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ABSTRACT This study was conducted in the United Kingdom at two major conferences to examine how therapists (N=83) integrated eye movement desensitization reprocessing (EMDR) into their clinical practice. Data from a mixed methodology suggests that up to 40% of the sample experienced difficulties post-EMDR training. Results indicated that analytically trained and humanistic therapists experienced significantly more difficulties in integrating EMDR into the current clinical practice than integrative or cognitive behavioral clinicians. This study also ascertained that EMDR clinicians experienced workplace difficulties and challenges. Consideration is given to how the study findings may have implications for both the teaching and learning of EMDR and workplace issues.


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ABSTRACT I address the reconstruction of the traumatic event as an indispensable phase in the therapy of traumatized patients. Reconstruction that results in integration covers both external and internal reality which are in equal measure not easily approachable. Reconstruction is seen as a process that needs an adjustment of the setting. Case histories show psychotherapeutic reconstructive work with inpatients with the aid of eye movement desensitization and reprocessing (EMDR).


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ABSTRACT Resource development and installation (RDI) is an eye movement desensitization and reprocessing (EMDR)-related procedure developed to strengthen positive associations in positive and resourceful memories (Korn & Leeds, 2002). This study tested the assumption that bilateral stimulation (horizontal eye movements [EM]) in RDI “appears to lead to spontaneous, rapid increases in affective intensity . . . and to rich, emotionally vivid associations”
(Korn & Leeds, p. 1469). This study also tested whether eye movement effects could be better accounted for by working memory or by interhemispheric interaction theory. Fifty-three undergraduate students each recalled three memories of pride, perseverance, and self-confidence. They provided pretest and posttest ratings of each memory for vividness, pleasantness, and experienced strength of the positive quality, before and after performing three simultaneous tasks during recall: horizontal EM, vertical EM, and recall only. Results were fully in line with working memory predictions, with significant decreases for all variables following both eye movement tasks. There was no support for the interhemispheric hypothesis. It is concluded that the effectiveness of bilateral stimulation in RDI is questionable. Clinical implications are discussed.


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**ABSTRACT** This ongoing field study was conducted subsequent to the discovery of clandestine graves with 218 bodies recovered in the Mexican state of Durango in April 2011. A preliminary psychometric assessment was conducted with the 60 State Attorney General employees who were working with the corpses to establish a triage criterion and provide baseline measures. The Impact of Event Scale (IES) and the short posttraumatic stress disorder (PTSD) rating interview were administered, and the 32 individuals whose scores indicated moderate-to-severe posttraumatic stress and PTSD symptoms were treated with the eye movement desensitization and reprocessing (EMDR) Protocol for Recent Critical Incidents (EMDR-PRECI). Participants were assigned to two groups: immediate treatment (severe scores) and waitlist/delayed treatment (moderate scores). Each individual client session lasted between 90 and 120 minutes. Results showed that one session of EMDR-PRECI produced significant improvement on self-report measures of posttraumatic stress and PTSD symptoms for both the immediate treatment and waitlist/delayed treatment groups. This study provides preliminary evidence in support of the protocol's efficacy in a natural setting of a human massacre situation to a group of traumatized adults working under extreme stressors. More controlled research is recommended to evaluate further the protocol's efficacy.


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**ABSTRACT** This pilot study was conducted at Gaziosmanpaşa Hospital, İstanbul, to investigate the effectiveness of eye movement desensitization and reprocessing (EMDR) on migraine headache by specifically treating traumas related to headaches. The sample consisted of 11 Turkish participants with chronic daily headache: 9 women (mean age of 31.7 years) and 2 men (mean age of 30.5 years). Participants had a history of migraine ranging from 2 to 30 years (mean = 12 years). Variables included participant daily ratings of headache frequency, duration, and intensity; medication intake; hospital emergency room (ER) visits; and scores on the Symptom Assessment-45 Questionnaire. The results showed a significant decrease in headache frequency and duration with no reduction in pain intensity. There was a significant decrease in the use of painkillers and ER visits. All results were maintained at 3-month follow-up, providing some preliminary evidence that EMDR may be effective and useful as an alternative treatment for migraine.


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**ABSTRACT** Objective: This study investigated the impact of avoidant coping on treatment outcome in rape-related posttraumatic stress disorder (PTSD). Method: Adult women with rape-related PTSD (N = 62) received 9 sessions of prolonged exposure (PE) or eye movement desensitization and reprocessing (EMDR). The mean age for the sample was 34.7 years, and race or ethnicity was reported as 67.7% Caucasian, 25.8% African American, 3.2% Latina, and 3.2% other. PTSD was assessed with the PTSD

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– Joan Bacon, Psychologist, EMDRIA Instructor & Consultant

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Symptom Scale-Self-Report (Foa, Riggs, Dancu, & Rothbaum, 1993), and avoidant coping was assessed using the Coping Strategies Inventory-Diengagement subscale (CSI-D; Tobin, Holroyd, Reynolds, & Wigal, 1989). Results: Pretreatment avoidant coping was negatively associated with posttreatment PTSD symptom severity even when controlling for initial severity of total PTSD symptoms and when removing PTSD avoidance symptoms from the analysis to account for potential overlap between avoidant coping and PTSD avoidance symptoms: ΔR² = .08, b* = -0.31, 95% CI [-0.17, -0.01], t(60) = -2.27, p = .028. The CSI-D pretreatment mean score of 100 predicted a 96% likelihood of experiencing clinically significant change (CSC) during treatment. A CSI-D pretreatment score of 61 was associated with a 40% likelihood of experiencing CSC. Conclusions: PE and EMDR appear to be beneficial for women who frequently engage in avoidant coping responses following rape. A small subset of women with initially low levels of avoidant coping are unlikely to experience a therapeutic response from PE or EMDR.


