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Subject: EMDR - Looking Back Over 25 Years - Part 2

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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.

Volume 2, Issue 6

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- ~ 25th Anniversary Planned Events
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This is a monthly e-newsletter created primarily for EMDR researchers and trained clinicians. The purpose of it is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with a variety of populations.

In celebrating and honoring the 25th year of EMDR research, the EMDR Research Foundation newsletter will devote the remaining issues of 2014 to presenting some of the significant research that has been published throughout the years.

Quick Links

[Researcher Resource Directory](#)

We invite you to share with us your favorite research study from the last 25 years that you would like to see represented in our newsletter. Feel free to expand on the reasons for your choice.

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Sincerely,

*Wendy Freitag, Ph.D.
EMDR Research Foundation*

EMDR and 25 Years of Research - Part 2

Below is the second in our series of significant historical EMDR research articles marking the 25th anniversary of the first EMDR research paper.

This month's article features a meta analysis by Maxfield, L., & Hyer, L. (2002, January) titled *The relationship between efficacy and methodology in studies investigating EMDR treatment of PTSD*. It reviewed results of EMDR research in the treatment of PTSD through 2001. The most significant finding of this review was the correlation between effect size and treatment fidelity. This finding gave strong support to the importance of maintaining methodological rigor in EMDR treatment.



Maxfield, L., & Hyer, L. (2002, January). [The relationship between efficacy and methodology in studies investigating EMDR treatment of PTSD](#). *Journal of Clinical Psychology*, 58(1), 23-41. doi:10.1002/jclp.1127.

Abstract:
The controlled treatment outcome studies that examined the efficacy of Eye Movement Desensitization and Reprocessing (EMDR) in the treatment of PTSD have yielded a range of results, with the efficacy of EMDR varying across studies. The current study sought to determine if differences in outcome were related to methodological differences. The research was reviewed to identify methodological strengths, weaknesses, and empirical findings. The relationships between effect size and methodology ratings were examined, using the Gold Standard (GS) Scale (adapted from Foa and Meadows). Results indicated a significant relationship between scores on the GS Scale and effect size, with more rigorous studies according to the GS Scale reporting larger effect sizes. There was also a significant correlation between effect size and treatment fidelity. Additional methodological components not detected by the GS Scale were identified, and suggestions were made for a Revised GS Scale. We conclude by noting that methodological rigor removes noise and thereby decreases error measurement, allowing for the more accurate detection of true treatment effects in EMDR studies (Pilots).

25th Anniversary Planned Events

\$25000 Research Grant Available

In keeping with our 2014 celebration of 25 years of EMDR Research, the EMDR Research Foundation is offering a \$25000 Research Grant. This grant opportunity is offered in addition to the regular awards (i.e., Research, Dissertation, Consultation and Travel). The criteria and application process are similar to that of our Research Grant Award. The submission deadline is September 1, 2014 with a notification date of December 1, 2014.

For more information about the award, please visit the "\$25000 Award for 25 Years of EMDR Research" link on the ERF website at <http://emdrresearchfoundation.org/research-grants/25000-research-grant-award/>



To learn more about all of the awards offered by the EMDR Research Foundation and how to apply, visit www.emdrresearchfoundation.org

25th Anniversary Quiz....Coming June 15

Taking the quiz will be educational, challenging and profitable for the winners. The Grand Prize is \$500! The questions will cover topics about specific research studies and findings, the history of EMDR therapy and the EMDR Research Foundation. Watch for more information in a special email blast as well as on the Foundation website.

25 Years of EMDR Research Fundraising Campaign

In honor of 25 years of EMDR Research, a new fundraising campaign is underway and will help make those \$25000 grants awards possible.

You can support EMDR Research Foundation in a variety of ways;

- Become a Visionary Alliance monthly donor with a monthly pledge of \$25 (must be a minimum of \$15 to join the Visionary Alliance)
- Already a Visionary Alliance donor? Increase your pledge TO or BY \$25
- Consider a tribute gift of \$25, \$250 or \$2500 in the name of a loved one, friend or colleague, or simply in the name of EMDR Research.
- Planned giving arrangements are another way to support the ERF now and well into the future. Please visit the [Get Involved](#) page to learn more.

The EMDR Research Foundation is the only funding source dedicated solely to supporting EMDR research worldwide.

Write a TRIP Article for the Journal of EMDR Practice and Research

Translating Research Into Practice (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 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.

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."

If you think you might want to contribute to the column and want more information, email Katy Murray at katymurraymsw@comcast.net.

Stay Connected to the EMDR Research Foundation

Don't forget to like us on Facebook or follow us on Twitter! It is just one more way to support ERF. It is free and quick! We provide updates to 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.

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.

The EMDR Research Foundation

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Demanding high quality
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Celebrating



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"25 years of EMDR Research" campaign*

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