

The

EMDRIA Newsletter

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Quarterly Publication

June 2001

From the President: Wendy Freitag, Ph.D.

Dear EMDRIA Members:

As a member driven organization, the EMDRIA Board continues to look for ways to better serve our members, and at the same time, follow our bylaws and meet the regulations that govern our 501 (C)(6), non-profit organization. As I have learned, these two objectives give the impression of being in opposition at times. From some of my contact with members, I hear that the formality of our rules and regulations feel like we create more obstacles than assistance. From the Board's perspective, I believe it sometimes feels like we are trying to move mountains. Just as we think we have worked out all the details, and seem to have a clear vision forward, we run into another snag. Although it is an important snag or a necessary evil, nevertheless, it still feels like a snag. However, as obstacles often do, they cleanse the soul and with the collective wisdom of the Board, the end result is typically where we needed to be in the first place.

According to the bylaws, "the primary objective of EMDRIA is to establish, maintain and promote the highest standard of excellence and integrity in EMDR practice, research and education for the public good." Therefore, I believe we must all keep in mind that EMDRIA is different from other professional organizations, such as APA, NASW, and ISSD. EMDRIA is also a "method-driven" organization. It is the integrity of that methodology on which our mission lies. A number of EMDRIA Committees are working feverishly to set and maintain the standards of practice and education, support and guide research, and provide the public and professionals with accurate information about EMDR. If we compromise the method or the mission in any fashion, we, as an organization will have nothing to stand on.

Two programs that involve participation from our membership are the Regional Meetings and the newly developing program of Special Interest Groups (SIGS). It is within these programs where I hear from our members that we are too formal with our requirements

and paperwork, yet as a Board we find ourselves bound by our mission statement to set and maintain a standard of excellence and integrity in EMDR. While other organizations sanction regional type meetings with fewer restrictions and still meet their mission, EMDRIA does not have that option. Although your thoughts and frustrations do not go unnoticed or fall on deaf ears, we have a structure and guidelines in which the Board must work, to do what you have elected us to do.

There are two EMDRIA Committees that I would like to mention in this article. These committees are dedicated, hardworking, and keep us in line with our mission. As our membership continues to grow, so do the applications for approved training programs and specialty or advanced training workshops. Curt Rouanzoin, Ph.D. and his Standards and Training Committee are one of the most active EMDRIA Committees reviewing the diverse and varied programs and workshops. A few years ago there were a handful of well-known presenters that shared their knowledge at the annual conference or specialty presentations. This group of individuals has grown to 38 EMDRIA Approved Instructors, 58 EMDRIA Credit Providers, and 18 EMDRIA Credit Programs to date. It is expected that these numbers will continue to grow. Therefore the expertise and guidance of the Standards and Training Committee is key to the integrity of training and practice of EMDR.

Gold standard research in EMDR continues to be the driving force for the Chair, Nancy Smyth, Ph.D., and her Research Committee. With their knowledge of research design and etiquette, they provide consultation and guidance to those individuals involved or interested in conducting EMDR research. As I personally found out recently during an EMDR presentation to a room full of Wisconsin psychologists (both skeptics and non-skeptics), they want scientific proof of EMDR's effectiveness, and rightfully so.

Cont. on Pg. 2



Highlights

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- Committee Updates

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The EMDRIA Newsletter

P.O. Box 141925
Austin, TX 78714
Ph: (512) 451-5200
Fax: (512) 451-5256
E-mail: emdria@aol.com
www.emdria.org

*Executive Director: Carol York, MSSW,
LMSW-ACP*

Publications

*Committee Chair: Dan Merlis, M.S.W.
Clinical Editor: Gene Schwartz, M.S.W.
Managing Editor: Jennifer Turner*

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Newsletter deadlines for 2001 are as follows:

January 20th for the March Issue
April 20th for the June Issue
July 20th for the September Issue
October 20th for the December Issue.

Deadlines are *strictly* adhered to. Please contact the Managing Editor for article or advertising submission guidelines.

Jennifer Turner, Managing Editor
Email: TurnerBizSvc@aol.com
or
by contacting the Administrative Office

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Cont. from Pg.1

The work of Nancy and her committee is vital to the integrity of EMDR research.

At our upcoming Annual Meeting in Austin, the Board has a number of agenda items that need to be addressed. One agenda item will be the future role of the Health Care Committee and how it best serves our membership. As I begin to work on the agenda, I would like to hear your thoughts and ideas as to how we might serve you better while working within our mission. You can reach me by email (See Board and Officers List Pg. 23) or in person at the General Meeting at the Austin Conference on Saturday June 23, 2001.

