



Season's Greetings

Support the EMDR Research Foundation by Making a Meaningful Gift Today

The Best Gift is the One That Keeps on Giving

The EMDR Research Foundation has a very simple wish this holiday season - that EMDR researchers have access to adequate funding in order to conduct quality research. As a step towards achieving this wish, we continually update our research priorities and create new ways of supporting and disseminating quality EMDR research.

The ERF Board of Directors is excited to share with you our newly developed Research Priorities. (Applications due February 1, 2014 can use either the old or new priorities).

New Research Priorities include:

1st - Advancing Evidence Based Practice: Increase the availability of quality EMDR research in areas where we already have a foot-hold in the literature but where more evidence is needed. Specifically, those areas are in the use of EMDR therapy to treat:

- Anxiety,
- Depression,
- Military PTSD,
- Phantom Limb Pain.
- To enhance recovery from the impact of cardiac events and the diagnosis and treatment of cancer.

2nd - Addressing the Global Burden of Trauma: Investigate the use of EMDR in natural or man-made disaster responses, by determining the effectiveness of the following protocols: early intervention protocols, the child or adult group protocols, or the use of EMDR standard protocols in disaster response.

3rd - Building Clinical Evidence: There are a number of areas where EMDR therapy is being used, clinical observations are positive, and there are some research indicators of success. However, more research is needed to build a body of literature in these populations or diagnostic categories, including but not limited to:

- Addictions
- Eating disorders
- Dissociative disorders
- Additional medical/somatic conditions
- Suicide prevention and/or to address the impact of suicide.

These priorities apply to research across the lifespan, so that a study might address, for example, adolescent addiction, or geriatric depression.

As one of the steps to attain the goal of educating mental health professionals regarding EMDR therapy, we are offering a new award of travel expenses to researchers in EMDR who wish to present their results at non-EMDR conferences. It is partially through such dissemination that EMDR may become a standard in important mental health research.

WILL YOU JOIN US? Many of you have donated to the EMDR Research Foundation over the years. We thank you and ask for your continued support. For those who have not yet contributed, please consider making a donation to the ERF during this holiday season. We can't do it without you.

Ways To Help

Join the Visionary Alliance

As 2013 quickly comes to a close, please consider joining the Visionary Alliance or increasing your monthly gift. Gratefully, the EMDR Research Foundation continues to flourish, in large part, to the generosity of our donors like you; but we need to do more! With your monthly donations, we continue to provide vital grant money for research that shed light on the benefits of EMDR therapy. For \$15 or more a month, you could become a sustaining member of the Visionary Alliance. **DONATE NOW.**

End of the Year Gift

During this holiday season; please consider giving the gift of research and knowledge. Pay tribute to a colleague or honor a friend or loved one by making a donation in their name. Or, make a donation in your name to "pay it forward." Learning more about the benefits and practices of EMDR therapy through high quality research, supports clinicians and fosters effective treatment for their clients.

If you make a donation to the ERF by December 31st you will receive a 2013 tax deduction. **Why wait! DONATE NOW.**

Special Notes

As always, one of the easiest ways to support the EMDR Research Foundation is by liking us on **Facebook** and following us on **Twitter!** It is free and quick for you and greatly benefits us!

DONATE NOW

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