



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.

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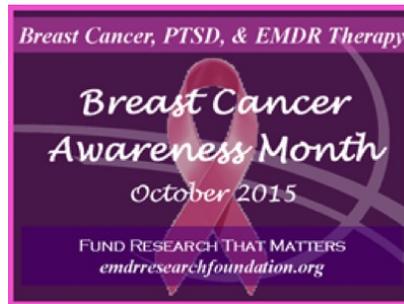
Dear Colleagues,

As this newsletter was going to press, we learned about the tragic death of one of our esteemed colleagues, dear friend and incredible pioneer in the EMDR community, Carol York. She was the victim of a traffic accident caused by a hydroplaning truck in the flooded roads near Austin, Texas on Friday, October, 23, 2015. Our hearts go out to her family, and her many friends throughout the world. You can read her obituary [here.](#)

Sincerely,

Wendy Freitag, Ph.D.

Breast Cancer, PTSD and EMDR Therapy Research



October is National Breast Cancer Awareness Month. It is one month of the year where individuals are encouraged to participate in early screening to both promote awareness of breast cancer prevention and treatment, as well as the impact of breast cancer diagnosis and treatment on patients and loved ones.

Toward that end, screening for and treating the *psychological impact* of breast cancer diagnosis and treatment is worthy of clinical and research attention.

There is a significant link between the Diagnosis of Breast Cancer and PTSD symptoms.

In 2004, Kessane et al (Psychiatric disorder in women with early stage and advanced breast cancer: a comparative analysis <http://onlinelibrary.wiley.com/doi/10.1111/j.1440-1614.2004.01358.x/abstract>) reported that the early stage patients, whose mean age was 46 years, were on average 3 months post-surgery and had an overall prevalence of DSM-IV psychiatric diagnosis of 45%. The metastatic patients, whose mean age was 51 years, were on average 63 months post-primary diagnosis and had an overall prevalence of DSM-IV diagnosis of 42%; the difference between the two rates was not statistically significant. Of women with early stage breast cancer, 36.7% had mood disorders, 9.6% suffering from major depression and 27.1% from minor depression. In the metastatic sample 31% had mood disorders, 6.5% having major depression and 24.5% with minor depression. Anxiety disorders were present in 8.6% of the early stage group and 6% of women with advanced disease. Fatigue, a past history of depression, and cognitive attitudes of helplessness, hopelessness or resignation were significantly associated with depression in both groups. The women from the metastatic sample were significantly less distressed by hair loss but more dissatisfied with body image, and had higher rates of lymphedema and hot flushes than the early stage women. There has also been indications that PTSD symptoms are more likely when the patient has previously been diagnosed with a mood disorder as described in the following:

<http://www.medicinenet.com/script/main/art.asparticlekey=89387>.

For more information see the article by Shelby and colleagues, "PTSD diagnoses, subsyndromal symptoms, and comorbidities contribute to impairments for breast cancer survivors DOI: 10.1002/jts.20316.

(Available full-text, free at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2435300/>)

Here are abstracts of two pilot research projects on the use of EMDR therapy with Cancer patients:

Capezzani, L., Ostacoli, L., Cavallo, M., Carletto, S., Fernandez, I., Solomon, R., Pagani, M., & Cantelmi, T. (2013). [EMDR and CBT for cancer patients: Comparative study of effects on PTSD, anxiety, and depression](#). *Journal of EMDR Practice and Research*, 7(3), 134-143. <http://dx.doi.org/10.1891/1933-3196.7.3.134>

EMDR and CBT for cancer patients: Comparative study of effects on PTSD, anxiety, and depression

This pilot study examined the efficacy of eye movement desensitization and reprocessing (EMDR) treatment compared with cognitive behavioral therapy (CBT) in treating posttraumatic stress disorder (PTSD) in oncology patients in the follow-up phase of the disease. The secondary aim of this study was to assess whether EMDR treatment has a different impact on PTSD in the active treatment or during the follow-up stages of disease. Twenty-one patients in follow-up care were randomly assigned to EMDR or CBT groups, and 10 patients in the active treatment phase were assigned to EMDR group. The Impact of Event Scale-Revised (IES-R) and Clinician-Administered PTSD Scale (CAPS) were used to assess PTSD at pretreatment and 1 month posttreatment. Anxiety, depression, and psychophysiological symptoms were also evaluated. For cancer patients in the follow-up stage, the absence of PTSD after the treatment was associated with a significantly higher likelihood of receiving EMDR rather than CBT. EMDR was significantly more effective than CBT in reducing scores on the IES-R and the CAPS intrusive symptom subscale, whereas anxiety and depression improved equally in both treatment groups. Furthermore, EMDR showed the same efficacy both in the active cancer treatment and during the follow-up of the disease.

In 2014, another pilot study using the EMDR Integrative Group Treatment Protocol was initiated. The study was not limited to Breast Cancer patients, but rather, any cancer diagnosis in women. The results again are promising but clearly further research is necessary for conclusive results.

Jarero, I., Artigas, L. Uribe, S., Garcia, L. E., Cavazos, M. A., & Givaudán, M. (2014). [\[Pilot research study on the provision of the EMDR integrative group treatment protocol with female cancer patients\]](#). *Revista Iberoamericana de Psicotraumatología y Disociación*, 6(3), 1-16. Retrieved from <http://revibapst.com/data/documents/CRUZ%20ROSA%20ENGLISH.pdf> (also available

in [Spanish](#).)

