



The EMDR Research Foundation is delighted to congratulate two of our 2012 Award Winners

Congratulations Catherine Butler of the Educational Psychology Program at Argosy University in San Diego

Catherine received our award to help fund her dissertation on: An Evaluation of the Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) as Compared to Treatment as Usual for Veterans with PTSD.

Abstract

The Department of Veterans Affairs states that 95% of all military members returning from Iraq and Afghanistan will suffer from some form of Post Traumatic Stress Disorder (PTSD) as a result of their military service. Eye Movement Desensitization and Reprocessing (EMDR) has proven to be a successful treatment for military related PTSD, however it has not been recently studied. This study is a comparison of EMDR and Treatment as Usual (talk therapy) for veterans with military related PTSD over a 12 session course of treatment in a pre-, post, and follow up design. Future studies will replicate this project in order to 1) increase the pool of subjects, 2) establish the effectiveness of EMDR over a prolonged amount of time, and 3) continue to evaluate the decrease or eradication of PTSD symptoms in veterans.

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Congratulations Bessel van der Kolk, M.D. and Ruth Lanius, M.D., Ph.D.

Bessel and Ruth received our award for their proposed research on: Functional Neuroanatomy of Bilateral Eye Movements During Trauma Script Imagery.

Abstract

Despite substantial evidence of its effectiveness in treating posttraumatic stress disorder (e.g., Bisson et al., 2007; Bradley, Greene, Russ, Dutra, & Westen, 2005, van der Kolk et al, 2005), eye movement desensitization and reprocessing (EMDR) remains a controversial treatment. Most of this controversy has centered on the necessity and function of the eye movements or other bilateral stimulation techniques in promoting symptom reduction and integration of traumatic memories. Although several possible mechanisms of action have been proposed, the functional neurobiology has not yet been elucidated (see reviews Gunter & Bodner, 2009; Maxfield, 2008). At present, few studies have attempted to directly study the functional neuroanatomy of EMDR. Thus, we propose a mechanistic fMRI study to examine the neurobiological mechanisms underlying horizontal saccadic eye movements during exposure to trauma script imagery. The proposed study aims to systematically test the hypothesis of increased thalamic activation and connectivity during EMDR through visualization of functional neurological activity during trauma script imagery with and without horizontal or vertical eye movements. We will use concurrent fMRI, EEG, heart-rate variability (HRV), and skin conductance measurements throughout the protocol, in order to correlate the various measures of psychophysiological functioning and attempt to provide information to assist with integrating previous research findings with varied measurements. We plan to

recruit 40 participants: 20 participants without a history of psychiatric disorders and 20 participants with PTSD.

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The EMDR Research Foundation is once again accepting applications for a Research Grant Award (up to \$10,000) and a Doctoral Dissertation Award (up to \$5,000). The applications are due **July 1, 2012** and recipients of the award will be notified of their selection by September 15, 2012.

To access the Research Grant Award Request for Proposal information, please [click here](#).

To access the Doctoral Dissertation Award Request for Proposal information, please [click here](#).

Thank you for all you do and your support of EMDR.

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