



EMDR Therapy in the Treatment of Addiction

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

ATTENTION RESEARCHERS: If you are interested in doing research that addresses EMDR topics related to the military and you need additional funding, consider applying for the \$25,000 EMDR Research Grant Award.

\$25,000 EMDR Research Grant Award Details:

<https://emdrresearchfoundation.org/research-grants/25000-emdr-research-grant-award/#>

If you need access to expertise for a research project, don't hesitate to apply for the \$1,000 Research Consultation Award.

Research Consultation Award Details:

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

EMDR Studies



EMDR Study

Pilz, R., Hartleb, R., Konrad, G., Reininghaus, E., & Unterrainer, H. F. (2017).

[The role of eye movement desensitization and reprocessing \(EMDR\) in substance use disorders: A systematic review. Fortschritte Der Neurologie-Psychiatrie](#)

85(10), 584-591. doi:10.1055/s-0043-118338

ABSTRACT:

Context:

Eye Movement Desensitization and Reprocessing (EMDR) is a therapeutic method that has been shown to be especially effective in traumatic disorders. Since the concept of an addiction memory has become widely accepted, the use of EMDR also in substance use disorders (SUD) treatment might count as a separate field. This review summarizes the current state of re- search on treatment effects EMDR in SUD. The literature search included the databases of PubMed and PsychInfo; four studies met the inclusion criteria. EMDR was found to be related to a decreased amount of craving, fear and depression and to an improvement of emotion regulation and management and self-esteem. Initial findings indicate a high therapeutic potential of EMDR in SUD treatment.

EMDR Study

The prevalence of addiction returning from deployments:

Eisen, S. V., Schultz, M. R., Vogt, D., Glickman, M. E., Elwy, A. R., Drainoni, I., Osei-Bonsu, P. E., & Martin, J. (2012).

[Mental and physical health status and alcohol and drug use following return from deployment to Iraq or Afghanistan.](#)

American Journal of Public Health, 102 (Supplement 1), S66-S73. doi:10.2105/AJPH.2011.300609.



ABSTRACT:

Objectives:

We examined (1) mental and physical health symptoms and functioning in US veterans within 1 year of returning from deployment, and (2) differences by gender, service component (Active, National Guard, other Reserve), service branch (Army, Navy, Air Force, Marines), and deployment operation (Operation Enduring Freedom/Operation Iraqi Freedom [OEF/OIF]).

Methods. We surveyed a national sample of 596 OEF/OIF veterans, oversampling women to make up 50% of the total, and National Guard and Reserve components to each make up 25%. Weights were applied to account for stratification and nonresponse bias.

Results:

Mental health functioning was significantly worse compared with the general population; 13.9% screened positive for probable posttraumatic stress disorder, 39% for probable alcohol abuse, and 3% for probable drug abuse. Men reported more alcohol and drug use than did women, but there were no gender differences in posttraumatic stress disorder or other mental health domains. OIF veterans reported more depression or functioning problems and alcohol and drug use than did OEF veterans. Army and Marine veterans reported worse mental and physical health than did Air Force or Navy veterans.

Conclusions:

Continuing identification of veterans at risk for mental health and substance use problems is important for evidence-based interventions intended to increase resilience and enhance treatment.

In the News

Condron, P. (2017, November 15). [A guide to addiction and recovery for veterans.](#) Recovery.org.

Greenwood, G. (2017, August 11). [More soldiers failing drug tests on foreign deployments.](#) BBC News online.



What's New?



You have the opportunity to create a fundraising page in which your network can easily donate to the EMDR Research Foundation in honor of a family member, friend, colleague, yourself, or through a special event or occasion like a wedding, graduation, or running in a 5K race!

Spread the word even further about EMDR therapy and create a Facebook Fundraising

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SEE OUR UPDATED TOOLKIT!

EMDR Early Intervention and Crisis Response: Researcher's Toolkit

Version 03.2018 © 2014-2018

Rosalie Thomas, Ph.D., R.N. with formatting/design work by Katy Murray, MSW, LICSW

[View Our New Researcher's Toolkit](#)



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