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ABSTRACT Background - There is not one case report of successful trauma treatment with the use of an evidence-based treatment method in people with substantially limited verbal capacities. This paper assessed the applicability of eye movement desensitisation and reprocessing (EMDR) in two clients with moderate ID, serious behavioural problems, and histories of negative life events.

Method - The 8-phase protocol of EMDR, a first-line treatment for psychological trauma, was applied. Results In both cases, posttraumatic stress disorder (PTSD)-like symptoms decreased in a total of 6 and 5 sessions, respectively. Gains were maintained at 32 and 10 months follow-up.

Conclusions - EMDR seems to be an applicable psychological trauma treatment for persons with limited verbal capacities. Considering the importance of these findings, further and more rigorous research is required.


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ABSTRACT Objective. Obsessive-compulsive disorder (OCD) is one of the chronic anxiety disorders that interfere with routine individual life, occupational and social functions. There is controversy about the first choice of treatment for OCD between medication and psychotherapy. Aim. The aim was to investigate...
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the efficacy of eye movement desensitization and reprocessing (EMDR) compared with medication by citalopram in treatment of OCD. Methods. This randomized controlled trial was carried out on 90 OCD patients that randomly were assigned into two groups. They either received therapeutic sessions of EMDR or citalopram during 12 weeks. Both groups blindly were evaluated by the Yale-Brown scale before and after the trial period. Results. Pretreatment average Yale-Brown score of citalopram group was about 25.26 as well as 24.83 in EMDR group. The after treatment scores were 19.06 and 13.6, respectively. There was significant difference between the mean Yale-Brown scores of the two groups after treatment and EMDR was more effective than citalopram in improvement of OCD signs. Conclusion. It is concluded that although both therapeutic methods (EMDR and Citalopram) had significant effect in improving obsessive signs but it seems that in short term EMDR has better effect in improvement of final outcome of OCD.


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ABSTRACT Annalisa Field and David Cottrell's careful and balanced summary of the current state of evidence of the effectiveness of eye movement desensitization and reprocessing (EMDR) with children and adolescents is to be welcomed. They conclude that there is, despite an overall lack of good quality studies, some encouraging emerging evidence. They set out a future scenario for development in which these hopeful indications may be sufficient to convince clinicians to train and consider using EMDR in practice. That may in turn lead to more people publishing the results of their nascent practice, and greater availability of therapists would enable larger scale randomized controlled studies to be designed and carried out. In this clinical addendum I seek to complement Field and Cottrell's sense of promise by setting out ways in which EMDR has become incorporated in my systemic psychotherapy practice during the last 3 years.


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ABSTRACT Asylum seekers and refugees frequently suffer from post-traumatic stress and culturally sensitive methods towards reducing symptoms should be taken into account. The aim of the work reported here was to examine the effectiveness of Culture-Sensitive and Resource Oriented Peer (CROP)—Groups for Chechen asylum seekers and refugees towards reducing...
post-traumatic symptoms, anxiety, and depression. Some ninety-four participants were randomly assigned to 15 sessions of CROP—or Cognitive Behavior Therapy (CBT)—Groups, to 3 single sessions of Eye Movement Desensitization and Reprocessing (EMDR), or to a Wait-List (WL). The results indicated that CROP was significantly superior to WL, and was equally effective as CBT in reducing post-traumatic symptoms, anxiety, and depression. Improvements still were present at three and six month follow-up occasions. EMDR yielded negative results. According to this pilot study, CROP-Groups pose a promising, culturally sensitive alternative to psychotherapy with Chechen migrants.


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Full text available at: http://www.biomedcentral.com/1471-2458/11/838

**ABSTRACT**

**BACKGROUND:** Posttraumatic stress disorder acquired at work can be debilitating both for workers and their employers. The disorder can result in increased sick leave, reduced productivity, and even unemployment. Furthermore, workers are especially unlikely to return to their previous place of employment after a traumatic incident at work because of the traumatic memories and symptoms of avoidance that typically accompany the disorder. Therefore, intervening in work-related PTSD becomes especially important in order to get workers back to the workplace.

**METHODS:** A systematic literature search was conducted using Medline, PsycINFO, Embase, and Web of Science. The articles were independently screened based on inclusion and exclusion criteria, followed by a quality assessment of all included articles.

**RESULTS:** The systematic search identified seven articles for inclusion in the review. These consisted of six research articles and one systematic review. The review focused specifically on interventions using real exposure techniques for anxiety disorders in the workplace. In the research articles addressed in the current review, study populations included police officers, public transportation workers, and employees injured at work. The studies examined the effectiveness of EMDR, cognitive-behavioural techniques, and an integrative therapy approach called brief eclectic psychotherapy. Interestingly, 2 of the 6 research articles addressed add-on treatments for workplace PTSD, which were designed to treat workers with PTSD who failed to respond to traditional evidence-based psychotherapy.