It is a pleasure to serve you.

Pre Licensed Clinician Support Sub-Committee

This is for all those who are not yet licensed!

We would like to encourage all of you to attend the 2001 EMDRIA Conference this June, in Austin, Texas. For all of you that attended last year, you know how beneficial it was to your on-going education in EMDR.

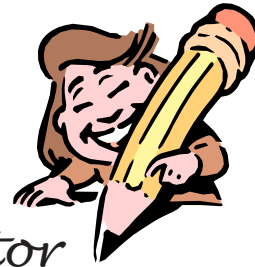
This year you are all invited to a general meeting specifically for pre licensed clinicians. It will be held on Saturday so look for the time and location posted on the community bulletin board!

SEE YOU THERE!

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From the Desk of the Executive Director



A Decade of EMDR...
Carol York, MSSW, LMSW-ACP

A decade has passed since my first training in EMDR. At that time, I could not have imagined how that first training would change my life personally and professionally. Several months ago, I found myself sitting with several EMDR colleagues from around the world. The conversation began to turn, as it has so many times before, to the EMDR membership associations. This time was somewhat different, as I was an observer not a participant in the conversation. One colleague began to question another colleague as to why she had not organized a professional organization within her country. This question was answered by another question, "Why would I want to do that? It's a lot of work." As I listened to the discussion, I was struck by the commitment my colleagues had, to the mission I too possessed, and the reason I agreed to be Executive Director of EMDRIA. I was pleased to hear the collective desire to maintain the integrity of EMDR by setting standards for the practice and training of EMDR worldwide.

I was also aware of my other colleague's hard work and dedication for years in promoting and organizing EMDR trainings within her country and was very empathetic to her limited energy regarding the major undertaking of setting up a professional organization. I was lulled out of my silence when some colleagues turned to me and asked me to comment. Before responding, a decade of EMDR flashed within my mind. With a lot of satisfaction and empathy, I looked at my friend and colleague and said "It is a lot of work". At that moment, all the work seemed worthwhile. Seeing colleagues worldwide carrying the torch made a decade of hard work meaningful. I am hopeful that others will join and help carry out the mission so that those professionals who have worked so hard can rest.

Is your Certification or Approved Consultant status about to expire?

You may want to check the expiration date on your Certificate to find out. Don't forget that you must complete 12 hours of EMDRIA Credit during your two year Certification period. When it is time for you to renew, you will need to submit copies of your certificates for EMDRIA Credits. If you are unsure of your expiration date, please feel free to call or email our office. We will send out renewal notices approximately 90 days prior to your expiration date.

Tel: (512) 451-5200
Email: EMDRIA@aol.com

A Model for Training in Low Income Countries: Nepal

By Sandra Kaplan, MSW, CSW and Mark Van Ommeren, PhD

EMDR training is always a challenge. Training paraprofessionals across cultures in low-income countries in a safe and sustainable way is an even greater challenge. Under the auspices of EMDR-HAP, we recently offered training to paraprofessionals in Nepal, who work with victims of torture. The training consisted of four key elements:

1. The paraprofessionals who participated had been trained and were experienced in effective counseling methods other than EMDR.
2. The training was tailored to the needs of the trainees, to the needs of their clients, and included a significant amount of supervised practice.
3. It was a combined effort with a visiting trainer and a seasoned EMDR therapist who was associated with and had prepared the trainees for the training.
4. This local clinician offered immediate and on-going follow up consultation/ supervision.

Mark Van Ommeren, a psychologist from the Netherlands, currently living and working in Nepal, and Sandra Kaplan, a social worker on the Clinical Faculty of the Department of Psychiatry at the SUNY Upstate Medical University at Syracuse, New York, offered an EMDR-HAP training to the mental health staff at the Centre for Victims of Torture (CVICT) in Kathmandu, Nepal in January 2001. The Centre serves Nepalese who have been tortured by the police, and, previously, Nepali-speaking Bhutanese who were forced to leave Bhutan. Four out of the ten mental health staff in the course had previously received EMDR training in Nepal in 1998 from Graciela Rodriguez, arranged by the EMDR Institute. A number had also spent a half day with Ann Kafoury in 2000 when they were introduced to resource installation. The success of the previous training ensured that all present trainees were very motivated to learn.

