

# EMDR RESEARCH FOUNDATION

BY WENDY J. FREITAG, PH.D. - PRESIDENT, EMDR RESEARCH FOUNDATION

*The EMDR Research Foundation is not a part of EMDRIA; this article is published as a service to EMDRIA members.*



## New Beginnings...Thanks to YOU, Our "Foundation"!

On behalf of The EMDR Research Foundation Board, I want to take this opportunity to thank each and every one of you who contributed to our success thus far. Your donations, whether from the Visionary Alliance, annual donations, participation in our Conference raffles, and/or donate with your EMDRIA membership, make a BIG difference. The increase in funds we raised in 2012 will allow us to increase our grant awards in 2013 to further our support of high quality EMDR research. In 2012, we awarded grants to research projects investigating the 1) effectiveness of EMDR in treating sexual offenders who are abuse victims themselves, 2) the role of bilateral eye movements in EMDR treatment, and 3) the efficacy of EMDR for veterans diagnosed with PTSD. In 2012, we launched the Consultation Award, a new funding opportunity for the ERF. The purpose of this award is to assist clinicians, students and/or faculty in conducting research on EMDR and/or disseminating their findings. Our "Translating Research Into Practice" (TRIP) column debuted in the Journal of EMDR Practice and Research in 2012. This column is edited by the ERF and provides a link between research findings and their implications on clinical work. It also provides clinicians

the opportunity to share how a particular research finding has impacted their work with clients. For more information on any of these interesting and informative topics, please visit [www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org). None of this would have been possible without your continued support. Thank you!

As we start 2013, we begin with some very exciting news. As the ERF has continued to grow and develop, we found that we outgrew our ability to handle the day-to-day activities and the increased marketing and fundraising needs to continue our success. We have hired a consulting firm that specializes in fundraising and marketing for non-profit organizations. Although the EMDRIA staff has done a great service to the ERF over the last few years and we are entirely grateful for their support, our needs became more than they could handle. We are assured that this move will not only help the ERF move to the next level, it will also mean that our follow up, such as donor acknowledgement letters, will be prompt and timely.

This move also facilitated a new website, which will have more consumer information about EMDR and EMDR research along with a more user-friendly donor page. Our donor list will also be updated regularly! We are grateful for the patience of everyone who contributed to the ERF in the past, but could not find their name listed on our website. Those were signs of growing pains that we believe have been cured with our new support team.

We promised over the last few years that your continued support would provide a **foundation** that was needed to eventually expand our horizons - such as different fundraising markets and grant opportunities that will supplement our work and further the ERF's Vision and Mission. Although we, the Board, feel we have reached the point to expand beyond the EMDR community, we still need your steady and consistent support. The ERF, like any dwelling, creation, building or business, needs a **foundation** that remains strong and sturdy in order to grow and expand. With your foundational support we now look to the unlimited possibilities that lie ahead. Thank you, our **foundation**.

One of the first endeavors in 2013 is exhibiting at the Psychotherapy Networker Symposium held in Washington DC in March, which attracts 3500+ attendees. The Board believes the outreach to other venues will 1) promote awareness of the ERF's mission and EMDR, 2) increase opportunities for high quality research proposals as well as 3) find new donors interested in supporting EMDR research. We believe it to be a way to reach EMDR therapists, who are non-EMDRIA members, yet committed to the future of EMDR by supporting high quality research. If are going to the Symposium, please be sure to stop by the ERF's booth #100 and say hello.

Another area of attention and focus for 2013 is the educational aspect of the ERF's Mission. Although the TRIP column is a fantastic start to educating clinicians about research findings and how to use them in clinical work, we have more to do. The ERF is committed to improving the integration of EMDR research in basic and specialty EMDR trainings; disseminating research to clinicians through the use of public media; coordinating with other organizations with similar interests; as well as conducting outreach to specific clinician groups that would benefit from the information, such as those clinicians who work for DOD/VA. Lastly, we want to engage EMDR therapists in a dialogue about the areas of research they find helpful as well as the informational gaps that need further investigation.

A second focus for 2013 will be to enhance the non-monetary support for EMDR researcher and potential researchers. The Consultation Award, although monetary, was born out of our desire to provide support and aid to clinicians, students and/or faculty who need help in developing and implementing research projects as well as statistical expertise, publishing guidance or

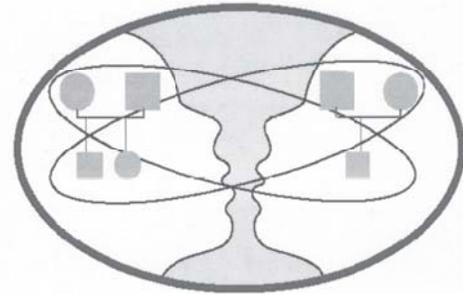


recommendations. To further the spirit of this support, the development of our clearinghouse for researchers and volunteers is an ongoing project and will be housed on our new website. The ERF's Research Committee is also looking into other tools and resources for researchers that would be searchable on our website. Serious consideration is being given to purchasing a Database Service that would enable our users to search for, locate, review, and print peer-reviewed articles and many other types of research materials on EMDR. We have heard from clinicians, who are not affiliated with a higher education institution, that these types of resources would be very helpful and in some cases, necessary to conduct EMDR research. Watch for more information on these topics in our new monthly e-newsletter that launched in January.

Last but not least we need to expand our committee volunteers and Board development. It took hard work and much effort to launch the ERF; however, because of what is now in place the time commitment is much more manageable. We are looking for volunteers for committee work or Board membership, with a time commitment of only a few hours a month. If you are a seasoned EMDR therapist looking for a way to give back, or you are new to the EMDR community and feel the desire to "get involved," here's your chance. Or if you are aware of someone who knows the benefits of EMDR or has experience with non-profits or just has a willingness to give of their time and talent to a very worthy organization, here's their chance. The level of involvement is up to you and it is a chance to share your skills and talents in an area of interest for a notable cause. Please give this opportunity to get involved serious consideration. Contact Rosalie Thomas at rthom@centurytel.net for more information.

**"Action is the foundational key to all success."**

~Pablo Picasso



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