



BY WENDY FREITAG, Ph.D.  
EMDR RESEARCH  
FOUNDATION PRESIDENT

Before I launch into the business of the Foundation, I want to offer a warm welcome to Mark Doherty, CAE, the new EMDRIA Executive Director. With Mark's impressive resume and background, we look forward to his wisdom and expertise and all that he has to offer

EMDRIA. On behalf of the Foundation Board, I welcome you and look forward to our work together for many years to come.

The EMDR Research Foundation Board has had a busy Spring. As always we are looking for, and taking advantage of, every fundraising opportunity that comes along to continue supporting EMDR Research. Also we are putting programs in place to offer non-financial support to both researchers and clinicians. As well we are working towards our goal of increasing the knowledge of EMDR to all mental health professionals, mental health consumers and the public.

The first funding cycle in 2012 yielded one recipient. Catherine Butler of the Educational Psychology Program at Argosy University in San Diego has received a \$5000 Dissertation Award. Her dissertation project is working with veterans, which is one the Foundation's funding priorities. Ms. Butler's dissertation, "An Evaluation of the Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) as Compared to Treatment as Usual for Veterans with PTSD" is a comparison of EMDR and Treatment as Usual (talk therapy) for veterans with military related PTSD

over a 12 session course of treatment in a pre-, post, and follow up design. Future studies will replicate this project in order to 1) increase the pool of subjects, 2) establish the effectiveness of EMDR over a prolonged amount of time, and 3) continue to evaluate the decrease or eradication of PTSD symptoms in veterans. We are grateful for the work Catherine is doing and congratulate her on the Award. The submission deadline for the next funding cycle is July 1st. For more information on the RFPs, please visit our website at [www.emdrresearchfoundation.org/research](http://www.emdrresearchfoundation.org/research).

The EMDR Research Foundation is committed to providing support for unbiased research in EMDR, with the ultimate goal of improving the quality of client care and the transformation of lives. Funding high quality research is of utmost importance, but is not enough. The results of the research must be available and accessible to EMDR therapists in a way that is relevant to their work. Therefore the Foundation is launching the "Translating Research Into Practice" column, which premieres in the next edition of the Journal of EMDR Research and Practice. This will be an exciting forum for both researchers and therapists to share clinical experiences. It will bring research alive and make research findings relevant in a therapist's day-to-day practice. It will also support researchers in disseminating their findings and provide a critical link between research and practice. The Board is currently soliciting clinical case examples inspired by or supported by clinical research for the "Translating Research to Practice" column. If you have been involved in a research study and would like to share clinical examples that illuminate your findings, please submit a case summary to share with your clinical colleagues. Or, if you have read a research article that stimulated your thinking, inspired your work with a client, or made a difference in your work with a consultee, please share your experience by writing a brief case description to share with others. By sharing our clinical experiences that are inspired or supported

The EMDR Research Foundation is a nonprofit, charitable organization created to further the development of EMDR through research and the education of mental health professionals and the public.

The Foundation is funded by voluntary contributions from EMDRIA members and other supporters of EMDR. The Foundation is recognized by the IRS to be exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code. Contributions are tax deductible under section 170 of the Code. Contributions can be made by mailing a check made payable to:

EMDR Research Foundation  
5806 Mesa Drive, Suite 360  
Austin, TX 78731-3785

Contributions can also be made online at:  
[www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

Take a moment to donate now! Remember, your donations are tax-deductible! Please check the EMDR Research Foundation website for updates on fundraising status. Give in honor of your friends, colleagues, clients and family members. Support EMDR research by a tax-deductible gift to the EMDR Research Foundation.

by solid research, it will allow all of us to bring Evidence-Based Practice to life. If you would like to contribute a case summary for the “Translating Research Into Practice” column, please email Katy Murray at [katymurraymsw@comcast.net](mailto:katymurraymsw@comcast.net).

