

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.

In This Issue

Resources in EMDR and other trauma-focused psychotherapy: A review.

Eye movement desensitization and reprocessing (EMDR) scripted protocols: Basics and special situations, (Ed.).

Eye therapy has it over antidepressant for PTSD.

Citations Of The Month - Resource Development

Leeds, A. M. (2009). [Resources in EMDR and other trauma-focused psychotherapy: A review](#). *Journal of EMDR Practice and Research*, 3(3), 152-160. doi:10.1891/1933-3196.3.3.152.

The present review examines how resources have been used in trauma-focused psychotherapy with an emphasis on their use in eye movement desensitization and reprocessing (EMDR). Current practices of EMDR-trained clinicians are presented in a historical context and considering a range of contemporary approaches to ego strengthening. This article describes the use of resources as presented in the EMDR literature along with research findings. The review concludes with a call for controlled research on widely used resource-focused procedures and practice guidelines for their use in clinical applications of EMDR.

Murray, K. (2011). [Container](#). *Journal of EMDR Practice and Research*, 5(1), 29-32. doi:10.1891/1933-3196.5.1.29.

Question: Is there a script that I can use to teach my clients to use a "container" resource? When



and how might I use this with my clients?

From The EMDR Bookshelf

Luber, M. (2009). [Eye movement desensitization and reprocessing \(EMDR\) scripted protocols: Basics and special situations, \(Ed.\)](#). New York, NY: Springer Publishing Co.

EMDR has become an important tool in the use of treating trauma. As therapists have worked with this methodology, EMDR has been used in many different areas of human suffering such as addictions, anxiety, pain, dissociative disorders, and many other issues. Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols serves as a one-stop resource where therapists can access a wide range of protocols, including the past, present, and future templates, as well as any auxiliary information. The book sets forth a template for therapists and researchers to use so that the form of working in the EMDR idiom is consistent, valid, and reliable. Written in an easy-to-use manual style, the book is replete with detailed techniques, exercises, and scripts as developed by recognized EMDR experts.

EMDR In The News

Brauser, D. (2013, July, 11). [Eye therapy has it over antidepressant for PTSD](#). Medscape Medical News.

Eye movement desensitization and reprocessing (EMDR) may be a more efficacious treatment for patients with post traumatic stress disorder (PTSD) than antidepressant medication, new research suggests.

A small, randomized trial of male survivors of the ongoing war in Pakistan with clinically diagnosed PTSD found that after 6 weeks, 90% of those who received weekly EMDR therapy showed treatment response.

The EMDR group also had a significantly greater overall drop in symptom severity scores compared with those who received daily 20-mg doses of the selective serotonin reuptake inhibitor (SSRI) paroxetine.

Special Notes

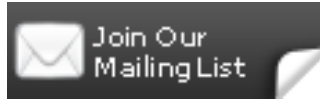
Our Wordpress blog: <http://emdrresearchfoundation.wordpress.com/>
(note that there are entries on 12/16 and 12/18 with links to articles)

Like us on Facebook: www.facebook.com/emdrresearchfoundation
(note that there are quite a few relevant entries with links to articles)

Follow us on Twitter: www.twitter.com/EMDRResearch

To update your e-mail address with us, please email info@emdrresearchfoundation.org. Thank you!

If you no longer want to receive these messages, please click the "unsubscribe" button below.



Stay Connected



401 West 15th Street, Suite 695, Austin, TX 78701
512-992-1241 www.emdrresearchfoundation.org