

## 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.

### In This Issue

- Citations of the Month- **Complex Regional Pain Syndrome, Phantom Limb Pain**
- EMDR in the News



### Citations of the Month- Complex Regional Pain Syndrome

Hughes, M. (2014). [EMDR as a therapeutic treatment for complex regional pain syndrome: A case report.](#) Journal of EMDR Practice and Research, 8(2), 66-73.



Complex regional pain syndrome (CRPS) is characterized by ongoing pain, swelling, and stiffness following an acute injury. CRPS is difficult to diagnose, significantly impacts functioning, and is frequently incurable. Current treatments are pharmacotherapy, surgery, and physiotherapy. This case report describes the use of eye movement desensitization and reprocessing (EMDR) in the psychotherapeutic treatment of a woman diagnosed with CRPS in 2009 as a result of injuries sustained during an assault in 2004. This article reports on EMDR treatment provided 1-2 years after her diagnosis. At initial assessment, the client was debilitated and suicidal, unable to work or care for her children, and dependent on her family for financial support because of CRPS. Two phases of 7 EMDR sessions were provided; the first focused on past traumatic experiences; the second addressed her pain with Grant's (2009)

EMDR chronic pain protocol. At the end of treatment, the client reported decreased pain, decreased substance dependence, improved mood and outlook, and was able to resume part-time work. Results were maintained at 8-month follow-up and suggest that EMDR was helpful for this client in reducing the symptoms associated with CRPS.

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## Citations of the Month- Phantom Limb Pain

de Roos, C., Veenstra, A. C. , de Jongh, A., den Hollander-Gijsman, M. E., van der Wee, N. J. A. , Zitman, F. G., & van Rood, Y. R. (2010, March/April). [Treatment of chronic phantom limb pain using a trauma-focused psychological approach](#). Pain Research & Management, 15(2), 65-71.

Background: Chronic phantom limb pain (PLP) is a disabling chronic pain syndrome for which regular pain treatment is seldom effective. Pain memories resulting from long-lasting preamputation pain or pain flashbacks, which are part of a traumatic memory, are reported to be powerful elicitors of PLP. Objective: To investigate whether a psychological treatment directed at processing the emotional and somatosensory memories associated with amputation reduces PLP. Methods: Ten consecutive participants (six men and four women) with chronic PLP after leg amputation were treated with eye movement desensitization and reprocessing (EMDR). Pain intensity was assessed during a two-week period before and after treatment (mean number of sessions = 5.9), and at short- (three months) and long-term (mean 2.8 years) follow-up. Results: Multivariate ANOVA for repeated measures revealed an overall time effect ( $F[2, 8]=6.7; P$

For additional citations of EMDR therapy as a treatment for phantom limb pain, refer to Military Archives at [emdrresearchfoundation.org](http://emdrresearchfoundation.org). Go to [emdrresearchfoundation.org](http://emdrresearchfoundation.org) - What is EMDR - Newsletter Archives -Military Newsletters - 2013\_07\_V1\_5\_Phantom\_Limb

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## EMDR in the News on Limb Loss in Combat in Iraq and Afghanistan

Gambel, J. (2014, December 7). [The process of returning to duty or not after limb loss](#). Amputee Coalition of America in partnership with the U.S. Army Amputee Patient Care Program.

Tan, M. (2012, March 14). [DoD says amputations reached wartime](#)

[high](#). Army Times.

Wood, D. (2012, November 7). [U.S. wounded in Iraq, Afghanistan includes more than 1,500 amputees](#). The World Post.

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## Special Notes

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*(note that there are quite a few relevant entries with links to articles)*

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401 West 15th Street, Suite 695, Austin, TX 78701  
512-992-1241 [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)