



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.

In This Issue

[Support EMDR Research](#)
[Research on EMDR Treatment of Childhood Depression](#)
[\\$10,000 Research Grant Awarded](#)

Volume 1, Issue 9

Sign up for EMDR And The Military In Action

ERF sponsors a monthly newsletter that focuses on our colleagues who have been specifically trained to treat military personnel, veterans, and their families.

EMDR And The Military In Action is designed to promote continued interest and education in EMDR and show our support for those clinicians who deal daily with this growing population of traumatized individuals.

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**Ways to Support EMDR
Research Foundation**

Research on EMDR Treatment of Childhood Depression

Statistics say that about 5 percent of children and adolescents in the general population suffer from depression at any given point in time. Children under stress, who experience loss, or who have attentional, learning, conduct or anxiety disorders are at a higher risk for depression. Depression also tends to run in families.

www.accap.org

We also know that children who experience depression may show signs that are slightly different from the typical adult symptoms of depression. Children who are depressed may complain of feeling sick, refuse to go to school, cling to a parent or caregiver, or worry excessively that a parent may die. Older children and teens may sulk, get into trouble at school, be negative or grouchy, or feel misunderstood.

<http://www.nimh.nih.gov>

Research on EMDR treatment of children has been a priority area for the EMDR Research Foundation. One study funded in 2012 by the Foundation is being conducted by *Michael Scheering, MD, MPH, Tulane University School of Medicine in New Orleans, LA, and Ana Gomez, MA, LPC, Phoenix, AZ*

The aim of this research was to evaluate the effectiveness of EMDR in "treating trauma-related depression in 6-17 year old children."

You can support EMDR Research Foundation a variety of ways;

- Become a Visionary Alliance monthly donor.
- Make a single donation.
- Make a donation in honor or in memory of a loved one.

With your support, we can learn more about the benefits of EMDR therapy.

If you already support ERF but have not transferred your monthly commitment to our new online donation system, please click on the link provided below. If you need assistance or have questions, please contact the ERF office, and we will assist you. www.emdrresearchfoundation.org.

Thank you for your continued support as it is critical to the future of evidence-based EMDR therapy. We truly value your contribution to our mission.

Special Notes & Events

2013 EMDRIA Conference at the Renaissance Austin Hotel, September 26 - 29

The EMDR Research Foundation (ERF) Board of Directors look forward to meeting you face to face and thanking you for your support. Please stop by our booth (#8) to learn what the Foundation is doing to support research and how your support is vital to our endeavors.

We have onsite activities planned during the conference in support of EMDR research and hope you choose to participate. ERF activities include:

The children (n=40) will be randomly assigned to received either eight (8) sessions of EMDR or eight (8) sessions of standard treatment at a mental health clinic.

In September, 2013, the authors reported: At a real-world clinic, subjects (n=13; ages 6-17) who passed the inclusion and exclusion criteria were randomly assigned to either EMDR or Standard Treatment (ST). Eight (8) sessions of each condition were conducted. The EMDR group showed a significant decrease in depression symptoms over time when assessed at pre- and post-treatment, and three-months follow-up. PTSD symptoms also decreased significantly. Secondly, at post-treatment EMDR was superior to ST for treating depression, but comparisons of pre-treatment to follow-up were not significant. The preliminary results suggest EMDR is a promising intervention to treat depression in youth. The study findings are currently being written for publication.

Children at times are in inpatient settings and receive treatment during their stay. The hope is that treatment during that time will prevent further and continuing depression, anxiety and other symptoms often experienced by children who may have been traumatized in various ways.

In June 2013, EMDR Research Foundation funded:

Michael L. Blair, Ph.D. and Kathy Harm, Ph.D. at Crittenton Children's Center in Kansas City, Missouri

June 2013 ~ \$10,000 Research grant award

Project Title - Children & Adolescents in an Inpatient Setting

EMDR will be applied to 100 children between the ages of 5-18 with random assignment of an equal number to participants in EMDR therapy, or Skills-Based Cognitive-Behavioral Therapy. Pre- and Post-tests will be given (Peterson-Quay, Trauma Symptom Checklist for Children, and a Follow-up Questionnaire), and other data will be collected (demographic

- **Research the Facts** - Stop by the ERF Booth (#8) and fill out the form with ERF Facts to receive one free raffle ticket.
- **Raffle for Research** - Purchase raffle tickets to support ERF. Participants will be entered into a drawing to win great prizes. To purchase tickets and see the full list of prizes, stop by the ERF Booth (#8).
- **Visionary Alliance campaign** - Join or increase your monthly pledge by \$5 or more, participants will be entered into a special drawing for more great prizes.

We look forward to seeing you in Austin.

