

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 Reprocessing (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

- Treating combat-related stress disorders: A multiple case study utilizing eye movement desensitization and reprocessing (EMDR) with battlefield casualties from the Iraqi war.
- An EMDR Primer: From Practicum to Practice.
- Eye movement therapy offers faster recovery from PTSD.

Citation Of The Month

Russell, M. C. (2006). [Treating combat-related stress disorders: A multiple case study utilizing eye movement desensitization and reprocessing \(EMDR\) with battlefield casualties from the Iraqi war.](#) *Military Psychology*, 18(1), 1-18. doi:10.1207/s15327876mp1801_1.



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.

From The EMDR Bookshelf

Hensley, B. J. (2009). [An EMDR Primer: From Practicum to Practice](#). New York, NY: Springer Publishing Co.

This book is intended to be a primer for use as a companion to Dr Francine Shapiro's textbook. It serves as a comprehensive review of the Adaptive Information Processing (AIP) Model and EMDR principles, protocols and procedures for the newly trained in EMDR and for experienced clinicians who want to review the principles.

EMDR In The News

Brauser, B. (2013, March 13). Eye movement therapy offers faster recovery from PTSD. *Medscape Medical News*.

Eye movement desensitization and reprocessing (EMDR) therapy may offer an effective option for treating post-traumatic stress disorder (PTSD) that is more rapid than cognitive behavioral therapy (CBT), new research suggests.

In a randomized controlled trial with almost 150 outpatients with PTSD, both those who received EMDR and those who received a form of trauma-focused CBT known as brief eclectic psychotherapy had reductions in symptom severity. However, the EMDR-treated group also showed a significantly faster recovery.

"As far as I am aware, this is the first study that directly compares [these] treatments with sufficiently large numbers," lead author Mirjam J. Nijdam, MSc, postdoctorate researcher/psychologist at the Center for Anxiety Disorders at the Academic Medical Center at the University of Amsterdam, the Netherlands, told *Medscape Medical News*.

Special Notes

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

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