



## EMDR and PTSD: We thought the trial was over Volume 5, Issue 4

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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 therapy and its use with a variety of populations.

This month we are sharing with you current information on the current status of EMDR therapy and PTSD. We are hoping you find it useful and informative.

As the EMDR Research Foundation Board of Directors works to create more research opportunities for our community, we hope you join the conversation with your suggestions for upcoming newsletters.

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

## EMDR and PTSD: We thought the trial was over

With all the recommendations cited below, we thought that the trial was over and the verdict in --- EMDR therapy was a safe and effective treatment for PTSD. We needed to spend our valuable resources looking at other applications, e.g. Somatic Disorders, Pain, Anxiety and Depression to gather the necessary data to determine the effectiveness (or not) of EMDR therapy with these populations.

However, the recent recommendations from the American Psychological Association (APA) make it clear that more rigorous research on the effectiveness of EMDR therapy

with PTSD is necessary for us to maintain the gains we have made. The APA made the decision to strongly recommend CBT, CPT, CT and EXP for adult patients with PTSD, while only suggesting EMDR therapy. While many of us argued that this decision was wrong (over 600 comments were made during the open comment period), we cannot deny the potential impact this will have on the credibility of EMDR therapy with insurance providers. For this recommendation to change, we need more studies on EMDR and PTSD that meet their criteria. This requires money and funding. To date, the EMDR Research Foundation is the only organization that consistently funds research in EMDR therapy.

*Your donation is critical to that endeavor.*

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### American Psychiatric Association Guidelines

The American Psychiatric Association has released [Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder](#).



EMDR is given the same status as CBT as an effective treatment for ameliorating symptoms of both acute and chronic PTSD.

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### Australian Guideline for PTSD

Published in 2007 by the Australian Centre for Posttraumatic Mental Health.



The [Guidelines](#) state that "adults with PTSD should be provided with trauma-focused interventions (trauma-focused cognitive behavioural therapy [CBT] or eye movement desensitization [EMDR] and reprocessing, in addition to in vivo exposure).

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### Clinical Guideline for PTSD

Published in March 2005 by the UK's National Institute for Clinical Excellence. This Guideline explicitly 'warns' clients to not use other treatments than trauma focused CBT or EMDR. Click here for the [guidelines](#) page. There is also a Power Point slideshow that can be accessed by clicking [here](#).

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### Department of Veterans Affairs & Department of Defense, Washington, DC (2010)

[VA/DoD Clinical Practice Guideline for the Management of Post-Traumatic Stress](#). EMDR was one of four therapies given the highest level of evidence and recommended for treatment of PTSD.



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## Cochrane Reviews 2007

There was evidence that EMDR, individual Trauma-focused cognitive behavioral therapy/exposure therapy (TFCBT), stress management and group TFCBT are effective in the treatment of PTSD. Other non-trauma focused psychological treatments did not reduce PTSD symptoms as significantly. There was some evidence that individual TFCBT and EMDR are superior to stress management in the treatment of PTSD at between 2 and 5 months following treatment, and also that TFCBT, EMDR and stress management were more effective than other therapies. [Cochrane Database of Systematic Reviews 2007](#).



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## Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies (2008)

EMDR was ranked as an evidence-based, Level A treatment for PTSD in adults.

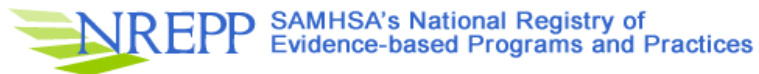


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**SAMHSA's National Registry of Evidence-based Programs and Practices (2011).** <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=199>. The Substance Abuse and Mental Health Services Administration (SAMHSA) is an agency of the US Department of Health and Human Services (HHS).

*This national registry (NREPP) cites EMDR as evidence-based practice for treatment of PTSD, anxiety and depression*

*symptoms. Their review of the evidence also indicated that EMDR leads to an improvement in mental health functioning.*



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*Please help us...*



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