



## Recent Events and Early EMDR Intervention R-TEP in the aftermath of an earthquake

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 Newsletters 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:

## EMDR Studies



### EMDR Study

Saltini, A., Rebecchi, D., Callerame, C., Fernandez, I., Bergonzini, E., & Starace, F. (2017).

[Early eye movement desensitisation and reprocessing \(EMDR\) intervention in a disaster mental health care context.](#)

Psychology, Health & Medicine, 1-10.  
doi:10.1080/13548506.2017.1344255

### ABSTRACT:

Early psychological intervention is defined as commencing treatment within three months of the traumatic event, with the aim to prevent or treat posttraumatic stress disorder, ongoing distress or acute stress disorder. In natural disaster situations, specific issues may limit the amount of time available for treatment and the possibility of interventions. Eye movement desensitization and reprocessing (EMDR) can be used without regard to these limits. The aim of the study is to evaluate the effects of EMDR, Recent Traumatic Episode Protocol (R-TEP) provided within three months of the traumatic event to a large sample of individuals exposed to the earthquake that hit Emilia-Romagna Region (Northern Italy) in 2012. This study is based on a retrospective review of medical records collected during the activities of psychological and psychosocial unit in the immediate aftermath of an earthquake. In total, 529 participants completed the Impact of Event Scale-Revised (IES-R) (pre and post-treatment). To provide a comparison similar to a waitlist-like control group, a method of cohort analysis was applied. In addition, the possible time-dependent effect was tested. ET (early-treated sample, participants treated within one month after the earthquake) and LT (late-treated sample, participants treated after the first month from the earthquake) reported at post-treatment an improvement to a level below the IES-R cutoff (65.8% of the ET sample and 64.02% of the LT sample). Control group analog and time-outcome correlation suggest that positive changes in symptoms were likely due to the treatment provided and not merely to the time lapse from the traumatic event. The results of this study suggest that EMDR is a viable treatment option in response to a disaster crisis and in reducing the psychological distress of acutely traumatized individuals within the context of a natural disaster.

## Recent Events and Early EMDR Intervention G-TEP with traumatized refugees

### EMDR Study

Lehning, M., Shapiro, E., Schreiber, M., & Hofmann, A. (2017).

[Evaluating the EMDR group traumatic episode protocol with refugees: A field study.](#)

Journal of EMDR Practice and Research, 11(3),  
129-138. doi:10.1891/1933-3196.11.3.129



## ABSTRACT:

In 2015, more than 1.5 million refugees arrived in Germany, many severely traumatized. Eye movement desensitization and reprocessing (EMDR) therapy has been proven to be an effective treatment for acute and chronic traumatic stress symptoms. A modification for provision in group settings was developed by E. Shapiro: the EMDR Group Traumatic Episode Protocol (G-TEP). In this field study, we investigated the effectiveness of two sessions of EMDR G-TEP in treating traumatized refugees. After receiving a psycho-education session, 18 Arabic-speaking refugees from Syria and Iraq who had come to Germany during the previous five months were assigned to treatment or wait listed. The Impact of Even Scale-Revised (IES-R) and Beck Depression Inventory (BDI) were administered at pre- and posttreatment. The analysis was conducted using the Mann-Whitney U test and planned Kolmogorov-Smirnov tests. Results showed significant differences between the treatment and the wait list groups, indicating a significant decline in IES-R scores ( $p < .05$ ). Although differences in BDI scores did not reach significance ( $p = .06$ ), a large decline in BDI scores was seen in the treatment group. These results provide preliminary evidence that it might be effective to treat groups of traumatized refugees with EMDR G-TEP.

## In the News

Sicard, S. (2017, August 25). [How the US military responds to a hurricane, in photos.](#) Task & Purpose

National Defence and the Canadian Armed Forces (2018, March 14). [How the DART responds to emergencies.](#) Canada.ca.

Vehicles for Veterans (2017, July 10). [The U.S. military's role in disaster relief.](#) Vehicles for Veterans.



Photo US ARMY

## What's New?

### CREATE A FUNDRAISING PAGE!

You have the opportunity to create a fundraising page in which your network can



as your nonprofit.

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 Page and select EMDR Research Foundation

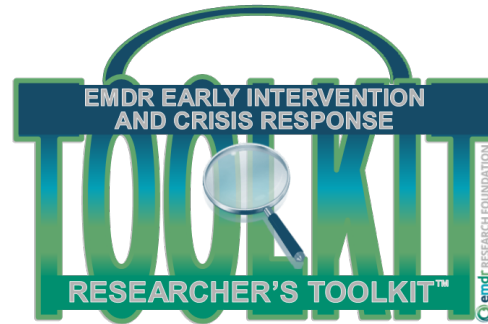
[More Details on Creating a Fundraising Page](#)

### 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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## You, as always, are invaluable in this endeavor!

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