

## 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 Reprocessing (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.

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### Citations of the Month

Shapiro, F. (2014, Winter). [The role of eye movement desensitization and reprocessing \(EMDR\) therapy in medicine: Addressing the psychological and physical symptoms stemming from adverse life experience.](#) The Permanente Journal, 18(1), 71-77. doi:10.7812/TPP/13-098.



Background: A substantial body of research shows that adverse life experiences contribute to both psychological and biomedical pathology. Eye movement desensitization and reprocessing (EMDR) therapy is an empirically validated treatment for trauma, including such negative life experiences as commonly present in medical practice. The positive therapeutic outcomes rapidly achieved without homework or detailed description of the disturbing event offer the medical community an efficient treatment approach with a wide range of applications. Methods: All randomized studies and significant clinical reports related to EMDR therapy for treating the experiential basis of both psychological and somatic disorders are reviewed. Also reviewed are the recent studies evaluating the eye movement component of the therapy, which has been posited to contribute to the rapid improvement attributable to EMDR treatment. Results: Twenty-four randomized controlled trials support the positive effects of EMDR therapy in the treatment of emotional trauma and other adverse life experiences relevant to clinical practice. Seven of 10 studies reported EMDR therapy to be more rapid and/or more effective than trauma-focused cognitive behavioral therapy. Twelve randomized studies of the eye movement component noted rapid decreases in negative emotions and/or vividness of disturbing images, with an additional 8 reporting a variety of other

memory effects. Numerous other evaluations document that EMDR therapy provides relief from a variety of somatic complaints. Conclusion: EMDR therapy provides physicians and other clinicians with an efficient approach to address psychological and physiologic symptoms stemming from adverse life experiences. Clinicians should therefore evaluate patients for experiential contributors to clinical manifestations.

### [Millennium Cohort Study and related publications](#)

The Millennium Cohort Study is the largest prospective health project in military history. It is designed to evaluate the long-term health effects of military service, including deployments. The Department of Defense recognized after the 1991 Gulf War that there was a need to collect more information about the long-term health of service members. The Millennium Cohort Study was designed to address that critical need, and the study was launched by 2001. Funded by the Department of Defense, and supported by military, Department of Veterans Affairs, and civilian researchers, almost 150,000 people are already participating in this groundbreaking study. As force health protection continues to be a priority for the future of the United States military, the Millennium Cohort Study will be providing critical information towards enhancing the long-term health of future generations of military members.

The Millennium Cohort Survey Instruments used are: the Short-Form 36, Patient Health Questionnaire (PHQ), the Posttraumatic Stress Disorder Checklist - Civilian Version (PCL-C), CAGE questionnaire, Insomnia Severity Index (ISI), Pittsburgh Sleep Quality, National Survey of Families and Household, Modified Adverse Childhood Experiences (ACE), National Health and Nutrition Examination Survey (NHANES), Posttraumatic Growth Inventory (PTGI), and Deployment Risk and Resilience Inventory.

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### **From the EMDR Book Shelf**

Shapiro, F. (2012). [Getting past your past](#). Emmaus, PA: Rodale Books. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change.

Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers.

An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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## EMDR In The News

Shapiro, F. (2012, February 5). [How Memories Keep Us Apart: The Past is Present](#). Huffington Post.

When I first began to develop EMDR therapy back in 1987, I experimented with everyone who was willing to volunteer. I'd ask: Do you have anything bothering you? Not surprisingly, everyone had something. Whether it was a problem at work or a fight at home, by having them concentrate on it and using the procedures, rapid change usually occurred. Fascinating connections were made, and it was like having a window into the brain. For instance, one of the things I found very interesting was that often the problem they were concentrating on would spontaneously connect in their minds to earlier memories that were related in some way. That's how I began to discover that the past was really present. [Excerpt]

Dallas/Texas/USA (2014, February 18). [Linking Military Misconduct, Suicide, and Early Childhood Trauma](#). WebWire.

The epidemic of military substance abuse and suicide is not the result of "ethical lapses" but a failure to identify and treat early childhood trauma. This crisis calls for an interdisciplinary approach focusing on healing that trauma.

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## Special Notes

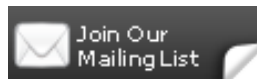
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