EMDR therapy evaluated clinical applications

To-date, while numerous randomized controlled studies have supported EMDR therapy’s effectiveness in the treatment of trauma and PTSD across the lifespan, other clinical applications are generally evaluated in case studies, open trials and isolated RCT and are in need of further investigation. In addition to the studies reviewed in Chapter 12, this section provides an overview of a range of published evaluations.

Another excellent resource is the Francine Shapiro Library (FSL) created by Barbara Hensley, Ed.D., and hosted by the EMDR International Association. It is a compendium of scholarly articles and other significant publications related to the Adaptive Information Processing model and EMDR therapy. http://emdria.omeka.net/

Since the initial efficacy study (Shapiro, 1989a), positive therapeutic results with EMDR therapy have been reported with a wide range of populations including the following:

1. **Combat veterans from the Iraq Wars, the Afganistan War, the Vietnam War, the Korean War, and World War II who were formerly treatment resistant and who no longer experience flashbacks, nightmares, and other PTSD sequelae** (Blore, 1997a; Brickell, Russell, & Smith, 2015; Carlson, Chemtob, Rusnak, & Hedlund, 1996; Carlson, Chemtob, Rusnak, Hedlund, & Muraoka, 1998; Daniels, Lipke, Richardson, & Silver, 1992; Hurley, 2018; Lansing, 2013; Lipke, 2000; Lipke & Botkin, 1992; McLay et al, 2016; Narimani, Sadeghieh Ahari, & Rajabi, 2008; Niroomandi, 2012; Russell, 2006, 2008b; Russell & Figley, 2012; Russell, Silver, Rogers, & Darnell, 2007; Silver & Rogers, 2001; Silver, Rogers, & Russell, 2008; Thomas & Gafner, 1993; Wesson & Gould, 2009; Wright & Russell, 2012; White, 1998; Young, 1995;

2. **Persons with phobias, panic disorder, obsessive compulsive disorder and geneneralized anxiety disorder who revealed a reduction of fear and symptoms** (Cusimano, 2018; Cook & Taylor, 2013; de Jongh, 2012; de Jongh, Holmshaw, Carswell, & van Wijk, 2010; de Jongh & ten Broeke, 1998; de Jongh, ten Broeke, & Renssen, 1999; de Jongh, van den Oord, & ten Broeke, 2002; Doering, Ohlmeier, de Jongh, Hofmann, & Bisping, 2013; de Roos & de Jongh, 2008; de Roos, Veenstra, de Jongh, den Hollander-Gijsman, van der Wee, Zitman, & van Rood, 2010; Feske & Goldstein, 1997; Farina, Dowlatabadi, & Behzadi, 2015; Farretta, 2013; Fernandez & Faretta, 2007; Gauvreau & Bouchard, 2008; Goldstein, 1992; Goldstein & Feske, 1994; Grey, 2011; Gupta, Gupta, & Choudhary, 2014; Horst et al., 2017; Howard & Cox, 2006; Kleinknecht, 1993; Leeds, 2012; Marr, 2012; Marsden, 2016; Nadler, 1996; Morrissey; 2013; Nazari, Momeni, Jariani, & Tarrahi, 2011; Newgent, Paladino, & Reynolds, 2006; O’Brien, 1993; Rathschlag & Memmert, 2014; Schurmans, 2007). Some controlled studies of spider phobics have revealed comparatively little benefit from EMDR (e.g., Muris & Merckelbach, 1997; Muris, Merckelbach, Holdrinet, & Sijsenaar, 1998; Muris, Merckelbach, van Haaften, & Nayer, 1997) but evaluations have been confounded by lack of fidelity to the published protocols (see de Jongh et al, 1999; Shapiro, 1999). One evaluation of panic disorder with agoraphobia (Goldstein, de Beurs, Chambless, & Wilson, 2000) also reported limited results.