Sandra worked with the staff for two full days. The first day focused on teaching self-soothing methods, affect tolerance and affect containment techniques. These techniques can contribute to the safety of clients as the therapists prepare them to address their traumatic experiences. Sandra taught a skill, then demonstrated it, and then had folks practice. Mark, who is a consulting psychologist at the Centre, reports that the therapists now fully comprehend the importance and use of safety techniques and, most importantly, use them whenever they can with their clients! The second day was spent on the “8 Phase Trauma Protocol”. Again, Sandra taught, demonstrated, and then had folks practice. We paused periodically, usually at Mark’s reminder, so that the participants could talk together in Nepali, as the level of understanding of English and of the concepts varied, although all of the therapists were sufficiently comfortable in English to get the main points.

Mark was an active co-leader. He is associated with the Transcultural Psychosocial Organization, an organization with much experience in working with paraprofessional mental health workers in low-income countries. During the previous years, Mark had been offering the staff mental health training, focusing on core counseling skills to help torture survivors. He had worked with the staff over the

weeks before Sandra arrived, adapting the safe place exercise and the light stream technique in ways that could be understood by Nepalese clients. Immediately after the two day EMDR-HAP training, he offered another three and a half days of training in EMDR. The whole training experience was geared to the needs of this group. Mark and Sandra planned together what Sandra would cover in her two training days and what topics would need follow up by Mark. Sandra left all her teaching materials at the Centre for further use.

In the follow up training, the focus was mainly on practice (every day at least 2-3 hours of practice), answering the staff’s wide range of questions, and some new learning. The new learning focused mainly on what to do when processing stops. Mark organized a number of group role-plays during which he role-played a difficult client. He had each trainee step forward and take a turn as the therapist for one brief interaction. The feedback showed that the group role-plays were very helpful in clarifying and showing the details of the protocol.

Trainees responded positively to having a visiting trainer and remarked how they learned from working with Sandra personally. For Sandra, the biggest cross-cultural challenge was spending two full days on her knees, or sitting cross-legged, granted on cushions, but on a marble floor! One concept that just didn’t click was finding a metaphor for processing such as being on a train and just noticing the remembered experiences as if they were the landscape that the client is moving through. We found no obvious cultural equivalent in rural Nepal. In general, the use of metaphors, which is increasingly common in recent developments of EMDR, can be a challenge for cross-cultural adaptation.

We felt that the model that we used in Nepal, for the EMDR-HAP training was a sound, reasonable, and safe approach, ensuring minimal risks:

~ The paraprofessionals who were trained had many years of experience in counseling and have the basic counseling skills to handle strong emotional reactions that occur when treating trauma.

~ The training was geared to the trainees and the work they do, with emphasis on affect management and self-soothing, and lots of practice.

~ The combined effort of a visiting trainer “bringing the word” from the training organizations in the States and a local EMDR-trained clinician who is associated with the trainees and who can follow up right away with additional training/ consultation/ supervision, was very effective.

As EMDR practitioners, we may want to consider the benefits and risks of offering training in EMDR in low income or third world countries, when there are no possibilities for follow-up supervision available. When disaster strikes, we feel the well-intended urge to help and we want to provide EMDR training, but Mark wonders whether sometimes doing “nothing” may be better than doing “something.”

In the US and in Europe, we require EMDR trainees to have a strong mental health background (e.g., licensed professionals who have completed graduate education) to ensure that people have alternative skills in addition to EMDR. In low-income countries, it is more feasible to train paraprofessionals, because few professionals are available (e.g., Nepal has one psychiatrist per one million people).

We, therefore, believe that it’s best to focus our training efforts in low income countries on experienced paraprofessionals, with the availability of thorough, on-site, long-term follow-up EMDR supervision.

Inquiring Minds: Questions for the Research Committee

Each issue of the EMDRIA newsletter will feature questions related to EMDR research. If you have a question that you would like to have featured, either e-mail it to the chair, Nancy Smyth, at njsmyth@acsu.buffalo.edu or send it to EMDRIA's Research Committee, P.O. Box 141925, Austin, Texas 78714-1925. When you send your question, please let us know if it's okay to publish your name & affiliation (if you don't specify, we'll leave it anonymous).

Where Can I Get a List of EMDR Journal Articles?

The best current listing of EMDR journal articles is on David Baldwin's Trauma Pages: www.trauma-pages.com (click on link for "Trauma Resources" and scroll down to "Treatment Approaches" and look for the section on EMDR journal articles). Thanks to David for this a wonderful resource—the current listing includes over 200 articles. Also, if you're not familiar with this web-site, take some time to look around—it has a great deal valuable information.

How Can I Find Out About Research Grant Opportunities?