Another program the Foundation is launching is the development of a clearinghouse for researchers. This clearinghouse will reside on our website and will be an active list of EMDR therapists willing to participate in ongoing research projects. The Foundation Board has decided to take on this responsibility because we are frequently asked by research teams for names of therapists willing to participate in data collection. It also meets with one of our strategic goals of providing non-financial support to EMDR researchers. Please watch for an email blast asking EMDR therapists to register and be placed on the list of interested participants in high quality research.

The Foundation Board continues to look for opportunities to invite the EMDR community members to volunteer in one of the newly formed committees. As the Foundation’s activities grow, so do the opportunities for YOU to get involved. The old saying, “the more the merrier” is not only true but necessary. By offering your skills and time on a committee such as Communications, Research or Fund Development, you can help us move our mission forward. It will also expose you to the workings of the Foundation and provide us expertise in an area of your interest and preference.

Regarding the Foundation’s fundraising activities, we have two new exciting opportunities for your involvement. The first is the promotion of Francine Shapiro’s “Getting Past Your Past.” We are promoting the book, because Dr. Shapiro has graciously chosen the Foundation and EMDR HAP to share all the proceeds from the sale of the book. At the same time, “Getting Past Your Past” also provides information about EMDR to the public and mental health consumers. Therefore this fundraising activity raises money and works towards the goal of increasing public awareness of EMDR. If you want to become involved in this fundraising effort, please contact the Foundation at [info@emdrresearchfoundation.org](mailto:info@emdrresearchfoundation.org) for an electronic copy of the flyer, which can be reproduced and displayed in your waiting rooms, at EMDR trainings and EMDR specialty workshops.

Secondly, I want to tell you about a wonderful opportunity made possible by Barbara Hensley, Ed.D, a Foundation Board Member. A beautiful quilted wall hanging, (34” X 34”) was created in 2005 to honor the spirit of EMDR. Designed and crafted by Anneke Van Hoecke, a Belgian EMDR therapist, the wall hanging was auctioned in a spirited transatlantic auction as a fundraiser for HAP Europe. The bidding came down to two—the then EMDRIA President Barb Hensley and a European. After an exhilarating bidding contest, and with a very generous donation to HAP, the wall hanging was claimed by Barb. She brought it to the US and it was proudly displayed at the 2005 EMDRIA Conference in Seattle, Washington. Seven years later, Barb has graciously donated this wonderful piece of art to the



*Quilted EMDR Wall Hanging*

Foundation. As a fundraising opportunity, the wall hanging is being raffled off on the Foundation’s website. There are only 200 chances at \$50 each to win this meaningful creation! You can read about the wall hanging and see pictures of it’s creation by clicking on the banner on the bottom of [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org). The creator (Anneke Van Hoecke) tells her story of how it came to be. The “guardian” (Barbara Hensley) tells why she bought it then and why now she gives it up to provide a new home for this meaningful piece of art. Barb encourages everyone who appreciates the creative beauty of the wall hanging and wishes to contribute to the future of EMDR research to buy one or more chances in the raffle. Once again Einstein can be a source of support to the EMDR Community!

Lastly, I want to thank both our Visionary Alliance members for their continued monthly support and our annual donors. The Foundation’s 2012 goals are to increase both the number of Visionary Alliance members as well as annual donors. If you are interested in becoming a Visionary Alliance member or to make a donation, please go to [www.emdrresearchfoundation.org/donatenow](http://www.emdrresearchfoundation.org/donatenow). At that page, you will see the elite company you will keep with your esteemed colleagues who are already donors.

As I ponder my closing, I am struck by the significant evolution of the EMDR Research Foundation over the past year. It was this time last year, when we righted our ship with a clear and concise Strategic Plan and a renewed sense of purpose and mission. Given our active donor base and the EMDR community’s excitement about the Foundation’s activities, our strategies seem to be working. I am grateful for the continued support of our donors and for the Foundation Board members who are giving selflessly of their time, effort and money. The future looks bright and the possibilities are limitless!

***“Once we accept our limits, we go beyond them.”***

***~ Albert Einstein***