EMDR Therapy for Events that have Recently Occurred

The objective of this article is to report on an emergency posttraumatic treatment following the November 13, 2015 attacks in Paris. Thirty-six children and 20 adults were treated with EMDR therapy or debriefing within 48 hours after the attacks. Quantitative assessments were performed pre- and post-treatment and at a 3-month follow-up. The EMDR treatment administered to the children and the debriefing used with the adults both showed their efficacy through the reduction on all quantitative measures. Our results indicate that the EMDR approach and emergency treatment strategies may be promising treatment strategies that are non-invasive and preventive. Although these results should be
completed by studies on larger samples with a control group, they remain promising in that they suggest that an emergency psychological treatment based on EMDR procedures may prove effective in preventing the installation of a post-attack posttraumatic stress disorder. Learn more.

---

An Eye Movement Desensitization and Reprocessing (EMDR) Group Intervention for Syrian Refugees with Post-traumatic Stress Symptoms: Results of a Randomized Controlled Trial

The number of refugees has increased significantly over the past few years. PTSD and depression are among the most common mental health problems among refugees. Eye Movement Desensitization and Reprocessing (EMDR), an effective treatment for PTSD, is usually administered individually. The availability of mental health resources would be greatly enhanced when EMDR can be delivered to groups. The EMDR G-TEP is a group protocol based on EMDR Early Intervention protocols. There is clinical evidence and one field study published on the effect of EMDR G-TEP and there is only one RCT published on the treatment of PTSD and depression in a refugee camp. The aim of our study was to investigate the efficacy of EMDR G-TEP in treating post-trauma symptoms and depression and preventing the development of chronic PTSD among refugees living in a refugee camp. Learn more.
Treating Combat-Related Stress Disorders: A Multiple Case Study Utilizing Eye Movement Desensitization and Reprocessing (EMDR) with Battlefield Casualties from the Iraqi War

Casualties from the Iraqi War were evacuated to a field hospital in Rota, Spain, and were screened for combat-related stress conditions. Four combat veterans requested immediate relief of their posttraumatic symptoms prior to returning to the United States. A single session of Eye Movement Desensitization and Reprocessing (EMDR) led to significant improvement in their acute stress disorder and posttraumatic stress disorder symptoms. A detailed account of those treatment sessions, as well as the proposed alterations of standard protocols for time-limited fieldwork, is presented. Compared to other early interventions, EMDR may be better suited for combat veterans. The results are promising but in need of further research. Learn more.
Announcing a $50,000 Grant Award

In honor of the legacy of Dr. Francine Shapiro, the EMDR Research Foundation is pleased to announce a $50,000 grant to be awarded and funded by the Francine Shapiro Memorial Fund. It was her dedication to research that inspired and motivated us to form the EMDR Research Foundation. Her mantra was Research, Research, Research! She would often say to clinicians making a verbal report of success, “Will you write that up? That needs to be published!” Whatever is claimed in your clinical practice, must be validated in research. We hope to be able to carry that legacy forward in our work together. Learn more.

Grants & Awards

Our next grant application deadline is February 1, 2020 and can be submitted through our website.

RESEARCH AWARD GRANTS
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.

RESEARCH CONSULTATION AWARDS
Up to $1,000 may be available to facilitate access to required expertise that would advance the development of an EMDR Therapy research project, to support the completion of an EMDR Therapy research project underway, or the writing of an article on EMDR Therapy for publication in a professional journal. Applications for these awards are accepted at any time during the year.

Learn more.
Revised Fidelity Rating Scale

NEW for Clinicians, Consultants, and Researchers! The EMDR Fidelity Rating Scale (EFRS) has been significantly revised since it was originally published, making it more precise and user-friendly.

Learn more.

New ISTSS Prevention and Treatment Guidelines

The new International Society for Traumatic Stress Studies' (ISTSS) guidelines on the prevention and treatment of post-traumatic stress disorder (PTSD), and position papers on complex PTSD, have recently been published. An international committee of experts was established in 2015 to update guidelines published in 2009 by reviewing the latest evidence from clinical research trials. The guidelines and position papers are intended to assist clinicians providing prevention and treatment interventions for children, adolescents and adults with, or at risk of, developing PTSD and Complex PTSD. Professor Julian Ford, ISTSS President, said, "The excellent work of the ISTSS Treatment Guidelines Committee will make a real difference to people affected by traumatic events" The new guidelines and position papers are available to download from the ISTSS website.

Learn more.

Create a Fundraising Page

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!

Learn more.
See Our Updated Toolkit

Whether humanity inflicting harm on itself or due to natural disasters, left untreated, traumatic life experiences can lead to more harm. The EMDR Research Foundation has created the EMDR Early Intervention (EEI) Toolkit as a research to clinicians and researchers in times of need.

Learn more.