



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.

Volume 2, Issue 11

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This is a monthly e-newsletter created primarily for EMDR researchers and trained clinicians. The purpose of it is to promote continued dialogue regarding the efficacy and current developments with EMDR Therapy and its use with a variety of populations.

This month's highlighted article is the last of our series on 25 years of EMDR Research. Its significance stems in part from the type of study it was, dissertation research that included qualitative and quantitative research as well as an 18 month follow-up. It was conducted in 1999, and follow-up randomized controlled studies are still needed to confirm these results. The first author received the research award at the 2005 EMDRIA conference and was a Plenary Speaker at the 2005 EMDRIA conference. The author, Tonya Edmond, Ph.D., has also been on the Board of the EMDR Research Foundation since 2009.

We continue to invite you to share with us your favorite research study past or present that you would like to see represented in our newsletter. Feel free to expand on the reasons for your choice.

Sincerely,

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

EMDR and 25 Years of Research - Part 7

This is our 25 years of EMDR Research newsletter, Part 7.

In this issue we highlight a study suggesting that EMDR Therapy is more efficient and provides a greater sense of trauma resolution for adult survivors of childhood sexual abuse than did routine individual therapy. These benefits were maintained over 18 months.

The abstracts chosen below represent several articles based on this research study. Each of them focuses on different aspects of the research as well as the persistence of the effects over time.



Edmond, T. E., Rubin, A., & Wambach, K. G. (1999, June). [The effectiveness of EMDR with adult female survivors of childhood sexual abuse.](#) *Social Work Research*, 23(2), 103-116. doi:10.1093/swr/23.2.103.

Abstract:

A randomized experimental evaluation found support for the effectiveness of eye movement desensitization and reprocessing (EMDR) in reducing trauma symptoms among adult female survivors of childhood sexual abuse. 59 women were assigned randomly to one of three groups: (1) individual EMDR treatment (six sessions); (2) routine individual treatment (six sessions); or (3) delayed treatment control group. A MANOVA was statistically significant at both posttest and follow-up. In univariate ANOVAs for each of four standardized outcome measures EMDR group members scored significantly better than controls at posttest. In a three-month follow-up, EMDR participants scored significantly better than routine individual treatment participants on two of the four measures, with large effect sizes suggestive of clinical significance. [Author Abstract]

Edmond, T., Sloan, L., & McCarty, D. (2004, July). [Sexual abuse survivors' perceptions of the effectiveness of EMDR and eclectic therapy.](#) *Research on Social Work Practice*, 14(4), 259-272. doi:10.1177/1049731504265830.

Abstract:

Objective: This article examines survivor perspectives of the effectiveness of two different treatments for trauma symptoms among adult female survivors of childhood sexual abuse -- Eye Movement Desensitization and Reprocessing (EMDR) and eclectic therapy. Method: Qualitative interviews obtained in the context of a mixed-methods study were conducted with 38 adult female survivors of childhood sexual abuse. Results: Two major differences in outcomes between the two treatment approaches were observed. There were considerable distinctions between the two treatment groups in terms of the importance and effect of the client-therapist relationship, and in terms of the depth of change reportedly caused by the different therapies. Conclusions: Survivors' narratives indicate that EMDR produces greater trauma resolution, while within eclectic therapy, survivors more highly value their relationship with their therapist, through whom they learn effective coping strategies. [Author Abstract]

Edmond, T., & Rubin, A. (2004). [Assessing the long-term effects of EMDR: Results from an 18-month follow-up study with adult female survivors of CSA.](#) *Journal of Child Sexual Abuse*, 13(1), 69-86. doi:10.1300/J070v13n01_04.

Abstract:

This 18-month follow-up study builds on the findings of a randomized experimental evaluation that found qualified support for the short-term effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) in reducing trauma symptoms among adult female survivors of childhood sexual abuse (CSA). The current study provides preliminary evidence that the therapeutic benefits of EMDR for adult female survivors of CSA can be maintained over an 18-month period. Furthermore, there is some support for the suggestion

that EMDR did so more efficiently and provided a greater sense of trauma resolution than did routine individual therapy. [Author Abstract]

Visionary Alliance Drawing

Become A Visionary Alliance Member NOW or Increase Your Current Pledge to be entered to win.

Special Drawing will be held **12/31/14** for these prizes:

- Incredible Vacation Time Share Week - Winner's Choice
Compliments of Cynthia Kong & Gerald Puk (Valued up to \$2000)
Update: Congratulations to Barbara Korzun!



- Winner's Choice - Training Course or Certification Package

[EMDR Consulting](#); Roy Kiessling, (Value of \$1395)

- One-Year Membership

[EMDR Therapists Network](#) (all new, mobile-centric design) from **Inner Courage, LLC** (Value: \$249)

- A Complete Set of 2014 EMDRA Conference Recordings (2 Sets)

[Convention Media Solutions](#) (Value: \$229)

- Distance Learning Program, Winner's Choice

[Trauma Institute & Child Trauma Institute](#) (Value: up to \$130)

- Advanced Specialty Workshops, Winner's Choice

[EMDR Institute](#) (Value: \$375)

History

At the 2011 EMDRIA Conference, the Foundation initiated the "Visionary Alliance." This program offers our constituents the opportunity to give a sustaining pledge by automatic monthly donations. An effective way to "pay back" for all the benefits received due to EMDR is to "pay it forward" by your ongoing contribution to EMDR research.

What does it take to be a member?

Your monthly donations of \$15 or more will provide a predictable, continuous stream of income that will give the Foundation leverage when pursuing funding from larger organizations, granting agencies and foundations. It also allows us to predict the amount we can distribute to support research proposals.

What does it mean to be a member of the Visionary Alliance?

When the Foundation is funding large scale research projects to the tune of thousands of dollars a year, you will know you were part of the ground swell of support that made it possible. Please consider becoming a "give as you earn" donor by donating one EMDR session or a portion of a session per month to support EMDR research.

The EMDR Research Foundation is the only funding source dedicated solely to supporting EMDR research worldwide.

[Join Now!](#)

TRIP Article Accepted for Publication

NEW TRANSLATING RESEARCH INTO PRACTICE ARTICLE TO BE PUBLISHED FEBRUARY 2015:

Myers, K. (In Press - 2015). EMDR with Choking Phobia: Reflections on the 2008 Study by de Roos and de Jongh. *Journal of EMDR Practice and Research*, 9(1).

ABSTRACT

"Translating Research into Practice" is a regular Journal feature in which clinicians 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 standard 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 to day practices. In this issue's column, Keith Myers references de Roos and de Jongh's (2008) study, which investigated EMDR treatment of choking phobias. Illustrating the treatment considerations and treatment results reported by de Roos and de Jongh, Myers describes the successful treatment of an adult client who presents with choking phobia and secondary depression using the EMDR protocol for phobias. The case example is followed with a discussion of specific treatment considerations in the addressing phobias within the eight phases of EMDR therapy.

Keywords: EMDR, specific phobias, choking phobia, depression, trauma, bridging research and practice

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.

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

\$25,000 EMDR Research Funds Available

The EMDR Research Foundation is excited to announce a [grant opportunity](#) for up to \$25,000. We need your help spreading the word. Our next grant submission due date is **February 1, 2015**.