The Translating Research Into Practice (TRIP) *Newly Updated!*

[EMDR With Recurrent "Flash-Forwards": Reflections on Engelhard et al.'s 2011 Study.](#) Journal of EMDR Practice and Research, 7(2), 106-111. <http://dx.doi.org/10.1891/1933-3196.7.2.106> In this issue's column, Lisa Bellecci-St. Romain references Engelhard et al.'s (2011) study examining the impact of eye movements on recurrent, intrusive visual images about potential future catastrophes- "flash-forwards."

TRIP articles bring research alive and make research findings relevant in a therapist's day-to-day practice. It also supports researchers in disseminating their findings and provides a critical link between research and practice.

information, medication therapies, treatment and placement histories, presenting problems, and length of stay). This will be the first study to verify the efficacy of the use of EMDR with children and adolescents admitted to an inpatient acute psychiatric hospital.

We are excited by these projects and glad to be part of the effort to find more effective and research validated methods to heal suffering children everywhere.

To learn more about how you can support our continued efforts in EMDR research, visit our website, www.emdrresearchfoundation.org.

\$10,000 Research Grant Award Recipient is Announced

The EMDR Research Foundation is committed to funding quality research to further EMDR therapy. Most recently, the Foundation has selected the newest recipient for a Research Grand Award. **W. Markus (PhD candidate), Dr. G. de Weert, Dr. C.A.J. de Jong, Dr. E.S. Becker,** and **Dr. Hellen Hornsveld** have been granted \$10,000. The study will focus on the use of EMDR to reduce craving and drinking behaviour in alcohol dependent outpatients . A full description of the study is below.

Project Title: *From feasibility to efficacy: the use of EMDR to reduce craving and drinking behaviour in alcohol dependent outpatients - A multiple baseline study and RCT* (ClinicalTrials.gov Identifier: **NCT01828866**)

Abstract: The objectives of this study are to determine the acceptability, feasibility and efficacy of EMDR as an intervention to reduce craving and alcohol use in alcohol dependent outpatients and gain insight in working mechanisms. The study design is a randomized controlled trail (RCT) with out-patient alcohol-dependent patients (n=100) with 2 (parallel)

- **Clinicians** - If you have read a research article that stimulated your thinking, inspired your work, or made a difference in your work with a client, please share this by writing a brief case description that elucidates or is inspired by the findings of a research article.
- **Researchers** - If you have been involved in a research study and would like to share clinical examples that elucidate your findings, we invite you to share them with your clinical colleagues by writing your case example and how it relates to your research.
- **Clinical consultants and trainers** - If you have found a research article that has proven helpful to a consultee or to trainees in their understanding of or application of EMDR, please share your experiences. We can support researchers in disseminating their findings and provide the critical link between research and practice. To learn more about TRIP, visit our website.

Email Katy Murray
at katymurraymsw@comcast.net
if you think you might want to contribute to the column.

Board Member Recruitment
If you are interested in promoting EMDR through research and education, and if you have an

groups and repeated measures amounting to a 2 x between participants design with group (EMDR + treatment as usual (TAU) vs. TAU) and time of assessment (pre- x post-intervention x 1 month x 6 months follow up) as factors. The study population is patients with a primary diagnosis of alcohol dependence, who receive out-patient treatment in a facility for addiction care, age ≥ 18. For the intervention participants assigned to the experimental group will receive EMDR (aimed at drinking behaviour and craving) + treatment as usual (TAU). The comparison group will only receive TAU (Community Reinforcement Approach (CRA) treatment, consisting of several interventions, based on behavioural therapy principles (Meyers & Smith, 1995).

The next application submission deadline is February 1, 2014. The recipients of the award will be notified of their selection by April 15, 2014. An electronic copy of each application document is required. Any application received without all required documents will not be reviewed. All materials should be collated and sent together.

In 2012, The EMDR Research Foundation announced criteria for research grant applications in the field of Eye Movement Desensitization and Reprocessing (EMDR). Grant awards of up to \$10,000 are available for qualifying researchers and priority will be placed on studies that emphasize underdeveloped applications such as the underlying mechanisms of EMDR; EMDR treatment of depression, anxiety disorders, somatic and medical conditions, suicide (military and nonmilitary), eating disorders, substance abuse, dissociative disorders and populations such as combat veterans, children and adolescents.

For more information about how to apply for the Research Grant Award, visit www.emdrresearchfoundation.org/research-grants/research-grants-awards/.

interest in giving back to the community by serving on the EMDR Research Foundation Board, please contact Rosalie Thomas at rthom@centurytel.net for more information.

Don't forget to like us on Facebook and follow us on Twitter. 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.

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