

## 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 Reprocessing Therapy (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- EMDR and Anxiety

Faretta, E. (2013). [EMDR and cognitive behavioral therapy in the treatment of Panic Disorder: A comparison](#), *Journal of EMDR Practice and Research*, 7(3), 121-133.



A pilot comparison was made between two treatments for panic disorder, eye movement desensitization and reprocessing (EMDR) and cognitive behavioral therapy (CBT). Treatment was provided in the private practice settings of 7 credentialed therapists, whose treatment fidelity was monitored throughout the study. Five outcome measures were administered at pretreatment, posttreatment, and 1-year follow-up. There was significant improvement for participants in both groups ( $N = 19$ ) after 12 sessions of treatment. No significant differences in outcome were seen between the 2 therapies, except for lower frequency of panic attacks reported by those in the EMDR group. The current study reanalyzed the data previously reported in Faretta (2012). Further research in this area is suggested.

Farima, R., Dowlatabadi, S., & Behzadi, S. (2015). [The effectiveness of eye movement desensitization and reprocessing \(EMDR\) in reducing pathological worry in patients with generalized anxiety disorder: A preliminary study](#). *Archives of Psychiatry and Psychotherapy*, 1, 33-43. doi:10.12740/APP/39259.

Aims. The current study aimed to investigate the effectiveness of eye movement desensitization and re-processing (EMDR) in reducing pathological worry in patients with generalized anxiety disorder (GAD). Method. Three women with

GAD were selected using a purposeful sampling method based on the Structured Clinical Interview for DSM-IV Axis I disorders (SCID-I). A baseline single-case experimental design was used and participants were included in the treatment in a stepped manner. The Generalized Anxiety Disorder Questionnaire (GADQ-IV), the Pennsylvania State Worry Questionnaire (PSWQ), the Worry Domain Questionnaire (WDQ), the Intolerance of Uncertainty Scale (IUS) and the Cognitive Avoidance Questionnaire (CAQ) were used as the baseline, pre-treatment, post-treatment and one-month follow-up assessments. Results. The results showed that EMDR is effective in reducing pathological worry in patients with GAD. The participants were also successful in reducing the extent of their areas of worry, increasing their tolerance to uncertainty and conquering their cognitive avoidance. One-month follow-up also showed that the decline trend of participants' worries continued. During EMDR, participants' negative images, emotions and cognition were decreased and gradually lost their reliability, whereas positive aspects became alive and active. Conclusions. EMDR is an effective method for the treatment of GAD in women.

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## EMDR in the News

**BBC News.** [Anxiety and depression twice as prevalent in military - study says.](#) (2015, January 22).

For additional citations of EMDR therapy and Anxiety, refer to Military Archives at [emdrresearchfoundation.org](http://emdrresearchfoundation.org). Go to --> November 2014 Volume 2, Issue 11.

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## Special Notes

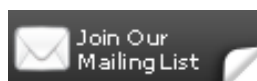
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