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Volume 2, Issue 1

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Dear EMDR Therapist,

This is a monthly e-newsletter created primarily for EMDR researchers and colleagues trained in Eye Movement Desensitization and Desensitization (EMDR). The purpose of it is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with a variety of populations.

As the EMDR Research Board of Directors works to create more research opportunities for our community, we hope you join in on the conversation and find this content helpful in your profession.

Sincerely,

*Wendy Freitag, Ph.D.
EMDR Research Foundation*

Reduce Suffering after Trauma

There is rarely a day that doesn't bring the news of trauma somewhere in the world. Sometimes the traumas are the result of human behaviors (e.g., shootings at Sandy Hook school, the Colorado movie theater, and the Arizona political rally) and sometimes they are caused by forces of nature (most recently the typhoon in the Philippines but still in our minds; Hurricane Katrina, 2004 Tsunami, the Colorado floods as well as the Arizona fire with the loss of so many firefighters and too many more). As EMDR clinicians, we are moved to help but want to do so in an efficacious form. The research and reports demonstrating the effectiveness of various protocols in working with

such massive and life changing events are guides in that process. However, the outcome data regarding these protocols are in the beginning stages.

In 2008, Dr. Louise Maxfield stated, "The new protocols are promising, but research is needed to ensure that they are evaluated and tested so that the best treatment possible can be provided to this very vulnerable population."

<http://dx.doi.org/10.1891/1933-3196.2.2.74>

In this issue of the EMDR Research Foundation clinical newsletter, we will cite a few of the promising research studies using group EMDR protocols. Should they ultimately prove successful, being able to work with groups of children or adults could provide an efficient use of clinical resources.

PTSD Research Studies Using Group EMDR Protocols

1. [The EMDR Integrative Group Treatment Protocol: Application With Child Victims of a Mass Disaster](#)

Jarero, Ignacio; Artigas, Lucina; Montero, María; Lena, López

Journal of EMDR Practice and Research (ISSN: 1933-3196); Volume 2, No. 2, pp. 97-105(9); 20080601 <http://dx.doi.org/10.1891/1933-3196.2.2.97>

Springer Publishing Company



The EMDR Integrative Group Treatment protocol (EMDR-IGTP) has been used in different parts of the world since 1998 with both adults and children after natural or man-made disasters. This protocol combines the eight standard EMDR treatment phases with a group therapy model, thus providing more extensive reach than the individual application of EMDR. In this study the EMDR-IGTP was used with 16 bereaved children after a human provoked disaster in the Mexican State of Coahuila in 2006. Results showed a significant decrease in scores on the Child's Reaction to Traumatic Events Scale that was maintained at 3-month follow-up. Although controlled research is needed to establish the efficacy of this intervention, preliminary results suggest that EMDR-IGTP may be an effective means of providing treatment to large groups of people impacted by large-scale critical incidents (e.g., human-provoked disasters, terrorism, natural disasters).

2. [Building Resilience and Dismantling Fear: EMDR Group Protocol With Children in an Area of Ongoing Trauma](#)

Zaghrou-Hodali, Mona; Alissa, Ferdoos; Dodgson, Philip W.

Journal of EMDR Practice and Research (ISSN: 1933-3196); Volume 2, No. 2, pp. 106-113(8); 20080601 <http://dx.doi.org/10.1891/1933-3196.2.2.106>

Springer Publishing Company

A number of studies indicate that EMDR (eye movement desensitization and reprocessing) may be efficacious in treatment of children and young people with symptoms of post traumatic stress. However, reports are limited in the use of the EMDR psychotherapy approach in situations of ongoing violence and trauma. This case study describes work with seven children in an area of ongoing

violence who were subject to repeat traumas during the course of an EMDR psychotherapy intervention, using a group protocol. Results indicate that the EMDR approach can be effective in a group setting, and in an acute situation, both in reducing symptoms of post traumatic and peri-traumatic stress and in "inoculation" or building resilience in a setting of ongoing conflict and trauma. Given the need for such applications, further research is recommended regarding EMDR's ability to increase personal resources in such settings.

3. [The EMDR Integrative Group Treatment Protocol: Application With Adults During Ongoing Geopolitical Crisis](#)

Jarero, Ignacio; Artigas, Lucina

Journal of EMDR Practice and Research (ISSN: 1933-3196); Volume 4, No. 4, pp. 148-155(8); 20101101 <http://dx.doi.org/10.1891/1933-3196.4.4.148>

Springer Publishing Company

The eye movement desensitization and reprocessing Integrative Group Treatment Protocol (EMDR-IGTP) has been used in its original format or with adaptations to meet the circumstances in numerous settings around the world for thousands of disaster survivors after natural or man-made incidents. In this study, the EMDR-IGTP was applied during three consecutive days to a group of 20 adults during ongoing geopolitical crisis in a Central American country in 2009. Results in this uncontrolled study showed significant decreases in scores on the Subjective Unit of Disturbance Scale and the Impact of Event Scale (IES). Changes on the IES were maintained at 14 weeks follow-up even though participants were still exposed to ongoing crisis. Controlled research is recommended to further evaluate the efficacy of this intervention.

