

EMDR and The Military In Action

A monthly newsletter to keep you informed.

This is a monthly e-newsletter created primarily for our colleagues trained in Eye Movement Desensitization and Desensitization (EMDR) who work with military, veterans, and their families. The purpose of EMDR and The Military In Action is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with these special populations.



Citation of the Month

Wright, S. A., & Russell, M. C. (2012). **Treating violent impulses: A case study utilizing eye movement desensitization and reprocessing with a military client.** Clinical Case Studies.doi:10.1177/1534650112469461



The growing attention to acts of interpersonal violence and misconduct among military members has accompanied a host of research investigating the nature and causes associated with these behaviors. As such, a robust body of literature exists lending insight into risk factors and clinical presentations associated with anger and aggression; however, such factors are multidimensional and complex, particularly for those suffering with war stress injuries. Furthermore, mental health stigma and treatment compliance with exposure and cognitive-based models, particularly in clients with aggressive presentations, can impact successful outcomes. One active-duty marine was referred to an outpatient mental health clinic for the treatment of posttraumatic stress disorder (PTSD). Four sessions of eye movement desensitization and reprocessing (EMDR) were used to significantly reduce obsessive violent impulses, traumatic grief, and depression. The benefit of EMDR therapy as a treatment for violent impulses is explored. The results are promising, but more research is needed.

From The EMDR Book Shelf

Russell, M. C., & Figley, C. R. (2012, December). [Treating traumatic stress injuries in military personnel: An EMDR practitioner's guide](#). New York, NY: Routledge.

Treating Traumatic Stress Injuries in Military Personnel: An EMDR Practitioner's Guide offers a comprehensive treatment manual for mental health professionals treating traumatic stress injuries in both male and female veterans. It is the first book to combine the most recent knowledge about new paradigms of combat-related traumatic stress injuries (Figley & Nash, 2006) and offers a practical guide for treating the spectrum of traumatic stress injuries with EMDR, which has been recognized by the Department of Veterans Affairs and Department of Defense clinical practice guidelines as one of the most studied, efficient, and particularly well-suited evidence-based treatments for military-related stress injuries. Russell and Figley introduce an array of treatment innovations designed especially for use with military populations, and readers will find pages filled with practical information, including appendices that feature a glossary of military terminology, breakdowns of rank and pay grades, and various clinical forms.

EMDR In The News

Wyatt, C. (2012, February 1) [Eye therapy to tackle military stress](#). BBC News.

After a matter of weeks, EMDR began to have an effect, and he was able to share the traumas he had kept locked away for years and return home to Karen and his work. But a posting to Northern Ireland saw him suffer a setback. So the Army paid for him to continue the EMDR therapy at a nearby private clinic.
[Excerpt]

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