

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.



“What I Know For Sure...”

As I left the EMDR Research Foundation's major fundraising event in Philadelphia last week, I reflected on what I know for sure. **“What I know for sure”** is the Foundation's 2015 fundraising campaign **“Expanding our Research, Deepening our Impact”** is becoming a reality. The campaign goals are to maintain or exceed our current funding level and expand the international awareness of the Foundation. Our third goal is to house a full list of all current EMDR therapy research projects worldwide on our website. The template is there and ready to be completed by all EMDR therapy researchers!

“What I know for sure” is that the EMDR Research Foundation donors are awesome! At our yearly fundraising event, our goal was to sign up 26 new Visionary Alliance members in celebration of 26 years of EMDR therapy research. Thirty-three new members signed up helping us surpass our goal again this year. Also 12 of the current Visionary Alliance donors increased their monthly pledge by \$5 or more. The one-time donations and proceeds from our “Raffle for Research” also helped to increase our fundraising

totals. All these donations are vital to maintaining or better yet, increasing our current level of funding, especially the \$25,000 Research grants. As well, the loyal financial support provides the necessary leverage to secure additional revenue streams and partnerships with like-minded organizations. We can now demonstrate that we are a solid Foundation with unyielding support from our donors. Thank You.

I also want to acknowledge the vendors who so generously donated a prize for our raffle. Many of these vendors have been loyal supporters of the Foundation for years and I am acknowledging those with an asterisk. Ana Gomez, *Celtic Art Therapy, *Convention Media, *Cynthia Kong & Gerald Puk, Deborah Kennard, *Elements Behavioral Health, *EMDR Institute, *HeartMath, *Inner Courage, Lucida Treatment Center, *Mentor Books, *NeuroTek Corp, *Roy Kiessling, *The BioMat Store, *Trauma Institute & Child Trauma Institute and *Zynne Me, Inc. Our fundraising event was so successful in part due to each and every one of you. Thank you and we look forward to seeing you in Minnesota next year.

Also I want to recognize two other individuals for their support of the EMDR Research Foundation. First is donor Camille Zeiter, who we acknowledged at the Award's Dinner. Camille is a charter donor of the Visionary Alliance as well as the co-author of the Foundation's EMDR and The Military in Action monthly e-newsletter. Camille serves the military populations as well as trains both military and civilian therapists in EMDR therapy around the country. She knows first hand the utmost importance of research to further understand EMDR therapy treatment in active duty and veteran populations. Thank you Camille, for all your hard work on behalf of the military personnel, and your heartfelt plea to the community for their support of EMDR therapy research.

Next I want to acknowledge the Western Massachusetts EMDRIA Regional Network. They presented the Foundation with a large donation for a second year in a row. At their annual Conference in March, this Regional Network holds a special fundraising drive for the Foundation. We hold them up as the **“model”** to follow for all Regional Networks that believe in the benefits of funding EMDR therapy research. There are 149 Regional Networks around the country and it would be incredible if each network held a fundraising drive for Foundation. Thank you to the Western Mass Regional Network steering committee and the donors for their outstanding work and commitment to EMDR therapy research.

“What I know for sure” is the EMDR Research Foundation has gained international recognition, given the increase in donations from outside the US. Also, Marco Pagani M.D., Ph.D. of Italy, in his plenary address gave a huge “shout out” to the Foundation and strongly urged your financial support for EMDR therapy research, given no other US funding sources are available. Dr. Pagani is a prolific brain researcher and twice received funding from the Foundations dating back to 2011 and as recently as May 2015. In his earlier study, *“The findings suggest cognitive processing of traumatic events following successful EMDR therapy supporting the evidence of distinct neurobiological patterns of brain activations during bilateral ocular stimulation associated with significant relief from negative emotional experiences.”* His latest study is showing promising results on the neurobiological effect of successful EMDR therapy for post-traumatic symptoms in cancer patients.

