

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- Flashforward Procedure

Logie, R.D.J. & De Jongh, A. (2014). [The "Flashforward Procedure": Confronting the Catastrophe.](#) *Journal of EMDR Practice and Research*, 8(1), 25-32.



This article introduces the "Flashforward procedure," which is a specific application of eye movement desensitization and reprocessing (EMDR). It is used for the treatment of irrational fears, for example, when a persisting fear continues after the core memories of past events have been fully processed. A theoretical background is presented, and the procedure is explained, together with 2 illustrative case studies. We describe psychological conditions and mental health problems for which the use of EMDR aimed at client's flashforward might be appropriate, as well as indicating which stage in the therapeutic process is most applicable for the use of this procedure. Furthermore, the flashforward procedure is compared with other EMDR applications and similar procedures in other therapies. Some implications are discussed.

From the EMDR Bookshelf

Nickerson, M. (2015). [The wounds within: A veteran, a PTSD therapist, and a nation unprepared.](#) New York NY: Skyhorse.

As America's longest wars end, hundreds of thousands of veterans and their families struggle with post-traumatic stress disorder (PTSD). *The Wounds Within* follows the iconic case of Marine Lance Corporal Jeff Lucey, who deployed early in the Iraq War, battled PTSD after returning home, and set his family on a decade-long campaign to reform the Veterans Affairs system and end the stigma around military-related mental health issues. Their story is told uniquely from the perspective of Jeff's psychotherapist, Mark Nickerson, an internationally recognized expert on trauma treatment.

Driven by the family narrative, and by later case histories of Nickerson's veteran clients, the book explains PTSD and the methods by which it can be treated. With coauthor Joshua Goldstein, an award-winning author, Nickerson engages the big issues of America's attempts to cope with the millions of returning veterans from Iraq and Afghanistan—from belated reforms to overwhelmed military families to clueless civilians who can't get beyond "Thank you for your service."

The Wounds Within combines a moving and compelling human drama with national policy and a clinical explanation of how to heal veterans' traumas. It will stand as the definitive account of PTSD in those who fought America's latest wars, and a much-needed source of information for their loved ones.

EMDR in the News

Wetherford, R. (2014). [Francine Shapiro on the evolution of EMDR therapy](#). Psychotherapy.net.

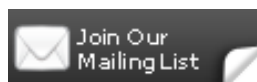
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