There are many sources of information about grant opportunities. For starters, join our Research Support Listserv (see EMDR Research Committee Update in this issue of the newsletter). David Baldwin's web-site (see above on "EMDR Articles") has some valuable links related to grants; click on Option 6, "Site Index & Web Links" and then scroll down to "Research Issues" where you'll find a link to Grants & Funding. Also, you might find the following web-sites helpful:

From the Managing Editor

Jennifer Turner

It's hard to believe that 2001 is nearly half over, along with the first two issues of the Newsletter. I am particularly happy with this issue, as it has extensive information about the current projects and accomplishments of the EMDRIA Committees which are the heart of our organization. If you have been considering joining a Committee, this issue is the one to read as it may give you insight into the projects and philosophies of the Committees and their members. EMDRIA reminds me a bit of a beehive, our members can enjoy the final nectar of the labor of these Committees, but few people actually experience the flurry of work and commitment that goes into creating the final products that EMDRIA offers. Its quite impressive, I can assure you.

Another great recurring article in this issue is "EMDR Around the World". Many people are not exposed to the work that is done with EMDR outside the United States. There are hundreds of volunteers, worldwide, that bring EMDR into war torn countries, poverty stricken communities, and sites of mass destruction, unlike anything most Americans will ever experience. This article, written and compiled by Marilyn Luber, allows our readers to see this work and its accomplishments. Compiling this information is not easy by any means. It takes many hours of emailing and writing to put this article together and I would like to thank Marilyn for donating her time and talent, in between her own projects and work, to write such an important article

The Foundation Center

<http://fdncenter.org>

Grant Web

<http://sra.rams.com/cws/sra/resource.htm>

Federal Information Exchange

<http://nscf.fie.com>

APA (American Psychological Association)

<http://www.apa.org/science/bulletin.html>

DHHS (Department of Health and Human Services)

<http://www.dhhs.gov/progorg/grantsnet/index.html>

Ittleson Foundation

<http://www.ittlesonfoundation.org/mental.html>

NIH (National Institutes of Health)

<http://grants.nih.gov/grants>

NSF (National Science Foundation)

<http://www.nsf.gov/home/sbe/start.htm>

SAMHSA (Substance Abuse & Mental Health Services Administration)

<http://www.samhsa.gov/grant/gfatable0402.htm>

for us each issue. Marilyn also writes the "In the Spotlight" articles, which highlight members of the EMDR community who have given above and beyond the call of duty to EMDR and/or EMDRIA.

The EMDRIA Newsletter continues to grow in its professionalism and content, but it has some room to improve. It is important to hear from our members what information they would like to see included in future issues of the Newsletter. This feedback will help us to be able to focus on areas of interest to our membership as well as omitting information that is not useful. As the Managing Editor, I would like to hear from you. Please send any suggestions for future content to TurnerBizSves@aol.com. Please also include any interest you may have in preparing the articles or compiling information necessary to write the articles. Remember, this is your Newsletter. It's designed to help you feel connected to your Association, enhance your EMDR knowledge and abilities, and network with other clinicians. If we don't receive feedback, we cannot improve our services to you.

Lastly, I would like to thank the many contributors of this issue of the Newsletter. With the pace that I know many of you keep, I honestly appreciate your time to write and compile these articles. I know the membership feels the same way. Working together, we continue to make an impact on those who might still question the effectiveness and legitimacy of EMDR and the EMDR community.



EMDR Humanitarian Assistance Programs
Resources for EMDR Clinicians

NEW!! The Therapeutic Interweave in EMDR: Before & Beyond
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Sine, Smith & Popky

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A Video Presentation Featuring
Mark Grant, M.A.

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- ~ A one-hour live demonstration of Mr. Grant's pain protocol used on a woman suffering from post-surgical pain. (Pain protocol is included.)
- ~ A review of current issues in pain management (medical & psychological)
- ~ A model of pain consistent with the latest research regarding memory & emotion
- ~ Pain as trauma; psychological & neurological similarities
- ~ How to assess for whom psychological pain management is and isn't appropriate
- ~ Case-management skills
- ~ A step by step treatment approach addressing both medical & psychological needs of the patient
- ~ Role of different modalities; hypnosis, EMDR, narrative therapy, somatic therapy
- ~ A protocol for the psychological treatment of pain using EMDR
- ~ How to establish "targets" for reprocessing
- ~ Innovative techniques for developing psychological pain-management "resources"
- ~ How to recognize and treat dissociative phenomena in pain
- ~ How to treat different kinds of pain: chronic, psychosomatic, migraine, etc

