



*Promoting the health and growth of human beings through the support of quality research, evidence-based practice and compassionate, well-informed clinicians.*



**Today our message is simple. Thank You!**

***Thank You** for your generous and steadfast support of EMDR therapy research.*

***Thank You** for recognizing the importance of validating EMDR therapy as an evidenced-based treatment.*

*Most of all, **Thank You** for believing that, collectively, we will make a difference!*

The Foundation began funding EMDR therapy research in 2010, with a \$5000 dissertation grant to Sarah Schubert of Australia. Thanks to you, we have now funded \$270,000 in research and dissertation grants as well as provided consultation and travel awards. The research projects included topics such as EMDR therapy with PTSD, moral injury in veterans, fibromyalgia, depression, bipolar disorder, addictions as well as EMDR therapy with special populations such as children in an inpatient setting, sex offenders, and breast cancer survivors. Dismantling studies and those investigating the

mechanisms of action have also been supported. For information about the projects and publications, please visit our [website](#).

***It is your contributions that made those awards possible!  
Thank You!***

Lastly, it is with great pleasure we share this news from our first grantee, [Sarah Schubert](#):

*"I am pleased to inform you that our research, which was made possible with the support of the EMDR Research Foundation, is in press with the Journal of Traumatic Stress.*

*Our real world research that examined the effectiveness and underlying mechanisms of EMDR Therapy to treat trauma in Timor Leste has been written into two research papers. The first of the papers has been accepted for publication, and the second has been submitted to the Journal of EMDR Research and Practice."*

1. Schubert, S.J., Lee, C.W., de Araujo, G., Butler, S.R., Taylor, G. & Drummond, P. (in press). The effectiveness of eye movement desensitization and reprocessing (EMDR) to treat symptoms following trauma in Timor Leste. *Journal of Traumatic Stress*.
2. Schubert, S.J., Lee, C.W. & Drummond, P. (submitted for review). Eye movements matter, but why? Psychophysiological correlates of EMDR Therapy to treat trauma in Timor Leste.

***It is because of You this research was funded.  
Thank You!***

The EMDR Research Foundation 2015 [Highlights](#) can be found on our website.

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