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EMDR and the Military in Action E-Newsletter | Special Edition



## EMDR AND THE MILITARY IN ACTION E-NEWSLETTER

September 2017 | SPECIAL EDITION

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.

[Learn more about the EMDR Research Foundation](#)

### 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. Go to <http://emdrresearchfoundation.org/research-grants/research-grant-awards> for details. If you need access to expertise for a research project, don't hesitate to apply for a \$1,000 research consultation award. For details go to <http://emdrresearchfoundation.org/research-grants/research-consultation-awards>.

### VA/DoD Clinical Practice Guideline

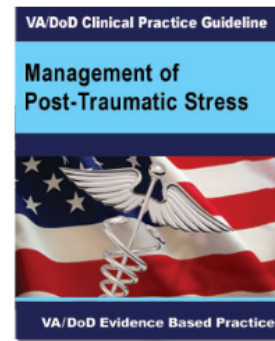
#### [Management of Posttraumatic Stress Disorder and Acute Stress Reaction \(2017\)](#)

The guideline describes the critical decision points in the Management of Posttraumatic Stress Disorder and Acute Stress Reaction and provides clear and comprehensive evidence based recommendations incorporating current information and practices for practitioners throughout the DoD and VA Health Care systems. The guideline is intended to improve patient outcomes and local management of patients with one

of these diagnoses. EMDR was listed as a trauma focused therapy with the strongest evidence from clinical trials along with PE and CPT.

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"For this CPG, trauma-focused psychotherapy is defined as therapy that uses cognitive, emotional, or behavioral techniques to facilitate processing a traumatic experience and in which the trauma focus is a central component of the therapeutic process.[40] The trauma-focused psychotherapies with the strongest evidence from clinical trials are Prolonged Exposure (PE),[41] CPT,[42] and Eye Movement Desensitization and Reprocessing (EMDR).[43,44] These treatments have been tested in numerous clinical trials, in patients with complex presentations and comorbidities, compared to active control conditions, have long-term follow-up, and have been validated by research teams other than the developers. Other manualized protocols that have sufficient evidence to recommend use are: specific cognitive behavioral therapies for PTSD,[45-53] Brief Eclectic Psychotherapy (BEP),[54-56] Narrative Exposure Therapy (NET), [57,58] and written narrative exposure.[59,60] There are other psychotherapies that meet the definition of trauma-focused treatment for which there is currently insufficient evidence to recommend for or against their use."



## Archives

For a complete list of Military In Action Archives, [click here](#).

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