



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 5

In This Issue

- ~ EMDR and 25 Years of Research
- ~ 25th Anniversary Planned Events
- ~ Write a TRIP Article
- ~ Celebrating 25 Years of EMDR Research

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.

Quick Links

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In celebrating and honoring the 25th year of EMDR research, the EMDR Research Foundation newsletter will devote the remaining issues of 2014 to presenting some of the significant research that has been published throughout the years.

We invite you to share with us your favorite research study from the last 25 years that you would like to see represented in our newsletter. Feel free to expand on the reasons for your choice.

Donate Now

Sincerely,

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

EMDR and 25 Years of Research

Twenty five years ago the first EMDR related research article was published, introducing a new and potentially effective and efficient therapy for those suffering unrelenting symptoms from previous traumatic experiences. This article by Francine Shapiro was published in 1989 and the name of the therapy was EMD. In 1991 Francine changed the name to Eye Movement Desensitization and Reprocessing (EMDR) in order to reflect the insights and cognitive changes that occurred during treatment, and to identify the information and processing theory that she developed to explain the treatment effects.



Six years after the first Shapiro research article, Wilson, S., Becker, L and Tinker W. (1995), published their results from the first major civilian PTSD study. In this study, participants receiving EMDR showed decreases in presenting complaints and in anxiety and increases in positive cognition, once again documenting positive outcomes from EMDR therapy.

The citations and abstracts of these two seminal research papers are listed below.

Shapiro, F. (1989, April). [Efficacy of the eye movement desensitization procedure in the treatment of traumatic memories.](#) *Journal of Traumatic Stress*, 2(2), 199-223. doi:10.1007/BF00974159.

Language: English

Format: Journal

Abstract:

The aim of the study was to determine the effectiveness of the recently developed Eye Movement Desensitization (EMD) procedure on traumatic memory symptomatology. 22 subjects suffering from symptoms related to traumatic memories were used in the study. All had been victims of traumatic incidents concerning the Vietnam War, childhood sexual molestation, sexual or physical assault, or emotional abuse. Memories of the traumatic incident were pivotal to the presenting complaints which included intrusive thoughts, flashbacks, sleep disturbances, low self-esteem, and relationship problems. Dependent variables were (1) anxiety level, (2) validity of a positive self-statement/assessment of the traumatic incident, and (3) presenting complaints. These measures were obtained at the initial session and at 1- and 3-month follow-up sessions. The results of the study indicated that a single session of the EMD procedure successfully desensitized the subjects' traumatic memories and dramatically altered their cognitive assessments of the situation, effects that were maintained through the 3-month follow-up check. This therapeutic benefit was accompanied by behavioral shifts which included the alleviation of the subjects' primary presenting complaints. [Author Abstract]

Wilson, S., Becker, L., & Tinker, R. (1995, December). [Eye movement desensitization and reprocessing \(EMDR\) treatment for psychologically traumatized individuals.](#) *Journal of Consulting & Clinical Psychology*, 63(6), 928-937. doi:10.1037/0022-006X.63.6.928.

Language: English

Format: Journal

Abstract:

The effects of 3 90-minute eye movement desensitization and reprocessing (EMDR) treatment sessions on traumatic memories of 80 participants were studied. Participants were randomly assigned to treatment or delayed-treatment conditions and to 1 of 5 licensed therapists trained in EMDR. Participants receiving EMDR showed

decreases in presenting complaints and in anxiety and increases in positive cognitions. Participants in the delayed-treatment condition showed no improvement on any of these measures across the 30 days before treatment, but after treatment participants in the delayed-treatment condition showed similar effects on all measures. The effects were maintained at 90-day follow-up. [Author Abstract]

25th Anniversary Planned Events

\$25000 Research Grant Available

In keeping with our 2014 celebration of 25 years of EMDR Research, the EMDR Research Foundation is offering a \$25000 Research Grant. This grant opportunity is offered in addition to the regular awards (i.e., Research, Dissertation, Consultation and Travel). The criteria and application process are similar to that of our Research Grant Award. The submission deadline is September 1, 2014 with a notification date of December 1, 2014.



For more information about the award, please visit the "\$25000 Award for 25 Years of EMDR Research" link on the ERF website at <http://emdrresearchfoundation.org/research-grants/25000-research-grant-award/>

To learn more about all of the awards offered by the EMDR Research Foundation and how to apply, visit www.emdrresearchfoundation.org

25th Anniversary Quiz....Coming June 15

Taking the quiz will be educational, challenging and profitable for the winners. The Grand Prize is \$500! The questions will cover topics about specific research studies and findings, the history of EMDR therapy and the EMDR Research Foundation. Watch for more information in a special email blast as well as on the Foundation website.

25 Years of EMDR Research Fundraising Campaign

In honor of 25 years of EMDR Research, a new fundraising campaign is underway and will help make those \$25000 grants awards possible.

You can support EMDR Research Foundation in a variety of ways;

- Become a Visionary Alliance monthly donor with a monthly pledge of \$25
- Already a Visionary Alliance donor? Increase your pledge TO or BY \$25

- Consider a tribute gift of \$25, \$250 or \$2500 in the name of a loved one, friend or colleague, or simply in the name of EMDR Research.
- Planned giving arrangements are another way to support the ERF now and well into the future. Please visit the [Get Involved](#) page to learn more.

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

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 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.

The EMDR Research Foundation

Envisions
Making a difference by
Demanding high quality
Research Now and for years to come!



Stay tuned for our "25 years of EMDR Research" campaign

www.emdrresearchfoundation.org

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