



## 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.

[Learn more about the EMDR Research Foundation >>](#)

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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>.

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### Citations - EMDR and the Treatment of Depression

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Gauhar, M., & Wajid, Y. (2016). *The Efficacy of EMDR in the Treatment of Depression*. *Journal of EMDR Practice and Research*, 10 (2) 59-69. doi:10.1891/1933-3196.10.2.59.



This study investigated the efficacy of eye movement desensitization and reprocessing (EMDR) psychotherapy in treating the primary diagnosis of major depressive disorder by processing past or present trauma that was affecting the quality of life. The 26 diagnosed participants were randomly assigned to 6-8 sessions of EMDR treatment or the waiting list control. Beck Depression Inventory-II, Trauma Symptom Checklist-40, and Quality of Life Index Inventory were used at pre- and postassessment to measure depressive and trauma symptoms and quality of life of the participants for both groups. The targets for EMDR therapy were selected by the participants determining the negative cognitions most strongly associated with reduced functioning and then identifying a related disturbing event. Paired and independent sample t tests were applied for data analysis. Results showed significant improvements on all measures with large effect sizes. At 95% confidence interval, the results found EMDR as an

effective treatment for depressive and trauma symptoms and for improving the quality of life of the participants. A generalization effect was found for the depressogenic cognitions, with the number and strength of negative beliefs markedly decreased at posttreatment, even for beliefs not targeted in the therapy. Three-month follow-up interview with the EMDR participants confirmed that the results had been maintained.

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## From the EMDR Bookshelf

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Hensley, B. J. (2015). [An EMDR Therapy Primer, Second Edition: From Practicum to Practice](#). New York, NY: Springer Publishing Co.

This is a step-by-step overview of the foundations of EMDR Therapy presented in easily accessible, conversational language. It helps both new and experienced clinicians to maximize their preparation and skills in using EMDR safely, confidently, and effectively. The second edition is fully revised to reflect the evolution of EMDR to an integrative psychotherapeutic approach and is intended for use as a companion to Francine Shapiro's seminal EMDR texts. It has been enriched with several new case histories along with extensive examples of successful EMDR reprocessing sessions. An abundance of new information addresses EMD versus EMDR; research on the mechanism, model, and methodology of EMDR Therapy; bilateral stimulation; ancillary targets; the why and the how of many key EMDR Therapy components; protocol for single and recent traumatic events; updated information about the cognitive interweave, future templates; and much, much more.

The book provides concise coverage of the AIP model and EMDR principles, protocols, and procedures and addresses the types of targets accessed during the EMDR process. The book summarizes the Eight Phases of EMDR Therapy and the Stepping Stones of Adaptive Resolution—the components of the standard EMDR protocol. The building blocks of EMDR Therapy—past, present, and future—are assessed with regard to appropriate targeting and successful outcomes, as are abreactions, blocked processing, and cognitive interweaves. Detailed case studies demonstrate strategies to assist the client in reaching adaptive resolution of trauma.

### **New to the Second Edition:**

- Completely revised and updated
  - Reflects the evolution of EMDR to an integrative therapeutic approach
  - Expands specialized EMDR techniques
  - Includes new strategies to overcome obstacles
  - Presents new transcripts and case studies
  - Provides "Derailment Possibilities" to alert clinicians of potential obstacles to therapeutic success
  - Extensive appendices include definitions for EMDR Therapy, EMDR Therapy scripts, and additional resources
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## In the News

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Kerr, M. (2016, March 29). [Depression and military families](#). Healthline.

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

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