

## EMDR And The Military In Action

A monthly newsletter to keep you informed.

This is a monthly e-newsletter created primarily for our colleagues trained in Eye Movement Desensitization and Desensitization (EMDR) who work with military, veterans, and their families. The purpose of **EMDR And The Military In Action** is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with these special populations.

### In This Issue

- EMDR in the treatment of chronic pain.
- Pain control with EMDR: Treatment Manual.
- Treating PTSD in the armed forces: How pupil movement is helping symptoms of post-traumatic stress.

### Citation Of The Month - Chronic Pain

Mazzola, A., Calcagno, M. L., Goicochea, M. T., Pueyrredón, H., Leston, J., & Salvat, F. (2009). [EMDR in the treatment of chronic pain.](#) *Journal of EMDR Practice and Research*, 3(2), 66-79.  
doi:10.1891/1933-3196.3.2.66.



Chronic pain can significantly diminish life quality, causing depression, anxiety, and sleep disturbances, and may lead to neuro-plastic processes that influence pain modulation. The current study investigated eye movement desensitization and reprocessing (EMDR) treatment of 38 patients suffering from chronic pain with 12 weekly 90-minute sessions. A battery of self-reported questionnaires assessing quality of life, pain intensity, and depression level were administered pre- and post-treatment for objective outcome evaluation. The Structured Clinical Interview for DSM was administered at pre-treatment to identify participants' personality traits that may influence pain perception. Patients showed statistically significant improvement relative to baseline after 12 weeks of EMDR treatment. Our findings suggest that EMDR is an effective tool in the psychological treatment of chronic pain, resulting in decrease pain sensations, pain-related negative affect, and anxiety and depression levels. We examine possible theories about the mechanisms by which EMDR achieves these effects. Results were consistent with the underlying EMDR premise that posits the important effect of emotions on pain perception.

Grant, M., & Threlfo, C. (2002, December). [EMDR in the treatment of chronic pain](#). *Journal of Clinical Psychology*, 58(12), 1505-1520. doi:10.1002/jclp.10101.

Chronic pain presents a persistent and significant clinical challenge. Research examining commonly used psychotherapeutic treatments suggests that the results are not always well maintained, and that pain often is unrelieved. Continued exploration of new and more effective approaches is necessary. This article outlines an application of Eye Movement Desensitization and Reprocessing (EMDR), developed to improve coping and reduce chronic pain and suffering. The effectiveness of the EMDR Chronic Pain Protocol was investigated with three adult chronic pain sufferers. Intervention effectiveness was measured at baseline, during, and postintervention, with a two-month follow-up. All clients reported substantially decreased pain levels, decreased negative affect, and increased ability to control their pain following treatment. These results indicate that EMDR may be efficacious in the treatment of chronic pain and that further research is warranted.

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## From The EMDR Bookshelf

Grant, M. (2009, 2012). [Pain control with EMDR: Treatment manual](#). Oakland, CA: New Harbinger Publications, Inc.

**Abstract:** An "information-processing" approach to the psychological management of pain, utilizing EMDR. Includes theory, assessment and clinical application of specialized protocols.

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## EMDR In The News

Clapson, J. (2013, February 3). [Treating PTSD in the armed forces: How pupil movement is helping symptoms of post-traumatic stress](#). Retrieved from *Soldier Magazine*. Retrieved from <https://www.gov.uk/government/news/treating-ptsd-in-the-armed-forces> on 2/3/2013

Lost in mental illness, he became one of the first troops to try out the intriguing and cutting-edge therapy called eye movement desensitization and reprocessing (EMDR) - a practice which would force him to relive suicidal thoughts but ultimately go on to help save his life. [Excerpt]

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## Special Notes

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(note that there are entries on 12/16 and 12/18 with links to articles)

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(note that there are quite a few relevant entries with links to articles)

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