

## 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.

**RESEARCHERS!** If you are interested in doing research that addresses EMDR topics related to the military and you need additional funding, consider applying for a \$25,000 research award through the EMDR Research Foundation. Go to <http://emdrresearchfoundation.org/research-grants/research-grant-awards> for details. If you need access to expertise for a research project, don't hesitate to apply for a \$1,000 research consultation award. Go to <http://emdrresearchfoundation.org/research-grants/research-consultation-awards> for details.

### In This Issue

- Citations of the Month- **Treating PTSD in Military Populations**
- From the EMDR Bookshelf



### Citations of the Month- **Treating PTSD in Military Populations**

Brickwell, M., Russell, M., & Smith, R. (2015). [The effectiveness of evidence-based treatments in treatment of active military personnel and their families.](#) *Journal of EMDR Practice and Research*, 9(4), 198-208.



Between 338,000 and 520,000 active duty military personnel are estimated to have posttraumatic stress disorder (PTSD). Multiple randomized controlled trial (RCT) studies exist regarding the efficacy of PTSD evidence-based treatments (EBTs); however, it was recommended in the literature that future research on PTSD psychotherapies be conducted on genuine therapies with committed therapists, ideally treatments as practiced in the community, working with samples of patients resembling those seen in the community. We analyzed archival clinical

outcome data from U.S. military clientele, being seen in military community counseling centers, who received a PTSD-EBT, eye movement desensitization and reprocessing (EMDR). Out of 99 archival cases, 65 were active duty military personnel. PTSD was identified as the primary diagnosis for 65 of the clients; of these 65 cases, 42 involved combat, whereas 23 were noncombat related. Across all outcome measures used, the results after EMDR treatment indicated significant improvement. These findings demonstrated the effectiveness of using PTSD-EBT in treating active military populations in general and EMDR in particular. Future implications for conducting effectiveness research are examined.

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## From the EMDR Bookshelf

Hurley, E.C. (2016). **Treating military sexual trauma with EMDR therapy.** In L. Katz (Ed.), [Treating military sexual trauma](#) (pp. 155-174). New York, NY: Springer Publishing Co.

An evidence-based text for understanding and treating MST from multiple perspectives. The incidence of sexual assault and harassment experienced by members of the U.S. Armed forces has reached epidemic proportions. Its victims often suffer from devastating, life-long consequences to their careers, health, relationships, and psychological wellbeing. This authoritative resource is written for mental health clinicians about understanding and treating military sexual trauma (MST). Based on a solid foundation of research and clinical expertise, it addresses the complex circumstances of victims of sexual abuse in the military and how clinicians can meet the unique challenges of treating these clients.

The book describes how MST differs from other forms of military trauma such as combat and discusses its prevalence, neurobiology, and social contexts as well as unique stressors of betrayal, injustice, struggles with issues of reporting and disclosure, and impact on relationships and sexuality. It reviews current evidence-based interventions and offers insights on treating specific symptoms within MST, such as PTSD, anxiety, substance abuse, sleep disorders, and sexual dysfunction. Chapters discuss how a variety of psychotherapies can be used to treat MST, including Prolonged Exposure, Cognitive Processing, EMDR, Seeking Safety, ACT, and Somatic Experiencing, as well as the Warrior Renew MST group therapy program. Clinicians, who work with veterans and active duty personnel, will find this book an essential guide to working with MST survivors.

**For a complete list of Military In Action Archives, go to:**

<http://www.emdrresearchfoundation.org/index.php/for-professionals/newsletters>

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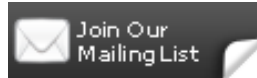
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