The Foundation also funded another team from outside the US in August 2015. Our funding of international research projects now exceeds that of projects funded in the US. **Benedikt L. Amann, M.D., Ph.D.** of the FIDMAG Research Foundation/CIBERSAM was awarded a \$25000 Research Grant for his project entitled, *“Comparison of a novel Eye Movement Desensitization and Reprocessing (EMDR) bipolar protocol versus Supportive Therapy (ST) in the prevention of affective relapses in bipolar patients with a history of trauma: a multicenter single-blind, randomized controlled trial.”* The current study evaluates an EMDR bipolar protocol with a focus on traumatic

events, including 5 bipolar sub-protocols. In this multi-center trial, 82 bipolar I and II patients with a history of traumatic events will be randomly allocated to 20 individual EMDR or 20 individual Supportive Therapy. The primary outcome criterion is a reduction of affective episodes after 12 months.

“What I know for sure” is that the Foundation’s Board of Directors is a hardworking, dedicated and passionate group of leaders. They seldom get acknowledged or recognized for their commitment, the significant time and effort given unselfishly, their wisdom and collaborative style. All the Board members have worn several different hats in service of EMDR therapy over the years. However no one has had formal fundraising or marketing experience, yet the Foundation funded \$176,000 in grants since 12/31/14. This is both impressive, given our lack of fundraising experience, and spectacular for EMDR therapy research and the generosity of the EMDR therapy community. This year at our annual meeting in Philadelphia, we set a direction and commitment to a new level of fundraising not seen before. Increasing the grant amounts and number of grants we award is always the goal. To accomplish this our fundraising efforts need to soar and finding additional revenue streams is one way to make that happen. We are fortunate we can now demonstrate that we have a solid base of support and our experience speaks for itself. Stay tuned for the launch of our 2016 fundraising campaign.

The EMDR Research Foundation’s Board of Directors includes Scott Blech, CAE - Secretary; Susan Brown, LCSW, BCD; Karen Forte, LCSW, DCSW; Barbara J. Hensley, EdD; Katy Murray, MSW, LICSW, BCD; Susan Rogers, Ph.D.; Zona Scheiner, Ph.D.; and Rosalie Thomas, R.N., Ph.D.

As I close, **“What I know for sure”** is that the EMDR therapy community is aging. Although it is great to see so many new, young EMDR therapy clinicians, the reality is we are predominately an aging group. Over the years many EMDR therapists wonder how to give back for all the benefits received due to EMDR therapy and what it has done for their clients and practice. The Foundation’s marketing efforts have centered on “paying it forward” for the numerous benefits we all know to be true. The ultimate way to “pay it forward” is to consider the EMDR Research Foundation in your planned giving arrangements. Planned gifts can be a “win-win” opportunity that enables you to fulfill your philanthropic inclinations while maximizing your tax savings. A variety of planned giving arrangements are available, each offering important benefits for donors, their families and the EMDR Research Foundation. Please visit the “Get Involved” page on our website to learn about such choices as an Endowment Gift, where the funds are used annually in perpetuity or you can name the ERF as a beneficiary in your Will or Trust. Thank You.

“What I Know For Sure”...

EMDR therapy is a gift, it heals, it is effective and efficient, it has given meaning to my life beyond anything I could imagine, it keeps my work challenging and equally rewarding, and I don’t know what I would do without it.

If each of us donated a dollar for every time we...

witnessed the sheer strength of the human soul,
marveled at a life-changing session,
felt **great relief** for our client at the other side of something horrible,
have been **honored** to know the **empowerment** of healing a heart,
or have simply just been **grateful for EMDR therapy** ...

Our research goals would easily be met.

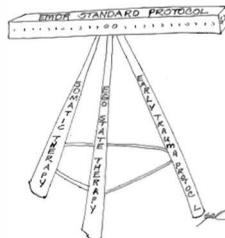
“What I know for sure” is that what we give, comes back to us tenfold.

~Wendy Freitag ❖

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