INSTRUCTIONS FOR AUTHORS

The *Journal of EMDR Practice and Research* is a quarterly, peer-reviewed publication devoted to integrative, state-of-the-art papers about Eye Movement Desensitization and Reprocessing. It is a broadly conceived interdisciplinary journal that stimulates and communicates research and theory about EMDR, and their application to clinical practice. The Journal publishes theoretical, review, and methodological articles; experimental, case and field studies; brief reports; and book reviews. The Journal also contains a Clinical Section, which is designed to foster clinicians’ understanding and skills. It includes brief clinical vignettes and a column to respond to therapists’ questions.

**Manuscript Submission**
Submit manuscripts, in English, in MS Word format by e-mail to the Editor, Dr. Louise Maxfield at jemdreditor@gmail.com. Manuscripts will be acknowledged on receipt. Following preliminary review by the Editors, to ensure compliance with required elements, manuscripts will be peer reviewed.

**Manuscript Style**
The following are guidelines for developing and submitting a manuscript. Manuscripts that do not conform to these guidelines will be returned to the author without review, and with recommendations for changes needed to complete the submission process.


2. Manuscripts are generally expected to be about 25 pages in length and double-spaced throughout.

3. The title page must include authors’ names, positions, titles, affiliations, full contact information (address, phone, fax, and e-mail). This information should not be included elsewhere in the manuscript, to ensure blind review.

4. The second page should contain the title of the paper and an abstract of no more than 200 words as well as 4 to 6 key words listed below the abstract. Key words should express the precise content of the manuscript, as they are used for indexing purposes.

5. All articles must contain a comprehensive literature review. For example, a manuscript describing EMDR treatment of a certain disorder would summarize the literature about the nature of that disorder, review research studies that investigated outcomes of other treatments, as well as studies that evaluated EMDR treatment of that disorder.

6. Articles that recommend a clinical approach that differs from Shapiro's (2001) Adaptive Information Processing model should discuss these differences.

7. Non-research papers that recommend significant changes to EMDR standard procedures, must provide empirical support for that modification.
8. In order to promote critical thinking and an unbiased approach for the dissemination of ideas, recent advances, and current research, all articles must take an objective, scientific stance, and a respectful tone.

9. Photos and line art figures should be sent as tiff or jpg (300 ppi) or eps files.

10. Contributors are responsible for obtaining written permission from copyright owners for illustrations, adaptations, or quotes of more than 300 words.

---

**Journal of EMDR Practice and Research**

**Criteria for Each Type of Article**

The following descriptions summarize the types of articles published by the *Journal of EMDR Practice and Research* and the expected purpose, content, and evidence claims for each type. Authors are encouraged to use this information to assist them in writing their article, and to ensure that their manuscript meets requirements. We recognize that sometimes authors’ manuscripts have dual purposes and may fall into more than one category; in such cases, the authors should ensure that their paper meets all requirements for each relevant category.

A summary chart can be found on the last page of this document.

---

**Comparative Research Studies**

**Purpose:**
- Compares two or more (treatment) conditions (e.g., EMDR versus exposure therapy; e.g., eye movements versus bilateral tones)
- Tests hypotheses to answer specific questions relating to areas such as:
  - the effectiveness of a specific application of EMDR
  - the effectiveness of EMDR with a specific population or problem
  - the effectiveness of a new EMDR protocol
  - EMDR's mechanisms of action

**Treatment provided in the study:**
- Treatment conditions may be standard EMDR procedures, protocol variations, experimental procedures, other treatment procedures, or waitlist conditions, etc.
- Each treatment step must be clearly defined and replicable.
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

**Data collected in the study:**
- Administration of psychometric measures is expected (e.g., BDI, BAI, CAPS, PAI, IASC, TSI, BASC). Other data (e.g., behavioral, physiological, qualitative) may also be collected.
• Where appropriate, diagnostic assessment is recommended. Appropriate statistical analysis should be conducted.

Results:
• Claims for evidence arising must be framed according to standard scientific procedures.

Style:
• The paper should be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, treatment, procedure, etc), (3) Results, (4) Discussion, and (5) References.