Cost: \$95.00 + Shipping (In US: \$6.00, Outside US: \$15.00) (Calif Res add 7.5% tax)

PAL format available, Tapes run 3 hours, 21 minutes

Send checks to:

The Traumatic Stress Network
c/o Linda Vanderlaan, Ph.D.
PO Box 876 * Corona, California 92878-0876

OR

Please direct credit card payments & inquiries to:

Linda Vanderlaan, Ph.D.
(909) 279-7099

EMDRIA Credit Schedule

as of June 1, 2001

Dates	Provider Name	Presenter	Contact	Phone No.	Provider #	Location
	Title of Program				Program #	
12/8-9/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 99019-18	San Diego, CA
11/30/01 - 12/02/01	Maureen Kitchur Consulting, Inc. The Strategic Developmental Model of EMDR	Maureen Kitchur, MSW, RSW	Maggie Mauer	305-669-8911	99015 99015-07	Miami, FL
11/9-11/01	Maureen Kitchur Consulting, Inc. The Strategic Developmental Model of EMDR	Maureen Kitchur, MSW, RSW	Sandra Paulsen Inobe	925-932-6886	99015 99015-06	San Francisco, CA
11/3-4/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 99019-17	Vancouver, BC CANADA
10/12-14/01	Maureen Kitchur Consulting, Inc. The Strategic Developmental Model of EMDR	Maureen Kitchur, MSW, RSW	Marilyn Luber	215-545-8296	99015 99015-05	Philadelphia, PA
10/6-7/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 99019-16	Denver, CO
9/15-16/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 99019-15	Portland, OR
9/14-16/01	Maureen Kitchur Consulting, Inc. The Strategic Developmental Model of EMDR	Maureen Kitchur, MSW, RSW	David Ogren	713-622-1278	99015 99015-04	Houston, TX
9/8-9/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 99019-14	Kansas City, MO
6/16-20/01	EMDR Institute, Inc. EMDR Vacation Retreat Workshop	Carol York, MSSW, LMSW-ACP	Staff	831-372-3900	99003 CANADA 99003-08	Whistler, BC
6/2-3/01	Andrew Leeds, Ph.D. Strengthening the Self	Andrew Leeds, Ph.D.	Andrew Leeds	707-579-9457	99019 CANADA 99019-11	Toronto, ON
6/1/2001	Sandra Foster, Ph.D. From Trauma to Triumph: EMDR and Advanced Performance Enhancement Strategies	Sandra "Sam" Foster, Ph.D. Marshall Wilensky	Gary Ladd	604-682-5467 604-682-1909	99028 CANADA 99028-07	Vancouver, BC

WANT TO BECOME AN EMDRIA CREDIT PROVIDER?

To receive an application packet, please contact the EMDRIA Administrative Office

(512) 451-5200

Yes! Sign me up!

IN THE SPOTLIGHT:

Arne Hofmann

by Marilyn Luber, Ph.D.

Arne Hofmann is influential in the world of trauma education and healing, especially in his native country, Germany. Those who know Arne have been astounded and delighted by the determination and the dedication he has shown in introducing, edifying and teaching the German therapeutic community about EMDR and trauma.

Understanding diversity has been a theme and a goal throughout Arne's life. The foundation for his interest came through his father's enthusiasm in this arena. Mr. Hofmann was a man who was interested in serving his fellow human beings and did so through his position as the head of the YMCA in Mannheim and as a city leader. They had many international guests who stayed at the "Y" and Arne was exposed at an early age to many cultural differences, especially the African culture.

After serving 2 years in the army as a medic at the Air Force Base in Ulm, Arne helped his father for several years with developmental aid projects through the church agencies. His job was to travel to aid sites and evaluate the programs there; a structure that has served him well in his current avocation of teacher, researcher and psychotherapist.

In 1977, Arne began Medical School at the University of Heidelberg. After this time, he was entitled to use the title of *Arzt*. To achieve the title of *Dr.*, in 1983, he wrote his doctoral thesis: "Trans-cultural Conflict in a South African tribe: Traditional vs. Western Birthing Practices". In 1983, he was a Resident at the Heidelberg Psychoanalytic Research Institute at the University and studied basic research methods and family therapy with Helm Stierlin. From 1984-1986, he was a Resident in Internal Medicine at a Cardiology Hospital in Bad Nauheim and then he went on to complete his residency in Darmstadt where he was recognized as a Specialist in Internal Medicine in

February 1991. He worked in the Catheter Lab and helped to build the first AIDS program in this hospital. At the same time, he was interested in Psychosomatic Medicine and studied at the Psychoanalytic Institute in Giessen with H.E. Richter. Later, in 1991, he went to MRI for several months to continue his psychotherapy training. Here, he met such luminaries as Tom Nagy who taught him about Dissociative Identity Disorders and Francine Shapiro who taught him about trauma and EMDR. In fact, he did his EMDR trainings in 1991, during the early days of EMDR.

