

EMDR Research Foundation President's Message



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

It is hard to believe this year's EMDRIA Conference is right around the corner. It is such a great time for all of those in attendance to see old friends, meet new ones and to attend informative meetings to enhance our EMDR practice. It is also a great time to consider your

commitment to the Foundation, whether that is increasing your monthly or yearly donation or contributing for the first time. The Foundation Board looks forward to this opportunity to meet and talk with our donors. Many of you are now becoming a familiar face and your dedication to our mission is vital. If you are not a donor yet, it is a great time to learn more about who we are, what we stand for and how YOU can be part of the SOLUTION. For the first time, the Foundation will have donor ribbons for our constituents to proudly wear on their conference badge. Please come to our booth for your ribbon to let your colleagues know that YOU are part of the SOLUTION by investing in the future of EMDR and donating to high quality research. We look forward to seeing you in Washington, D.C.!

As many of you know, one crucial goal of the Foundation is to increase the number of high quality research studies published in peer-reviewed journals. This is central to increasing the understanding of what happens during EMDR, as well as increasing the awareness of its effectiveness. As a donor, YOU can be part of the SOLUTION and help to achieve this goal. In the second 2012 funding cycle,

the Foundation Board was thrilled to receive four research grant proposals. These proposals are now under review and the award recipients will be announced in September. In the last funding cycle, along with the dissertation award, a \$10,000 grant was awarded to the research team of Bessel van der Kolk, M.D. and Ruth Lanius, M.D., Ph.D. The research study "Functional Neuroanatomy of Bilateral Eye Movements During Trauma Script Imagery," will make a significant contribution to the body of science regarding EMDR. Here is the abstract:

Despite substantial evidence of its effectiveness in treating posttraumatic stress disorder (e.g., Bisson et al., 2007; Bradley, Greene, Russ, Dutra, & Westen, 2005, van der Kolk et al, 2005), eye movement desensitization and reprocessing (EMDR) remains a controversial treatment. Most of this controversy has centered on the necessity and function of the eye movements or other bilateral stimulation techniques in promoting symptom reduction and integration of traumatic memories. Although several possible mechanisms of action have been proposed, the functional neurobiology has not yet been elucidated (see reviews Gunter & Bodner, 2009; Maxfield, 2008). At present, few studies have attempted to directly study the functional neuroanatomy of EMDR. Thus, we propose a mechanistic fMRI study to examine the neurobiological mechanisms underlying horizontal saccadic eye movements during exposure to trauma script imagery. The proposed study aims to systematically test the hypothesis of increased thalamic activation and connectivity during EMDR through visualization of functional neurological activity during trauma script imagery with and without horizontal or vertical eye movements. We will use concurrent fMRI, EEG, heart-rate variability (HRV), and skin conductance measurements throughout the protocol, in order to correlate the various measures of psychophysiological functioning and attempt to provide information to assist with integrating previous

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

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.

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research findings with varied measurements. We plan to recruit 40 participants: 20 participants without a history of psychiatric disorders and 20 participants with PTSD.

We know EMDR works, we know what we can accomplish and how to do EMDR, but we don't know why it works. Think of what a definitive statement about the mechanisms of action underlying EMDR will do for the future of EMDR. It will be amazing....YOU can be part of the SOLUTION!

Although the Foundation Board is always pleased to offer funding to all qualified recipients, we also recognize that most high quality research requires so much more funding than we are able to offer at this time. As the Foundation is the only funding source for EMDR research at present, we have very big shoes to fill. The need to award more financial support per study is imperative. This year, our fundraising campaign has targeted two areas for growth. The first goal is to increase the number of one-time annual donors by 50%. The second goal is to increase the number

of Visionary Alliance members to 200. As you know, the Visionary Alliance is the program that offers our donors the opportunity to make a sustaining pledge by automatic monthly donations. This predictable, continuous stream of income offers the Foundation leverage when we pursue funding from larger organizations, granting agencies and foundations. It will also offer us the opportunity to increase the amount we can give to researchers on a regular basis. YOU can be part of the SOLUTION!

There are many, many questions to be answered, which only high quality EMDR research can answer. The Foundation Board is excited to have this opportunity and to meet this need. WE are happy to be part of the SOLUTION and hope YOU join us in the effort.

"Dreams come a size too big, so we can grow into them."
 ~ Josie Bisset ❖



Ricky Greenwald, PsyD
 Executive Director

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