

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.

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Citations of the Month - The Theoretical Underpinnings of EMDR

Shapiro, F. (2007). [EMDR, adaptive information processing, and case conceptualization.](#)

Journal of EMDR Practice and Research, 1(2), 68-87.
doi:10.1891/1933-3196.1.2.68.



EMDR is an integrative, client-centered psychotherapy approach that emphasizes the brain's information processing system and memories of disturbing experiences as the bases of those pathologies not caused by organic deficit or insult. EMDR addresses the experiences that contribute to clinical conditions and those needed to bring the client to a robust state of psychological health. Overviews of the history, development, and research that have established EMDR as an empirically supported treatment are provided. Subsequent to an explanation of the adaptive information processing model, an extended case example is used to illustrate the recommended EMDR case conceptualization and eight phases of treatment. This approach is used to process the early memories that set the foundation for the pathology and the present situations that trigger the dysfunction, while providing templates for appropriate future action that incorporate the information and behaviors needed to overcome skill and/or developmental deficits. The benefits of integrating EMDR and family systems perspectives to provide the most comprehensive therapeutic effects are described.

Solomon, R. M., & Shapiro, F. (2008). [EMDR and the adaptive information processing model: Potential mechanisms of change](#). *Journal of EMDR Practice and Research*, 2(4), 315-325. doi:10.1891/1933-3196.2.4.315.

Eye movement desensitization and reprocessing (EMDR) is a therapeutic approach guided by the adaptive information processing (AIP) model. This article provides a brief overview of some of the major precepts of AIP. The basis of clinical pathology is hypothesized to be dysfunctionally stored memories, with therapeutic change resulting from the processing of these memories within larger adaptive networks. Unlike extinction-based exposure therapies, memories targeted in EMDR are posited to transmute during processing and are then again stored by a process of reconsolidation. Therefore, a comparison and contrast to extinction-based information processing models and treatment is provided, including implications for clinical practice.

Throughout the article a variety of mechanisms of action are discussed, including those inferred by tenets of the AIP model, and the EMDR procedures themselves, including the bilateral stimulation. Research suggestions are offered in order to investigate various hypotheses.

Shapiro, F., & Laliotis, D. (2011, June). [EMDR and the adaptive information processing model: Integrative treatment and case conceptualization](#). *Clinical Social Work Journal*, 39(2), 191-200. doi:10.1007/s10615-010-0300-7.

EMDR is a comprehensive psychotherapy approach that is compatible with all contemporary theoretical orientations. Internationally recognized as a frontline trauma treatment, it is also applicable to a broad range of clinical issues. As a distinct form of psychotherapy, the treatment emphasis is placed on directly processing the neurophysiologically stored memories of events that set the foundation for pathology and health. The adaptive information processing model that governs EMDR practice invites the therapist to address the overall clinical picture that includes the past experiences that contribute to a client's current difficulties, the present events that trigger maladaptive responses, and to develop more adaptive neural networks of memory in order to enhance positive responses in the future. The clinical application of EMDR is elaborated through a description of the eight phases of treatment with a case example that illustrates the convergences with psychodynamic, cognitive-behavioral, and systemic practice.

From the EMDR Book Shelf

Shapiro, F. (2001). [Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures \(2nd Ed.\)](#). New York, NY: Guilford Press.

This book reviews research and development; discusses theoretical constructs and possible underlying mechanisms; and presents protocols and procedures for treatment of adults and children with a range of complaints. Among the many clinical populations for whom the material in this volume is applicable are victims of sexual abuse, violence, combat, grief, and phobias. To assist the learning process, detailed descriptions and transcripts guide the clinician through every stage of therapeutic treatment, ranging from the safety issues necessary for appropriate client selection through the administration of EMDR and its integration within a comprehensive treatment plan. Only licensed mental health

professionals, or those under direct supervision of licensed clinicians, should use the procedures and protocols in this book. The book has been written with four kinds of readers in mind: academicians, researchers, clinicians, and clinical graduate students.

EMDR In The News

Dellner, T. (2011, August 16). [EMDR: Realities, misconceptions, and broader applications](#). Dialogue: The CalSouthern Interview.

Eye movement desensitization and reprocessing (EMDR) has fascinated the public and polarized the mental health community for years. Perhaps it's the unusual bi-lateral stimulation that's fundamental to its protocol, or the claims of rapid and dramatic relief of client symptoms that have caused this psychotherapy method to be a lightning rod for controversy and skepticism since its inception more than two decades ago. However, as the years pass, the research builds, and the number of clients experiencing relief from a variety of trauma-based disorders grows, EMDR's critics and skeptics are falling to the wayside. Today, tens of thousands of highly trained clinicians are practicing EMDR around the world, and it is being found effective for an increasing number of conditions which have trauma as an underlying contributor. California Southern University sat down with two of EMDR's leading expert practitioners-Susan Brown, LCSW, BCD and Sara Gilman, MFT-to learn more about this intriguing and highly effective psychotherapy method. [Excerpt]

Special Notes

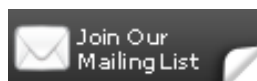
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