Arne returned to Oberursel where he continued his training at the Hohe Mark Hospital, a psychiatric facility near Frankfurt. After he received the license to be a "Psychotherapist" in 1994, Arne was responsible for a new ward that was to specialize in the treatment of Posttraumatic and Dissociative Disorders. In 1996, he was recognized and certified in the specialization of Psychotherapeutic Medicine.

Arne's interest in EMDR began in 1991, and continued into 1992, when he tried to organize the first EMDR training in Germany. Unfortunately, this first attempt was unsuccessful, and it was not until 1995, that he succeeded in attracting a number of qualified therapists to the first German training of the EMDR Institute, held in an Ayurvedic Clinic in Kassel. Since that time, over 1000 clinicians have been trained in the basics of EMDR, with 600 more trained in the advanced course.

The success of EMDR in Germany has come through the huge amount of work that Arne has dedicated to this project, for example, he has spoken all over the country, published papers in respected journals, done research, and has been actively engaged in the academic communities of all of the organizations to which he belongs. Another of his skills has been to coordinate an excellent facilitator team who have complemented his strengths and added breadth to this undertaking. They are: Lutz Bessa, Lucien Burkhardt, Franz Ebner, Dagmar Eckers, Veronika Engl, Michael Hase, Hanne Hummel (Switzerland), Peter Liebermann, Kamilla Muller (England), Hans-Henning Melbeck, Beatrix Musaeus-Schurmann, Mark Novy, Christine Rost, Martina Tiedt-Schuetz, Visal Tumani, and Brigitte Weyers (Luxembourg). At first, American trainers such as Francine Shapiro, Gerry Puk, Roger Solomon and William Zangwill came to teach the German therapists. Now, Arne, along with Franz Ebner, do the teaching in German all over Germany, Switzerland, and, after an invitation of the national psychological organization, also in Austria. 1995 was also the time that he co-founded, with Michaela Huber, the German

section of the International Society for the Study of Dissociation.

In 1997, Arne moved to Cologne and became a Researcher at the Institute for Clinical Psychology at the University of Cologne. He headed the project, "Trauma Therapy for Victims of Violence". This became a model project through the University and is still running. Arne also became an advocate for the EMDR European community at large. Currently, he holds the position of Vice President of the EMDREA Board in Europe since 1998.

With the thought of deepening his knowledge in the field of Psychotraumatology and interest in educating the German-speaking psychotherapeutic community, Arne co-founded the German-speaking Society for Psychotraumatology, a branch of the European Society of Traumatic Stress Studies (ESTSS) in 1998.

In 1999, he was the co-director of the newly established Trauma Clinic at the University of Cologne opened by the German Institute for Psychotraumatology (DIPT). He was one of the initiators and the Supervisor of a project to help the survivors and the bereaved family members of the Eschede train accident. In this catastrophe, 100 people died and many more were injured. The German Rail organized this program to help the survivors. This incident was critical to the education of the German public into the nature of trauma.

He went on to be involved in the Guideline Commission for Posttraumatic Stress Disorder that was formed by the Department Heads of Psychosomatic Medicine in Germany. These guidelines appear at the web-site of the society of the medical scientific societies of Germany (AWMF): www.uni-duesseldorf.de/www/AWMF. Also, he is on the guideline Commission for Dissociative Disorders.

His book, "EMDR in der Therapie psychotraumatischer Belastungssyndrome" (EMDR in the therapy of Psycho-traumatic Disorders) was published in German in 1999 by the publishing house, Thieme. Currently, it is in its second printing and is being translated into English.

At the moment, Arne has branched out and has opened his own EMDR Institute in Cologne. This is the hub from which he works on his many projects concerning EMDR, Psycho-traumatology and Dissociative

Disorders. He is a member of the Psychosomatic faculty at the University of Cologne where he teaches courses. He is also called on to train and consult with members of different hospital staffs concerning their trauma programs. Arne is actively involved with research projects on Acute Trauma and complex trauma. He is a Senior Trainer for the EMDR Institute of the United States and achieved that status in 1997, for the beginning seminar and in 2001, for the advanced seminar.

