



EMDR Therapy with Refugees

This monthly E-newsletter was 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.

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.

For Details

<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.

For Details

<http://emdrresearchfoundation.org/research-grants/research-consultation-awards>

EMDR Therapy with Refugees:



Studies

Schouler-Ocak, M. (2017).

[Eye movement desensitization and reprocessing: Trauma-centered psychotherapy in patients with refugee background.](#)

Psychotherapeut, 62(4), 314-321.

doi:10.1007/s00278-017-0202-z. German.

ABSTRACT:

Context:

Intercultural trauma-centered psychotherapy with cultural advisors and professionally trained interpreters is as effective as psychotherapy in the native language of refugee and asylum seeker patients without any language competency in German. Trauma-centered psychotherapy in native languages cannot, in general, be implemented because the number of qualified psychotherapists who speak a native language is insufficient; therefore, working with professionally trained interpreters is of great importance. This setting reduces the barriers to treatment by trauma-centered intercultural psychotherapy with a professionally trained interpreter. Using the Eye Movement Desensitization and Reprocessing method (EMDR) with a professionally trained interpreter is of increasing interest, so that more and more refugee and asylum seeker patients with a trauma-related disorder, e.g., posttraumatic stress syndrome (PTSD) can be treated. The EMDR method is an additional approach, which overlaps with various concepts of psychotherapy. This article gives an overview of intercultural trauma-centered psychotherapy using the EMDR method with a professionally trained interpreter in refugee and asylum seeker patients and concludes with recommendations for this setting.

Studies

Tribe, R. H., Sendt, K. V., & Tracy, D. K. (2017).

[A systematic review of psychosocial interventions for adult refugees and asylum seekers.](#)

Journal of Mental Health, 1-15.

doi:10.1080/09638237.2017.1322182.

**WELCOME
REFUGEES**

ABSTRACT:

Background:

Europe is in the midst of the largest refugee migration since the Second World War; there is an urgent need to provide an updated systematic review of the current best evidence for managing mental distress in refugee

populations.

Aims:

The aim of this review is to provide an exhaustive summary of the current literature on psychosocial interventions, both trauma- and non-trauma-focused, for refugee populations experiencing post-traumatic stress disorder (PTSD), depressive or anxiety symptoms. To produce recommendations for future research and current clinical practice.

Method:

Searches were conducted in PubMed, PsychINFO (Hosted by Ovid), PI-LOTS and Social Services Abstracts; 5305 articles were screened and 40 were included.

Results:

This review found medium to high-quality evidence supporting the use of narrative exposure therapy (NET). A lack of culturally adapted treatments was apparent, and there was less evidence to support standard cognitive behavioral

therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR) and multidisciplinary treatments.

Conclusion:

NET produced positive outcomes in refugees from a diverse range of backgrounds and trauma types. There is a general dearth of research in all intervention types: further research should include more "real-world" multidisciplinary interventions that better model clinical practice. Recommendations for evaluating local need, and creating a culturally sensitive workforce are discussed.

IN THE NEWS:



BBS News. (2017, August 9).

[Canada military builds refugee camp for refugees from the US.](#)

For previously listed Early EMDR Intervention citations and a complete list of Military In Action Archives, go to the Military section:

[More Information click Here](#)

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