3. **Crime victims, police officers, fire fighters, field workers, and caregivers who are no longer disturbed by the aftereffects of violent assaults and/or the stressful nature of their work** (Jensma, 1999; Kitchiner, 2004; Kitchiner & Aylard, 2002; Kleinknecht & Morgan, 1992; Lansing, Amen, Hanks, & Rudy, 2005; McNally & Solomon, 1999; Page & Crino, 1993; Rost, Hofmann, & Wheeler, 2009; Shapiro & Solomon, 1995; Solomon, 1995, 1998; Solomon & Dyregrov, 2000; Wilson, Becker, Tinker, & Logan, 2001).

4. **People relieved of excessive grief due to the loss of a loved one or to line-of-duty deaths, such as engineers no longer devastated with guilt because their train unavoidably killed pedestrians** (Lazrove, Triffleman, Kite, McGlasshan, & Rounsaville, 1998; Meynsner, Cotter, & Lee, 2016; Puk,1991; Shapiro & Solomon, 1995; Solomon, 1995, 1998; Solomon & Kaufman, 2002; Solomon & Rando, 2007; Solomon & Shapiro, 1997; Sprang, 2001).

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6. Sexual assault victims who are now able to lead normal lives and have intimate relationships (Allon, 2015; Edmond, Lawrence, & Schrag, 2016; Edmond, Rubin, & Wambach, 1999; Hyer, 1995; Kowal, 2005; Posmontier, Dovydaitis, & Lipman, 2010; Puk, 1991; Rothbaum, 1999; Rothbaum, Astin, & Marsteller, 2005; Scheck, Schaeffer, & Gillette, 1998; Shapiro, 1989b, 1991, 1994; Tang, Yang, Yen, & Liu, 2015; Wolpe & Abrams, 1991).


8. Accident, surgery, and burn victims who were once emotionally or physically debilitated and who are now able to resume productive lives (Blore, 1997b; Broad & Wheeler, 2006; Hassard, 1993; McCann, 1992; Stramrood et al, 2012).

9. Victims of family, marital and sexual dysfunction who are now able to maintain healthy relationships (Bardin, 2004; Capps, 2006; Edmond, Lawrence, & Schrag, 2016; Edmond, Rubin, & Wambach, 1999; Hyer, 1995; Kowal, 2005; Posmontier, Dovydaitis, & Lipman, 2010; Puk, 1991; Rothbaum, 1999; Rothbaum, Astin, & Marsteller, 2005; Scheck, Schaeffer, & Gillette, 1998; Shapiro, 1989b, 1991, 1994; Tang, Yang, Yen, & Liu, 2015; Wolpe & Abrams, 1991).


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11. People with dissociative disorders and psychosis who progress at a rate more rapid than that achieved by traditional treatment (Barol and Seubert, 2010; Cohen, 2009; de Bont et al., 2019; Dilly, 2014; Fine, 1994; Fine & Berkowitz, 2001; Knipe, 2014; Laziove & Fine, 1996; Paulsen, 1995; Twombly, 2000, 2005; Young, 1994; van der Hart, 2014).

12. People with performance anxiety or deficits in school, business, performing arts, and sport who have benefited from EMDR as a tool to help enhance performance (Barker & Barker, 2007; Crabbe, 1996; Foster & Lendl, 1995, 1996; Graham, 2004; Maxfield & Melnyk, 2000; Silverman, 2011).


14. Adults and adolescents successfully treated for diagnosed depression (Bae, Kim, & Park, 2008; Behnam, Behnam, & Salehian, 2015; Behnam-moghledam, Alam-dari, Behnam-moghledam, & Darban, 2015; Broad & Wheeler, 2006; Gauhar & Majid, 2016; Grey, 2011; Hase, Balmaceda, Hase, Lehnung, Tumani, Huchzermeier, & Hofmann, 2015; Hase et al., 2018; Lobenstine & Coutney, 2013; Manfield, 1998b; Minelli et al., 2019; Ostacoli et al., 2018; Protinsky, Sparks, & Flemske, 2001a; Semiz, Atik, & Erdem, 2016; Srivastava & Mukhopadhyay, 2008).

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