With all that he does, does this man have a personal life? Some! He is married to Ute Hofmann, a psychotherapist he met while working at the HoheMark Hospital in 1991. After two years of romance, they were married in 1993. They are great fans of traveling and count their trips to Ireland, the Maldives, Hawaii, California and Cape Cod as some of their most treasured experiences. Arne has many interests from reading a wide range of books from ancient to current History and Astronomy. He is excited by Anthropology and likes to study civilizations from the outside to look at their structures and understand what makes them the way they are. Also, he is fascinated how different nations treat their children differently.

Arne's thoughts on EMDR and his involvement in the EMDR community are the following: "I think EMDR is a new movement in the beginning. Its boundaries have not been tested yet. What changes it may bring in the long run is still open. The Shapiro-Effect has been discovered several times in human history. Francine alone had the energy to bring that approach to use natural stimulation into the mainstream of scientific psychotherapy. If I see innovators like Bessel, or Sandra or Bob or you, I feel inspired. I feel proud to be part of this movement".

Arne is a true member of the international community of EMDR. As a psychiatrist, teacher, researcher, clinician, community-builder, husband and friend, he brings his intelligence, humor and heart to all that he does.

We are happy to have him among us.

Remember to Visit the EMDRIA Website!

- > Search for members
 - > Search for Approved Consultants
 - > Search for Certified Clinicians
 - > Check for updates and information
 - > Look for a workshop in your area
 - > Find a Regional Coordinator
- and much, much more...

www.emdria.org

EMDRIA Committee Reports

PUBLICATIONS COMMITTEE

Dan Merlis, MSW, Chair

The Publications Committee has the principal responsibility for the publication of the EMDRIA Newsletter and for the development and maintenance of the EMDRIA website. Over the past year, there have been developments in both of these areas.

We continue to publish the EMDRIA Newsletter on a quarterly basis. The Managing Editor, Jennifer Turner, has reformatted the Newsletter and brought her visual and graphics talents to bear in creating a lively and visually appealing publication. Gene Schwartz, MSW, a member of the Publications Committee, has joined the Newsletter as Clinical Editor. Gene reviews clinical submissions to the quarterly Newsletter and is working hard to recruit brief articles and case reports from EMDR clinicians. Please return his calls and emails! Remember that EMDR methodology evolved from the combined efforts of thousands of clinicians sharing their clinical experiences and observations. Consider setting a personal goal for the coming year of writing up a case or explaining something novel or innovative you are doing in your EMDR practice.

The first special clinical edition of the Newsletter was published in 1999, and was a collection of articles related to the use of EMDR with children and adolescents. Ricky Greenwald, Ph.D. was the guest editor. Based on the positive response from the readership, it was decided to continue with clinical editions with the hope that we could establish structures that would allow for the eventual publication of an EMDR journal. The editorial standards for the special editions are higher than those for the quarterly Newsletter. There are no set publication dates as publication depends upon having a sufficient amount of material and there are increased demands on authors and reviewers in the preparation of publishable manuscripts. We published a general clinical issue in December 2000 and are in the final editorial process of publishing a specialty issue this year on the use of EMDR for resource development. Another general issue for 2001 is a possibility, and we are beginning editorial reviews on materials suitable for that issue.

Please contact Brad Wasserman (supervisns@aol.com), for more information or for submissions.

A Website Sub-Committee was established and is chaired by EMDRIA President-Elect, Byron Perkins, Ph.D. All EMDRIA Committees are represented and are developing policies and procedures related to website operation, the kinds of information to be made available on the website, website design and webmastering. We are working to migrate the website to another server so as to dramatically increase our ability to grow the website. We appreciate your patience and support as we engage in this process.

As with all other EMDRIA Committees, there has been a change in membership within the Publications Committee. Ricky Greenwald has moved on to other EMDR challenges and we are very appreciative of his many contributions as committee member, reviewer, and guest-editor. Gene Schwartz, MSW, and Roy Kiesseling, MSW, have joined myself and Jim Gach, MSW (current EMDRIA Treasurer). We are looking for additional Committee members. If interested, please contact me by email to discuss.

WEBSITE NEWS

Byron R. Perkins, Psy.D., Chair

The prompt and accurate dissemination of information is one of the most vital services EMDRIA has to offer its members. To that end, the Website Subcommittee of Publications was formed and held its first meeting on April 2, 2001. It is charged with developing policies and procedures for the operation of the EMDRIA website (www.emdria.org) and an information-only e-group which will be opened in the future.