Some Examples of Comparative Research Studies:

---

**Case Study/ Case Series**

Purpose:
• Presents research investigating areas such as:
  • the effectiveness of a specific application of EMDR
  • the effectiveness of EMDR with a specific population or problem
  • the effectiveness of a new EMDR protocol
  • EMDR’s mechanisms of action

Treatment provided in the study:
• Treatment can use standard EMDR procedures, or protocol variations. Procedural variations must explain how the procedure varies from standard EMDR.
• If there is a procedural variation, each treatment step must be clearly defined and replicable.
• If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

Data collected in the study:
• Administration of psychometric measures is expected (e.g., BDI, BAI, CAPS, PAI, IASC, TSI, BASC). Behavioral data, physiological, and qualitative data may also be collected.
• Where appropriate, diagnostic assessment is recommended.
• In clinical cases, it is recommended that measurement be conducted on several occasions, at baseline, pre-treatment, post-treatment, and follow-up. Baseline measures show if the problem persisted over time prior to treatment; follow-up measures show if the treatment effects are maintained.
• Measurements at only pre and post may be acceptable if the clinical problem has a narrative history and if there is a narrative follow-up report.
Results:

- Any claims for evidence arising from case study data must be framed according to standard scientific procedures, and generally would be considered at most only preliminary evidence.

Style:

- The paper can be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, treatment, procedure, etc), (3) Results, (4) Discussion, and (5) References.
- It can also be written using the case presentation style: (1) Literature review, (2) The case (Presenting problems, Client history, Pre-treatment assessment/diagnosis), (3) Treatment provided (Case conceptualization, Course of treatment, Progress, Outcome), (4) Discussion (Treatment implications, Recommendations, Limitations), and (5) References.

Some Single Case Examples:


Some Case Series Examples:


---

**Vignettes**

**Purpose:**

- Presents a short case that is of interest

**Treatment provided in the case:**

- Treatment uses standard EMDR procedures.

**Data:**

- If appropriate, SUD and VOC measures should be reported.
- No administration of psychometric measures is required, but if appropriate, diagnostic assessment is recommended.
- Behavioral data, including a description of the pre-existing nature of the problem and long-term follow-up is recommended.
Results:

- Evidence collected in this manner is not considered sufficient for any generalized claim of treatment effectiveness.

Style:

- A brief report with a short current and adequate literature review
- The following format is preferred: (1) Literature review, (2) The case (Presenting problems, Client history, Pre-treatment assessment/diagnosis), (3) Treatment provided (Case conceptualization, Course of treatment, Progress, Outcome), (4) Discussion (Treatment implications, Recommendations, Limitations), and (5) References.

Some Vignette Examples:

Other Research Studies (e.g., Survey, Qualitative Study)

Purpose:

- Collects information to answer specific questions
- Uses scientific methodology to explore areas such as:
  - Experiences of EMDR clients
  - Experiences of participants in EMDR trainings
  - Experiences of EMDR clinicians

Data collected in the study:

- Survey data, Other data (e.g., behavioral, psychometric) may also be collected.
- Qualitative studies: Phenomenologies that examine lived experiences of former EMDR clients or clinicians; grounded theory designs that examine how EMDR functions to create qualitative, perhaps unexpected, changes in clients lives or for clinicians; narrative designs that follow a client’s or clinician’s story of change over the life of and following EMDR therapy
- Appropriate statistical analysis should be conducted for quantitative studies. For qualitative studies, there should be a demonstration of rigor in the process used to record and analyze data (example: use of triangulation, logic paradigms, or other strategies that established the fidelity of the research).

Results:

- Claims for evidence arising must be framed according to standard scientific procedures.

Style:

- The paper should be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, procedure, etc), including specification that the study was approved by an Institutional Review Board or other research ethics oversight committee, (3) Results, (4) Discussion, and (5) References.

Some Examples of Other Research Studies:
Clinical Practice Articles

Purpose:
- Provides instruction on the application of EMDR
- The paper may examine application of the procedure (e.g., history taking, cognitive interweaves) or describe how to provide treatment to a specific population or presenting problem

Treatment Described:
- Treatment can use standard EMDR procedures, or minor protocol variations. Procedural variations must explain how the procedure varies from standard EMDR.
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.
- Clinical examples are used to illustrate the described treatment

Data:
- This is not a study, and no data is collected and reported.

Evidence:
- Any claims of effectiveness must derive from published research. No evidence derives from the author’s own anecdotal experiences or from clinical information shared in the article.

