

## EMDR and The Military In Action

A monthly newsletter to keep you informed.

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

### In This Issue

- The use of eye movement desensitization and reprocessing (EMDR) in the treatment of traumatic stress and complicated mourning: Psychological and behavioral outcomes
- EMDR and emotionally focused couple therapy for war veteran couples
- Lights signal end of Iraq trauma

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### Citation of the Month

Sprang, G. (2001, May). **The use of eye movement desensitization and reprocessing (EMDR) in the treatment of traumatic stress and complicated mourning: Psychological and behavioral outcomes.** *Research on Social Work Practice*, 11(3), 300-320. doi10.1177/104973150101100302.



Objective: The purpose of this study was to determine the differential effects of treatment of a complex of symptomatology that includes grief, PTSD, anxiety, and self-esteem by comparing eye movement desensitization and reprocessing (EMDR) and guided mourning (GM) treatments. Method: 23 EMDR clients and 27 GM clients completed measures designed to assess psycho-social and behavioral symptoms of loss before and after treatment and at a 9-month-follow-up period. Results: Out of the 5 psycho-social measures of distress, four (State Anxiety, Impact of Event Scale, Index of Self-Esteem, and PTSD) were found to be significantly altered by type of treatment provided, with EMDR clients reporting the greatest reduction of PTSD symptoms. Data from the behavioral measures revealed similar findings. [Author Abstract]

## Related Article

For those of you interested in the Translating Research into Practice article in the Journal of EMDR Practice and Research, please read:

Murray, K. (2012). **EMDR with grief: Reflections on Ginny Sprang's 2001 study**. Journal of EMDR Practice and Research, 6(4), 187-191.  
doi:10.1891/1933-3196.6.4.1.

"Translating Research Into Practice" is a new regular journal feature in which clinicians share clinical case examples that support, elaborate, or illustrate the results of a specific research study. Each column begins with the abstract of that study, followed by the clinician's description of their own application of standard eye movement desensitization and reprocessing (EMDR) procedures with the population or problem treated in the study. The column is edited by the EMDR Research Foundation with the goal of providing a link between research and practice and making research findings relevant in therapists' day-to-day practices. In this issue's column, Katy Murray references Sprang's (2001) study, which investigated EMDR treatment of complicated mourning and describes how she used EMDR with three challenging cases—a mother mourning for her young adult son who died by suicide, a woman struggling with the loss of her mother to Alzheimer's disease, and a young mother whose baby was stillborn. Case examples are followed with a comprehensive discussion.

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## From The EMDR Book Shelf

Errebo, N., & Sommers-Flanagan, R. (2007). [EMDR and emotionally focused couple therapy for war veteran couples](#). In F. Shapiro, F. W. Kaslow, & L. Maxfield (Eds.), Handbook of EMDR and family therapy processes (pp. 202-222). Hoboken, NJ: John Wiley & Sons Inc. xxxiii, 470 pp.

Errebo presents a case study of an Iraq War veteran with PTSD whose marriage was saved due to Eye Movement Desensitization and Reprocessing (EMDR) therapy. The case is especially relevant, given the numbers of soldiers returning from Iraq and Afghanistan, and the numbers who are reported to have ongoing post-traumatic symptoms up to and including post-traumatic stress disorder (PTSD). Case Commentary by Christine Courtois; Response by Author.

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## EMDR In The News

Goldwin, C. (2012, February 20). [Lights signal end of Iraq trauma](#). The Telegraph.

"At my first session I just thought it was bonkers," she says. "I couldn't believe it

would ever help me."The therapy, called EMDR (Eye Movement Desensitization and Reprocessing), is designed primarily to treat PTSD, a disorder triggered by the experience of a shocking or violent event. Although EMDR remains controversial, its reputation is gaining ground. With recent figures showing that almost one in 50 servicemen and women were diagnosed with mental health problems last year, the Ministry of Defense signed a three-year contract in June to provide EMDR for personnel with psychological trauma. [Excerpt]

The EMDR Research Foundation has posted **Translating Research Into Practice** (TRIP) Links for a number of articles that focus on current research on use of EMDR with **recent events and community disasters**, and one that focuses on **working with children exposed to disaster**. The articles are full-text and free to anyone.

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## Special Notes

Our Wordpress blog: <http://emdrresearchfoundation.wordpress.com/>  
(note that there are entries on 12/16 and 12/18 with links to articles)

Like us on Facebook: [www.facebook.com/emdrresearchfoundation](http://www.facebook.com/emdrresearchfoundation)  
(note that there are quite a few relevant entries with links to articles)

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2920 N. Quinlan Park Road, Suite B240 #115, Austin, TX 78732  
[512-571-3637](tel:512-571-3637) | [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

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