



Promoting the health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.

A monthly newsletter keeping you informed.

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Visionary Alliance - Join Today

The **Visionary Alliance** is the EMDR Research Foundation's monthly giving donation program. For as little as **\$15 a month**, you could become a member of the Visionary Alliance and help to plant the seeds that could positively impact someone's future.

Join the Visionary Alliance today! With your support, we can learn more about the benefits of EMDR therapy.

Visit www.emdrresearchfoundation.org.

Special Notes & Upcoming Events

Board Development and Committee Volunteers Needed- We are looking for volunteers for committee work or Board membership, with a time

Translating Research Into Practice: Where Clinical Practice Meets Research

As important as Dr. Shapiro's famous "walk in the park" was to the development of EMDR, her 1989 research demonstrating EMDR's effectiveness is essential to clinical practice. But what if no one read Dr. Shapiro's study? What if clinician's had not described to colleagues their own successful cases using EMDR? How many of us would be practicing EMDR today if we as clinicians did not share with one another how our work had been inspired, informed, or guided by those early research findings?

"Translating Research Into Practice" is a new regular column in the *Journal of EMDR Practice and Research* (JEMDR) in which therapists 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

commitment of only a few hours a month. If you are a seasoned EMDR therapist looking for a way to give back, or you are new to the EMDR community and feel the excitement to "get involved" here's your chance. The level of involvement is up to you, and it is a chance to share your skills and talents in an area of interest for its notable cause. Please give this opportunity serious consideration and contact Rosalie Thomas atrthom@centurytel.net for more information.

EMDR Research Foundation wants to take this opportunity to say "**Thank You**" to all of our donors for their support. Your continued support has allowed the Foundation to expand its efforts including strategic planning, expanded research programs, and new education and awareness outreach. Please note our new mailing address and phone number.

Don't forget to like us on Facebook. It is just one more way to support the EMDR Research Foundation! It is free and quick! We will provide updates on research grants, outcomes from funded programs, and resources for you and those suffering who want to learn more about how EMDR may be able to help them.

Psychotherapy Networker Symposium in Washington, D.C. March 21-24, 2013 - EMDR Research Foundation will be an exhibitor this year. Be sure to stop by our booth to join the Visionary Alliance and learn more about what we are doing to support EMDR research.

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-today practices.

The first TRIP article, written by Katy Murray, describes clinical cases that support the findings from Ginny Sprang's 2001 study on complicated mourning. Katy's three cases exemplify Sprang's findings that EMDR reduces post-traumatic stress symptoms that can accompany normal grief. Additionally, her cases movingly illustrate Sprang's observation that the mourners treated with EMDR experienced an increase in positive recall of the loved one. She describes 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. This introductory TRIP article, [EMDR With Grief: Reflections on Ginny Sprang's 2001 Study](#) can be found in the JEMDR, 6(4) pp 187-191. As with all TRIP articles published in the Journal, it is available as a free-full text article immediately upon publication.

The second TRIP article, soon to be published, is written by Lisa Bellicci-st.romain. In it she references Engelhard, van den Hout, Dek, Giele, van der Wielen, Reijnen, and van Roij's (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future



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catastrophes - or "flashforwards." Bellici-st.romain's article describes her successful use of EMDR in targeting flashforwards. It will be published in JEMDR v7, n2.

What are the cases that you describe to colleagues to provide a face to research findings? What research have you read recently or long ago that resonates in your clinical work? Whether you are a clinician, researcher, consultant, or trainer, we are looking for new articles that bring research alive through clinical cases. You can learn more about TRIP through our [blog](#).

Please contact Katy Murray at katymurraymsw@comcast.net if you would like to contribute to the Translating Research Into Practice column or are interested in helping us with this project.

Research Consultation Awards

512.571.3637

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Research consultant awards of up to \$1,000 are available. Clinicians, post-doctoral students, or university faculty with expertise in EMDR interested in advancing knowledge about EMDR through research are eligible. The purpose of this award is to facilitate access to required expertise to further the development of EMDR research projects, support the completion of an EMDR research project underway, and the writing of an article on EMDR for publication in a professional journal. A committee of scholars with expertise in research design and EMDR will independently and blindly review each application. The committee will consider the following criteria when evaluating the merits of each application:

- The degree to which the proposed project addresses one of the priority areas established by the

Foundation as listed in this announcement.

- The clarity and specificity of the proposed project.
- The potential significance the project has for building knowledge in and strengthening EMDR practice.
- The potential for the project to ultimately result in conference presentations and/or publication of an article in a professional journal.

Applications will be accepted year round, and applicants will be notified of funding decisions within 30 days of receipt of the application. To learn more about how to apply for the Research Consultation Award, visit www.emdrresearchfoundation.org.

Thank you to our donors who help make grants like these possible!

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