



*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 2**

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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 and its use with a variety of populations.*

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*As the EMDR Research Foundation 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*

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**Early Intervention in Trauma**

In our last issue of the EMDR Research Foundation clinical newsletter, we shared some research results on group treatment interventions after disaster and stressed that the outcome data regarding these protocols are in the beginning stages. We are fortunate in this issue to provide an updated review titled, "*EMDR and Early Psychological Intervention Following Trauma*", which references both individual and group early interventions.



Shapiro, E. (2012). [EMDR and early psychological intervention following trauma](#). *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 62(4), 241-251. doi:10.1016/j.erap.2012.09.003.

**Introduction:** This article evaluates developments in the field of early psychological intervention (EPI) after trauma in general and the place of early eye movement desensitization and reprocessing (EMDR) intervention (EEI) in particular. The issues and dilemmas involved with EPI and EEI will be outlined; related research presented and the current status evaluated. Literature and clinical findings: Reviewing the literature and drawing on findings from initial research and case studies, the rationale and contribution that EMDR therapy has to offer is discussed relative to current evidence and theory regarding post-traumatic stress syndromes and trauma memories. The relative advantages of EEI will be elaborated. Discussion and conclusion: It is proposed that EEI, while trauma memories have not yet been integrated, may be used not only to treat acute distress but may also provide a window of opportunity in which a brief intervention, possibly on successive days, could prevent complications and strengthen resilience. Through the rapid reduction of intrusive symptoms and de-arousal response as well as by identifying potential obstructions to adaptive information processing (AIP), EMDR therapy may reduce the sensitization and accumulation of trauma memories.

All of the research reports stress the need for Randomized Controlled Trial studies to fully establish the efficacies of the interventions. Help us support further study in that area. It is vital to the future of EMDR research.

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## 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.

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

You can support EMDR Research Foundation a variety of ways;

- Become a Visionary Alliance monthly donor.
- Make a single donation.
- Make a tribute gift that enables you to meaningfully honor or remember someone while supporting EMDR research.

**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](http://emdrresearchfoundation.org).

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## Research and Grant Awards - Awards, Deadlines and New Opportunities

### New Award Category

#### Research Dissemination Travel Awards

The mission of the EMDR Research Foundation is to promote health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians. To support this mission, the Foundation is committed to advancing the dissemination of EMDR research findings beyond the EMDR professional conferences.



Consequently, a new *Travel Award* has been developed that supports dissemination of well designed EMDR research to the scientific and clinical communities. It provides travel support of up to \$1,000 for clinicians, post-doctoral students, or university faculty presenting their research at professional (non EMDR) conferences. This travel award must be applied for and awarded prior to the conference. Distribution of the awarded funds will be made after the conference upon submission of the required documentation. For more information about the award or to review the application requirements, please visit the "Research Dissemination Awards" link on the ERF website. <http://emdrresearchfoundation.org/research-grants/research-dissemination-travel-award/>

To learn more about all of the awards offered by the EMDR Research Foundation and how to apply, visit [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org).

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## 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](mailto:katymurraymsw@comcast.net).

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**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 provide updates to 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.

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## Special Notes

**2013 Donation Acknowledgement Letters.** Donation Acknowledgement Letters were mailed on January 31. If you made a donation to ERF in 2013, you should have received a letter for tax purposes. If you have not received your letter yet, please contact the ERF office at 512-992-1241. We will be happy to send it to you electronically.

**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](mailto:rthom@centurytel.net) for more information.

**[For a full list of EMDR Research Foundation Board of Directors, visit \[emdrresearchfoundation.org\]\(http://emdrresearchfoundation.org\).](#)**

**Tell Us Why You Support the EMDR Research Foundation.** If you have an inspirational story that you want to share, send it to [info@emdrresearchfoundation.org](mailto:info@emdrresearchfoundation.org). We may highlight it in a future ERF newsletter to encourage others to support our efforts in EMDR research.

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