4. Adúriz, M. E., Bluthgen, C., & Knopfler, C. (2009, May). [Helping child flood victims using group EMDR intervention in Argentina: Treatment outcome and gender differences](#). *International Journal of Stress Management*, 16(2), 138-153. <http://dx.doi.org/10.1037/a0014719>

Abstract:

A comprehensive group intervention with 124 children who experienced disaster-related trauma during a massive flood in Santa Fe, Argentina, in 2003 is illustrated, utilizing a one-session group eye movement desensitization and reprocessing (EMDR) protocol. A post treatment session was done 3 months after the treatment intervention to evaluate results. Results of this one-session treatment procedure, utilizing the EMDR-Integrative Group Treatment Protocol, showed statistically significant reduction of symptoms immediately after the intervention. These statistically significant differences were sustained at post treatment evaluation 3 months later, as measured by psychometric scales, and by clinical and behavioral observation. Data analysis also revealed significant gender differences. Despite methodological limitations, this study supports the efficacy of EMDR group treatment in the amelioration and prevention of post traumatic stress disorder symptoms, providing an efficient, simple, and economic (in terms of time and resources) tool for disaster-related trauma. (PsycINFO Database Record (c) 2009 APA, all rights reserved)

5. Jarero, I., Artigas, L., & Hartung, J. (2006). [EMDR integrative group treatment protocol: A postdisaster trauma intervention for children and adults](#). *Traumatology*, 12(2), 121-129. <http://dx.doi.org/10.1177/1534765606294561>

Abstract:

Eye movement desensitization and reprocessing (EMDR) is recognized as an effective and efficient treatment for trauma-related issues. This article describes an integrated EMDR and group treatment for children and adults traumatized by natural disasters in several Latin American countries. This protocol combines the eight standard EMDR treatment phases with a group therapy model. The hypothesis is that the resulting hybrid offers more extensive reach than did the original EMDR model, which was intended for use with individuals, and takes treatment efficacy and efficiency well beyond that expected from traditional group process. To illustrate the application of the model, one formally measured field study and nine pilot projects are described. The promising results of this intervention suggest that EMDR is an effective means of providing treatment to large groups of people impacted by large-scale traumatic events (e.g., natural disasters). Controlled research is needed to clarify this issue.

And, most recently:

Jarero, I., & Artigas, L. (2012). [The EMDR integrative group treatment protocol: EMDR group treatment for early intervention following critical incidents](#). *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 62(4), 219-222. <http://dx.doi.org/10.1016/j.erap.2012.04.004>

Abstract:

Introduction: This paper presents an overview of the Eye Movement Desensitization and Reprocessing - Integrative Group Treatment Protocol (EMDR-IGTP) that has been used since 1998 with both children and adults in its original format or with adaptations to meet the circumstances in numerous settings around the world for thousands of survivors of natural or man-made disasters and during ongoing geopolitical crisis. Method: The author's intention is to highlight and enlighten the reader of the existence of this protocol that combines the eight standard EMDR treatment phases with a group therapy model and an art therapy format and use the Butterfly Hug as a form of a self-administered bilateral stimulation, thus providing more extensive reach than the individual EMDR application. Conclusion: Randomize Controlled Trial Research is suggested to establish the efficacy of this intervention.

All of the research reports stress the need for Randomized Controlled Trial Research to fully establish the efficacies of the interventions.

Your support is vital to the future of EMDR research. Please help us fund research on the effects of EMDR therapy with trauma victims by making a single donation or joining the Visionary Alliance with a monthly contribution. To learn more about how you can help, visit www.emdrresearchfoundation.org.

Ways To Support EMDR Research Foundation

Your support is more critical than ever and you can help continue our vision of a world where people are transformed to wellness and vibrancy by effective, compassionate mental health treatment that is driven by quality research.

EMDR Research Foundation is the only foundation funding EMDR research in this country.

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. To join the Visionary Alliance or make a single donation, visit emdrresearchfoundation.org.

Research and Grant Awards - Awards, Deadlines and New Opportunities

Announcements - Consultant Award Winner and New Award Category

Consultation Award Announcement

A \$1,000 Consultation Award was awarded to Catherine M. Butler, Ed.D, MFT for the purpose of assisting in publication and dissemination of the results of the following study.

Comparing the Efficacy of Eye Movement Desensitization and Reprocessing to Treatment as Usual for Veterans with Military-Related Post-Traumatic Stress Disorder



To learn more about Catherine M. Butler's 2012 dissertation award, visit <http://emdrresearchfoundation.org/research-grants/research-award-recipients/>.

New Award Category - **Coming Soon!**

The EMDR Research Foundation is in the process of developing a new award to support practitioners and researchers who have conducted well designed EMDR research to disseminate their findings to the practice and scientific communities who could benefit from this knowledge. More information to come.

To learn more about the awards offered by the EMDR Research Foundation and how to apply, visit www.emdrresearchfoundation.org. **Please note:** Research Grant Award applications are due February 1, 2014.

Write a TRIP Article for the Journal of EMDR Practice and Research

Translating Research Into Practice (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.

- **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.

The Translating Research Into Practice (TRIP)

[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 a recent issue of the *Journal of EMDR Practice and Research*, 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."

If you think you might want to contribute to the column and want more information, email Katy Murray at katymurraymsw@comcast.net.

Stay Connected to the EMDR Research Foundation

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

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.

Special Notes

EMDR International Association has started a petition to assure that our military personnel and veterans have an informed choice of evidence-based treatments for post-

traumatic stress. **Please go to the link below and sign this petition.** Then help promote this important cause by sending the link to all of your contacts, sharing it on Facebook and Twitter, and/or adding a link on your website. **The White House will take action if we get 100,000 people to sign this by February 6th.** You will have to "Sign In" or "Create An Account" which is simple to do. Join us and help our military and veterans get the treatment they deserve. Here is the link:

<https://petitions.whitehouse.gov/petition/quarantee-all-military-personnel-and-veterans-have-informed-choice-evidence-based-ptsd-treatments/7HXjsZ34>

Board Member Recruitment. If you are interested in promoting EMDR through research and education, and if you have an 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. **For a full list of EMDR Research Foundation Board of Directors, visit emdrresearchfoundation.org.**

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