Style:
- Organization of the paper is determined by content. However, the following organization is generally recommended: (1) Literature review summarizing (a) nature of presenting problem; (b) general treatment of presenting problem; (c) EMDR introduction; (d) EMDR treatment of presenting problem. (2) Description of proposed application; (3) Instruction in the application with clinical examples; (4) Discussion of related issues.

Some Examples of Clinical Practice Articles:

Clinical Q&A

Purpose:
- Answers a specific question related to clinical challenges and treatment application
Treatment Described:
- Treatment generally uses standard EMDR procedures.
- Clinical examples may be used to illustrate the described treatment

Data:
- This is not a study, and no data is collected and reported.

Evidence:
- Any claims of effectiveness must derive from research citations. No evidence derives from the author’s own anecdotal experiences or from information presented in the article.

Style:
- Organization of the short article is determined by content.
- A brief report with a short current and adequate literature review

Some Examples of Clinical Q&A’s:

Clinical Consultation
DESCRIPTION PENDING

Review Articles
Purpose:
- Provides a summary of a specific body of literature with the purpose of integrating and synthesizing the findings

Treatment provided in the study:
- None

Data collected in the study:
- Examines the findings in published material
- A meta-analysis or other statistical analysis could be conducted

Style:
- Organization of the review article is determined by content.

Some Examples of Review Articles:
Theoretical Contributions

Purpose:
- Discusses theoretical considerations; proposes a theoretical perspective
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

Treatment provided in the study:
- None

Data collected in the study:
- Examines the findings in published material

Style:
- Organization of the article is determined by content.

Some Examples of Theoretical Contributions:

Other Contributions

The Journal has occasionally published other contributions. Authors are encouraged to contact the editor to ascertain if the proposed article might be of interest to the Journal as we are always open to worthwhile exceptions. Please note that the Journal does not publish opinion papers.

Some Examples of Other Contributions:
- A minor revision of a valuable published chapter:
- An interview:
- Articles with a unique purpose:


<table>
<thead>
<tr>
<th>Type of Paper</th>
<th>Purpose</th>
<th>Number of Participants</th>
<th>Number of Conditions</th>
<th>Treatment Provided</th>
<th>Data Collected</th>
<th>Statistical Analysis</th>
<th>Makes Claim re Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comparison Research Study</td>
<td>Test hypothesis, compare conditions</td>
<td>16 or more</td>
<td>2 or more</td>
<td>Experimental condition/s</td>
<td>Psychometric data&lt;br&gt;Physiological data&lt;br&gt;Qualitative data&lt;br&gt;Behavioral data</td>
<td>Yes</td>
<td>Yes, if appropriate</td>
</tr>
<tr>
<td>Single Case Study</td>
<td>Evaluate treatment</td>
<td>1</td>
<td>1 or more</td>
<td>Standard EMDR or variation</td>
<td>Psychometric data&lt;br&gt;Physiological data&lt;br&gt;Qualitative data&lt;br&gt;Behavioral data *</td>
<td>Not required</td>
<td>Yes, if appropriate for the case only</td>
</tr>
<tr>
<td>Case Series</td>
<td>Evaluate treatment</td>
<td>2 or more</td>
<td>1 or more</td>
<td>Standard EMDR or variation</td>
<td>Psychometric data&lt;br&gt;Physiological data&lt;br&gt;Qualitative data&lt;br&gt;Behavioral data *</td>
<td>Recommended</td>
<td>Yes, if appropriate with limitations</td>
</tr>
<tr>
<td>Vignette</td>
<td>Share a Case</td>
<td>1 or more</td>
<td>1</td>
<td>Standard EMDR</td>
<td>SUD, VOC, Behavioral data *</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Other Research Studies</td>
<td>Answer questions</td>
<td>Variable</td>
<td>N/A</td>
<td>N/A</td>
<td>Survey data&lt;br&gt;Qualitative data</td>
<td>As Appropriate</td>
<td>As appropriate</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>Clinical instruction</td>
<td>0</td>
<td>0</td>
<td>Standard EMDR or minor variation</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Clinical Q&amp;A</td>
<td>Answer a clinical question</td>
<td>0</td>
<td>0</td>
<td>Standard EMDR</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Clinical Consultation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Review Paper</td>
<td>Synthesize literature</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>Findings in literature</td>
<td>Possible</td>
<td>Yes, if appropriate</td>
</tr>
<tr>
<td>Theoretical Paper</td>
<td>Propose a theory</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
</tbody>
</table>

Note: * If appropriate, diagnosis is recommended