



EMDR AND THE MILITARY IN ACTION E-NEWSLETTER

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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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Researchers!

If you are interested in doing research that addresses EMDR topics related to the military and you need additional funding, consider applying for a \$25,000 research award through the EMDR Research Foundation. Go to <http://emdrresearchfoundation.org/research-grants/research-grant-awards> for details. If you need access to expertise for a research project, don't hesitate to apply for a \$1,000 research consultation award. For details go to <http://emdrresearchfoundation.org/research-grants/research-consultation-awards>.

Citations - EMDR Therapy and the Treatment of PTSD

Navarro, P. N., Landin-Romero, R., Guardiola-Wanden-Berghe, R., Moreno-Alcazar, A., Valiente-Gomez, A., Lupo, W., Garcia, F., Fernandez, I., Perez, V., & Aman, B. L. (2016)

[25 Years of Eye Movement Desensitization and Reprocessing (EMDR): The EMDR Therapy Protocol, Hypotheses of its Mechanism of Action and a Systematic Review of its Efficacy in the Treatment of Post-Traumatic Stress Disorder]. *Revista Psiquiatria Salud Mental*. Spanish.



Eye movement desensitization and reprocessing (EMDR) is a relatively new psychotherapy that has gradually gained popularity for the treatment of post-traumatic stress disorder. In the present work, the standardised EMDR protocol is introduced, along with current hypotheses of its mechanism of action, as well as a critical review of the available literature on its clinical effectiveness in adult post-traumatic stress disorder. A systematic review of the published literature was performed using PubMed and PsycINFO databases with the keywords «eye

movement desensitization and reprocessing» and «post-traumatic stress disorder» and its abbreviations «EMDR» and «PTSD». Fifteen randomised controlled trials of good methodological quality were selected. These studies compared EMDR with unspecific interventions, waiting lists, or specific therapies. Overall, the results of these studies suggest that EMDR is a useful, evidence-based tool for the treatment of post-traumatic stress disorder, in line with recent recommendations from different international health organisations.



Schubert, S. J., Lee, C. W., & Drummond, P. D. (2016). Eye Movements Matter, but why? Psychophysiological Correlates of EMDR Therapy to Treat Trauma in Timor-Leste. *Journal of EMDR Practice and Research* 10(2), 70-81. doi:10.1891/1933-3196.10.2.70.

This preliminary study examined the physiological correlates of eye movement desensitization and reprocessing (EMDR) therapy when effectively used to treat trauma symptoms in a post-conflict, developing nation, Timor-Leste. Participants were 20 Timorese adults with posttraumatic stress disorder (PTSD) symptoms treated with EMDR therapy. PTSD, depression, and anxiety decreased significantly after an average of 4.15 (SD = 2.06) sessions. Continuous measures of heart rate, skin conductance, and respiration were collected during the first and last desensitization sessions. Physiological activity decreased in EMDR desensitization sessions, and eye movement sets were associated with an immediate significant decrease in heart rate and an increase in skin conductance, consistent with an orienting response. This response habituated within and across eye movement sets. These findings suggest that effective EMDR therapy is associated with de-arousal within sessions and that eye movement sets are associated with distinct physiological changes that may aid memory processing. The findings offer insight into the working mechanisms of EMDR when used to treat PTSD symptoms in a real-world, cross-cultural, postwar/conflict setting.

In the News

Junger, S. (2015, May 7). How PTSD Became a Problem Far Beyond the Battlefield: Though Only 10 Percent of American Forces see Combat, the U.S. Military Now Has the Highest Rate of Posttraumatic Stress Disorder in its History. Vanity Fair: HIVE.

Melville, N. (2016, April 25). Trauma Linked to Host of Negative Mental, Physical Effects. Medscape.

For a complete list of Military In Action Archives, [click here](#).

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