Thirty-four patients with chronic alcohol dependency were randomly assigned to one of two treatment conditions: treatment as usual (TAU) or TAU plus two sessions of EMDR (TAU+EMDR). The craving for alcohol was measured by the Obsessive-Compulsive Drinking Scale (OCDS) pre-, post-, and 1 month after treatment. The TAU+EMDR group showed a significant reduction in craving posttreatment and 1 month after treatment, whereas TAU did not. Results indicate that EMDR might be a useful approach for the treatment of addiction memory and associated symptoms of craving.

The Translating Research Into Practice (TRIP)

[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 a recent issue of the *Journal of EMDR Practice and Research*, 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 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

Meysami-Bonab, S., Abolghasemi, A., Sheikhan, M., Barahmand, U., & Rasooliazad, M. (2012). [The effectiveness of eye movement desensitization and reprocessing therapy on the emotion regulation and emotion recognition of addicted individuals.](#) *Zahedan Journal of Research in Medical Sciences*, 14(10), 33-37.

The purpose of this study was to assess the effectiveness of eye movement desensitization and reprocessing therapy on the emotion regulation and emotion recognition of addicts with traumatic experience. This research was an experimental study with pre and post-test design and a control group. The subjects of this study were selected using random sampling method on drug addicts of Ardebil Addiction Treatment Camp who have successfully completed the detoxification period and they were evaluated in two different experimental (15 individuals) and control (15 individuals) groups. The experimental group was treated with EMDR therapy for 8 sessions (each one for 60 minutes) and the control group received no special treatment. All participants filled a questionnaire of Emotion Regulation and Emotion Recognition at the onset of the research and 2 months after termination of treatment.

The results suggested that the treatment of eye movement desensitization and reprocessing is effective in improving regulation and recognition of emotions in addicts with traumatic experience.

Bae, H., & Kim, D., (2012). [Desensitization of triggers and urge reprocessing for an adolescent with internet addiction disorder.](#) *Journal of EMDR Practice and Research*, 6(2), 73-81.
doi:10.1891/1933-3196.6.2.73.

Abstract: This case study reports the successful treatment of Internet addiction in a 13- year-old male using four 45-minute sessions of the desensitization of triggers and urge reprocessing (DeTUR) protocol- an addiction protocol of eye movement desensitization and reprocessing (EMDR; Popky, 2005). This protocol uses EMDR procedures to process current triggers and positive future templates, but it does not identify or directly address any past trauma. At baseline, the participant showed a moderate level of Internet addiction (scoring 75 on Young's Internet Addiction Test [IAT]) and moderate

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.

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 those suffering who want to learn more about how EMDR may be able to help them.

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depression (26 on the Beck Depression Inventory [BDI]). During assessment, he identified 7 triggers for Internet gaming and rated the associated urge to engage in the activity with scores of 3-9 on the level of urge scale (0 5 lowest, 10 5 strongest). Using the DeTUR protocol, the level of urge for each trigger was reduced to 2, which the participants defined as "not being able to think about or crave for the game." After treatment, his symptoms had declined to nonclinical levels (38 on IAT and 6 on BDI) and he was able to restrict his time on the Internet to an hour per day. These therapeutic gains were maintained at 6- and 12-month follow-up. The DeTUR may be a good treatment option for Internet addiction and further controlled studies are needed.

We need more research to explore these different and powerful ways of intervening in perhaps some of the most recalcitrant human behaviors. Your contributions can help us do that.

If you have applied any of these the research methods listed above in your practice, please consider writing a TRIP article.

Translating Research Into Practice submissions are encouraged!

"Translating Research Into Practice" is a regular feature of the Journal of EMDR Practice and Research in which clinicians share clinical case examples that support, elaborate, or illustrate the results of a specific research study. Each column begins with the abstract of that study, followed by the clinician's description of their own application of standard EMDR procedures with the population or problem treated in the study. The column is edited by the EMDR Research Foundation with the goal of providing a link between research and practice and making research findings relevant in therapists' day-to-day practices.

Format: Please include the following:

- (1) Full citation and abstract of original research article: in this case, you can use any of these methods discussed above related to modifying compulsive behaviors.
- (2) Clinical vignette(s) or case example(s) from your practice, using standard EMDR procedures, that support, elaborate, or are inspired by the findings of



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the original research article, Note that you do not need to have used any pre/post measures.

(3) Discussion of the relevance of the research findings in your clinical practice.

(4) References.

You can find a link to TRIP articles through the Foundation's website at www.emdrresearchfoundation.org. If you would like to contribute an article on this topic or any other EMDR application, please contact the EMDR Research Foundation office at info@emdrresearchfoundation.org or contact Katy Murray at katymurraymsw@comcast.net.

Your support is vital to the future of EMDR research. Please help us fund additional research on the effects of EMDR on compulsive patients by making a single donation or joining the Visionary Alliance with a monthly contribution. To learn more about how you can help, visit www.emdrresearchfoundation.org.

Thank You for Supporting EMDR Research Foundation at the 2013 EMDRIA Conference

The EMDR Research Foundation's participation at the 2013 EMDRIA Conference gave the Board of Directors the opportunity to personally thank our donors and share with them the highlights of our year's activities. A huge thank you to those who stopped by our booth and either made a new contribution or increased their ongoing support of the Foundation through their participation in the Visionary Alliance. Donor support is vital to the future of EMDR therapy.

With the help of in-kind donor support, pre-conference and conference activities increased the excitement and the awareness of research in EMDR and the vital role of the EMDR Research Foundation in that endeavor. "Research the Facts" allowed people to learn more about the Foundation's mission and explore valuable resources on our website. "Raffle for Research" gave people the

opportunity to win great prizes while supporting the ERF. Those who enrolled in or increased their contributions to the Visionary Alliance also had the opportunity to win a "Vacation of a Lifetime."

A huge thank you is due our in-kind gift donors. Their continued unwavering support is invaluable to our fundraising efforts. Below is a list of our in-kind gift donors.

- HeartMath LLC
- Neurotek Corporation
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- Trauma Institute & Child Trauma Institute
- Convention Media Solutions
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- Barbara Hensley
- Katy Murray
- Cynthia Kong and Gerald Puk

With the support of our donors, we will continue our mission to provide quality research for EMDR therapy. Whether you are a clinician, researcher, administrator or consumer please join our endeavor and help make a difference. To learn more about how you can support research in EMDR, visit us at <https://emdr.secure.nonprofitsoapbox.com/donate>.

We look forward to seeing you in 2014!

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