The purpose of this research was to evaluate the effectiveness of the Eye Movement Desensitization and Reprocessing (EMDR) Integrative Group Treatment Protocol (EMDR-IGTP); in reducing Posttraumatic Stress Disorder (PTSD) symptoms related to the diagnosis and treatment of different types of cancer in adult women. EMDR-IGTP intensive therapy was administered for three consecutive days and twice daily, to 24 adult women diagnosed with different types of cancer (cervical, breast, colon, bladder and skin) who had PTSD symptoms related with the disease and its treatment. Statistical analysis using General Linear Model and t-tests, comparing the mean scores of the Short PTSD Rating Interview (SPRINT) between each assessment time (pre, post, and two follow-ups); showed a statistically significant improvement after treatment with the EMDR-IGTP for both, patients in the active phase of cancer treatment and patients in the follow-up phase of cancer treatment. It was also observed that the effect of therapeutic treatment was not only maintained over time, but PTSD symptoms continued decreasing. Results also showed an overall subjective improvement in the participants. This pilot study suggests that intensive administration of the EMDR Integrative Group Treatment Protocol can be a valuable support for cancer patients with PTSD symptoms related to the disease. Further research with randomized controlled studies is needed to demonstrate the effectiveness of EMDR-IGTP in this population.

The EMDR Research Foundation, in May 2015, [awarded \\$25,000 to Marco Pagani](#) and Institute of Cognitive Sciences and Technologies, CNR Rome & Padua, Italy

Project Title: Neurobiological features and response to EMDR treatment of PTSD in breast cancer patients

Abstract:

Stress and or trauma-related symptoms among cancer patients have been recently investigated and associated to disease diagnosis and to the potential life-threatening situation. Assuming that brain regions involved in PTSD in cancer patients are the same showing changes in different psychological traumas, it is possible to deduce that therapies effective to treat PTSD in populations would do the same in cancer-related psychological treatment. To date no neuroimaging studies have evaluated the neurobiological effect of successful psychotherapeutic treatment for post-traumatic symptoms in cancer patients. The aim of the present study is: i) to treat by EMDR a cohort of breast cancer patients with PTSD; ii) to identify by Electroencephalography (EEG) the regions activated upon bilateral stimulation in both the initial symptomatic and the final asymptomatic phases; iii) to correlate the neurophysiological changes to the neuropsychological and clinical status.

To access a PDF of 114 slides from Dr. Pagani's plenary presentation, "Imaging EMDR Related Neurobiological Changes", given at the 2015 EMDRIA Conference in Philadelphia, PA click [here](#).

This research is in line with the first priority of the EMDR Research Foundation of [Advancing Evidence-Based Practice](#), one aspect of which is "...to enhance recovery from the impact of cardiac events and the diagnosis and treatment of cancer."

As the impact of Breast Cancer on the individual (and the family) becomes more understood, it is critical that the best treatment be available.

EMDR Research Foundation Announces the AmazonSmile Program

<https://smile.amazon.com/ch/72-1601034>



With a simple action at no cost to you, Amazon will donate .5% of your purchases to the EMDR Research Foundation through their AmazonSmile program!

If you shop at Amazon, please choose the EMDR Research Foundation as your AmazonSmile charity. Amazon will donate .5% of your eligible purchases to the EMDR Research Foundation - allowing us to fund more EMDR therapy research - and advance the evidence base for EMDR therapy to more populations and conditions.

Here's how:

- Use this link to register the EMDR Research Foundation as your chosen AmazonSmile charity: <https://smile.amazon.com/ch/72-1601034>.
- Once registered, you can shop using this same link, or through <http://smile.amazon.com>.
- Note that your usual www.amazon.com URL or the Amazon app **will not** link your purchases to the AmazonSmile program. We have provided some tips about that on our website.

It is easy to have your Amazon purchases support EMDR Research. Simply put, during this giving season - let Amazon *give again for you!*

For more information about the program, including frequently asked questions, please go to: <http://emdrresearchfoundation.org/get-involved/amazon-smile-program>.

EMDRIA Highlights Research at the Minnesota Conference, August 2016

The EMDRIA conference committee is inviting researchers to submit applications highlighting updates of ongoing research, descriptions of completed and unpublished work, or a study that has recently been published. There is a streamlined application process ([HTTPS://fs11.formsite.com/EMDRIA/form6/index.html?1444334670260](https://fs11.formsite.com/EMDRIA/form6/index.html?1444334670260)).

Each presentation that is accepted will have about 15 minutes to present their material. The goal of this workshop is to showcase the exciting research being done world-wide.

They invite you to apply or pass on this invitation to any colleagues for whom this might be appropriate.

Stay Connected and Get Involved with the ERF

The EMDR Research Foundation is the only funding agency dedicated solely to supporting EMDR research worldwide. With the support of our donors and dedicated researchers throughout the world, we hope to expand the appropriate applications of EMDR therapy.

Get Involved!

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 therapy is to "pay it forward" by your ongoing contribution to EMDR therapy research.

"What does it mean to be a member of the "[Visionary Alliance](#)?"

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. Please consider becoming a "give as you earn" donor by donating one EMDR therapy session or a portion of a session per month to support EMDR therapy research.

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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 who want to learn more about EMDR Therapy.

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