

## 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 Therapy (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

Steenkamp, M. & Litz, B. (2014). [One-size-fits-all approach to PTSD in the VA not supported by the evidence.](#) *American Psychologist*, 69 (7), 706-7. (Must have a Medscape login ID to access link).



Comments on the article by B. E. Karlin and G. Cross (see record 2013-31043-001). Karlin and Cross described innovations in disseminating evidence-based psychotherapies in the Veterans Health Administration (VHA), including therapies for posttraumatic stress disorder (PTSD). The multidimensional model they presented aims to promote the delivery of evidence-based psychotherapies nationally in order to redress the research-to-practice gap reflected in the infrequent use of evidence-based psychotherapies for PTSD in the VHA (Shiner et al., 2013). In the present authors' view, however, the validity of this otherwise worthy strategic goal is built upon the questionable assumption that there is strong and sufficient evidence to support the use of the therapies being disseminated.

Wheeler, K. (2014). [Inadequate treatment and research for PTSD at the VA.](#) *American Psychologist*, 69(7), Oct 2014, 707-708.

Comments on the article by B. E. Karlin and G. Cross (see record [2013-31043-001](#)). The article by Karlin and Cross clearly laid out how to disseminate and implement evidence-based psychotherapy in the Veterans Health Administration. The only problem is that the list of evidence-based psychotherapies notably missed one of the most highly regarded and effective evidence-based psychotherapies for posttraumatic stress disorder (PTSD), eye movement desensitization and reprocessing (EMDR).

Russell, M. & Figley, C.R. (2013, December). Why use EMDR therapy in the Armed Forces? In [Treating traumatic stress injuries in military personnel: An EMDR practitioner's guide](#) (pp. 38-50). New York, NY: Routledge.

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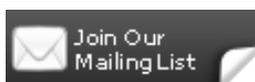
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