

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.

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Citations Of The Month - Recent Events

Konuk, E., Knipe, J., Eke, I., Yuksek, H., Yurtsever, A., & Ostep, S. (2006, August). [The effects of eye movement desensitization and reprocessing \(EMDR\) therapy on post-traumatic stress disorder in survivors of the 1999 Marmara, Turkey, earthquake.](#) International Journal of Stress Management, 13(3), 291-308. doi:10.1037/1072-5245.13.3.291.



As part of a program of response to the 1999 Marmara, Turkey, earthquake, an estimated 1,500 trauma victims with posttraumatic stress disorder (PTSD) symptoms were treated in tent cities with eye

movement desensitization and reprocessing (EMDR). A field study evaluating a representative group of 41 participants with diagnosed PTSD indicated that a mean of five 90-minute sessions was sufficient to eliminate symptoms in 92.7% of those treated, with reduction in symptoms in the remaining participants. Significant reductions occurred between the pre and posttreatment PTSD Symptom Scale Self-Report version (PSS-SR) total scores and all subscales. These gains were maintained at 6-month follow-up. The same pattern of recovery was observed regardless of the use or nonuse of psychotropic medication at the time of intake.

Colelli, G., & Patterson, B. (2008). [Three case reports illustrating the use of the protocol for recent traumatic events following the World Trade Center terrorist attack](#). *Journal of EMDR Practice and Research*, 2(2), 114-123. doi:10.1891/1933-3196.2.2.114.

Following the attacks on the New York World Trade Center on September 11, 2001, the EMDR Humanitarian Assistance Program initiated a response establishing the New York City Disaster Mental Health Recovery Network. The network provided coordination and assistance to local psychotherapists who volunteered to provide treatment to individuals directly affected by the tragedy. The psychotherapists utilized both the EMDR standard protocol and the EMDR Recent Events protocol during the initial aftermath and ongoing recovery at the World Trade Center site. The development of the network is reviewed, and detailed descriptions are provided regarding three cases to illustrate the use of the EMDR Recent Events protocol. The research findings reported by Silver, Rogers, Knipe, and Colelli that demonstrated support for EMDR as a postdisaster treatment are summarized. Further research is recommended.

Shapiro, E., & Laub, B. (2008). [Early EMDR intervention \(EEI\): A summary, a theoretical model, and the recent traumatic episode protocol \(R-TEP\)](#). *Journal of EMDR Practice and Research*, 2(2), 79-96. doi:10.1891/1933-3196.2.2.79

This article examines existing early EMDR intervention (EEI) procedures, presents a conceptual model, and proposes a new comprehensive protocol: the Recent-Traumatic Episode protocol (R-TEP). A review of research and important professional issues regarding application and parameters are presented. The commonly used EEI protocols and procedures are summarized, with the inclusion of descriptive case examples from the Lebanon war and a review of related research. Then a theoretical model is presented in which traumatic information processing is conceptualized as expanding from a narrow focus on the sensory image (perceptual level) to a wider focus on the event/episode (experiential level) and finally to a broad focus on the theme/identity (meaning level). The relationship of this

model to the Recent-Traumatic Episode protocol is articulated and case examples are presented. Theoretical speculations are discussed relating to attention regulation and the Adaptive Information Processing (AIP) model. Further research is encouraged.

Laub, B., & Weiner, N. (2011). [A developmental/integrative perspective of the recent traumatic episode protocol](#). *Journal of EMDR Practice and Research*, 5(2), 57-72. doi:10.1891/1933-3196.5.2.57.

The recent traumatic episode protocol (R-TEP) is an adaptation of the eye movement desensitization reprocessing (EMDR) standard protocol to the acute phases following trauma. In this article, the R-TEP structure and procedures were analyzed from a developmental/integrative perspective. It is proposed that the therapist's developmental understanding and attunement can enhance the therapeutic dyad and can promote flexible decision making while using the R-TEP procedures. One case illustration of a recent trauma intervention demonstrates the advantage of developmental attunement in using the R-TEP. This perspective enables the therapist to pace the various styles of processing as they relate to the different stages of the memory consolidation process.

Buydens, S., Wilensky, M., & Hensley, B. J. (in press).

Effects of the EMDR protocol for recent traumatic events on acute stress disorder: A case series. *Journal of EMDR Practice and Research*.

The purpose of this study was to evaluate the effectiveness of the Eye Movement Desensitization and Reprocessing (EMDR) protocol for recent traumatic events in the treatment of Acute Stress Disorder. Within weeks of being exposed to an isolated traumatic event, seven adults diagnosed with Acute Stress Disorder were provided with multiple sessions of the EMDR protocol for recent traumatic events, an extended version of the EMDR therapy standard protocol. In each case an individual's subjective distress caused by the traumatic events was measured using the Impact of Events Scale-Revised and the goal of alleviating symptoms was accomplished. The positive results suggest the EMDR protocol for recent traumatic events may be an effective means of providing early treatment to victims of trauma, potentially preventing the development of the more severe symptoms of Posttraumatic Stress Disorder.

From The EMDR Bookshelf

Luber, M. (2013). [Implementing EMDR early mental health interventions for man-made and natural disasters: Models, scripted protocols, and summary sheets](#). New York, NY: Springer Publishing.

Eye Movement Desensitization and Reprocessing (EMDR) is a method of psychotherapy that has been extensively researched and proven effective for the treatment of trauma. It is a set of standardized protocols incorporating elements from many different treatment approaches that has, to date, helped more than two million people relieve many types of psychological stress. This book presents EMDR early-response intervention protocols for such traumatic events as earthquakes, mining accidents, tsunamis, and ongoing warfare. It also provides concise summary sheets to facilitate quick information retrieval in perilous circumstances. The book is authored by several of the first generation of therapists who successfully employed EMDR as a clinical treatment for acute stress following massive trauma events. They vividly describe their experiences and the protocols and models they developed to respond to disaster. Includes new information on acute stress, secondary PTSD, and vicarious traumatization growing out of interventions subsequent to natural disasters, warfare, and massacres in Turkey, Asia, the Middle East, South and Central America, and the United States. Interventions that can be put to use on site and posttrauma are presented for groups, including work with children, adolescents, and adults and with special populations. Additionally the book addresses working with first responders such as firefighters, EMS workers, and others when using EMDR. It facilitates the gathering and organizing of client data and contains updated and new scripted protocols, as well as summary sheets from EMDR Scripted Protocols: Basics and Special Situations and EMDR Scripted Protocols: Special Populations. Also included are templates for repeat use and an interactive PDF. Key Features: Provides EMDR early-intervention procedures for man-made and natural catastrophes Addresses EMDR and early interventions for groups of all ages and special populations Highlights international perspectives on how to organize a mental health response for recent traumatic events Includes early-intervention scripts and summary sheets for individuals, groups, and special populations, as well as self-care scripts for clinicians Offers concise summary sheets for quick information retrieval.

EMDR In The News

Ornelas, C. (2010, April 14). [EMDR treatment gives hope to soldiers with PTSD](#). Colorado Connection.

A well-known treatment for post-traumatic stress disorder (PTSD) is

showing promise in helping soldiers deal with the horrors of combat.

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
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