The purpose of the Subcommittee is to facilitate the dissemination of information from the Board of Directors and the various Committees of EMDRIA to you, the membership. As a result, the website will be going through a major change in format to make it more user-friendly. Additional content will also be added, such as a more comprehensive and current research section, a more readable and continually updated list of EMDRIA approved continuing education, descriptions of the activities of EMDRIA's committees for those who wish to become more involved, and much more.

The website renovation will take several months and portions of the website occasionally may read "Under Construction." Please bear with us during this time. If you

need information normally on the website, you are invited to call the EMDRIA office at (512) 451-5200, to obtain any assistance you might need.

We are open to comments and suggestions regarding what you would like to see included on your EMDRIA website. Please email your suggestions and observations to the EMDRIA office at EMDRIA@aol.com.

EMDRIA PUBLIC AND PROFESSIONAL RELATIONS COMMITTEE

Deamy Laliotis, LCSW, Chair

The PR Committee has been actively working on generating a new membership for itself over the last few months. I am pleased to announce that we now have a team of new members who are committed to the PR Committee's mission of getting accurate and up-to-date information on EMDR to the general public and to the health care profession. Each new member brings with him/her a unique perspective and a broad range of skills and experiences to the committee. I would like to take this opportunity to introduce the new committee members to the EMDRIA membership:

Gina Colelli, CSW, is an EMDRIA Approved Consultant who has a private practice in New York City. Gina brings to the committee an enthusiasm about EMDR and a commitment to bring the Public Relations Committee to a whole new level. She has recruited a professional PR person to donate some of her time and expertise to assist the committee in its efforts to improve the quality of its PR services to the membership as well as to the public and the media.

Barbara Hensley, Ed.D., is an EMDRIA Approved Consultant who is in private practice in Cincinnati. Barbara brings with her an extensive knowledge and experience in information technology and business. As an EMDRIA Regional Coordinator, Barbara has built a successful professional EMDR community in the Cincinnati area, and has presented on EMDR in her local community. Barbara has also been interviewed on EMDR by a local newscast.

Sue Hoffman, LMSW-ACP, who graciously agreed to join the committee as our Conference Committee Liaison, is spearheading the marketing efforts for the EMDRIA Conference in Austin this June. Sue is an EMDRIA Approved Consultant who has a private practice in Austin. Sue is already doing a great job of promoting the conference to the Austin media, and we're very pleased to have a local

person on the committee for the first time to assist us with the publicity for the conference.

Helen Huffington, MSS, is an EMDRIA Approved Consultant who practices in Philadelphia. Before Helen became a therapist, she was a graphic designer with twelve years of experience in the field of advertising. Helen has also held a number of positions in advertising including that of art director for a large advertising agency where she interfaced with the public relations department.

Mark Moses, Ph.D., is from Portsmouth, New Hampshire, and is the Director of the Portsmouth Marriage & Family Institute, which he founded in 1983. In addition to his private practice, Mark is an adjunct faculty member at the University of New Hampshire, as well as associate faculty in the University of New Hampshire Program of Marriage & Family Therapy. In addition to Mark's commitment to disseminating accurate information about EMDR, Mark also brings excellent writing and editing skills.

Our President, Wendy Freitag, continues to serve on the PR Committee as the Board Liaison. As many of you who know Wendy would attest, she has given tirelessly to this organization. Both Wendy and myself are beginning our fourth year of service to the committee. Together with the old committee members, Doug Cybela, Ph.D., Debbie Korn, Psy.D., Jocelyne Shiromoto, LCSW, and, our chair, Sandra "Sam" Foster, Ph.D., we started this committee three years ago. I want to publicly acknowledge all the hard work the committee accomplished over the last three years. We have a lot to live up to!

As always, the PR Committee is available to help you with your own PR efforts in your communities, such as preparing a professional or community presentation, conducting an interview with the media, or providing you with up-to-date materials. In an effort to stay current, we would also like to hear from you if you are involved in or are aware of "newsworthy" projects, research or activism.

REGIONAL COORDINATING

Jari Preston, M.Ed., Chair

The Regional Coordinating Committee is diligently working to recruit new Regional Coordinators and to develop new regions. To that end we are inviting all EMDRIA Certified members to consider becoming Regional Coordinators. Interested members must determine whether there is already a Coordinator(s) in their region, and if so perhaps

join them. If there is no Coordinator in their area, then they will have the opportunity to create a new region and begin organizing for meetings. Regions are defined by state lines or geographical dictates. The general guidelines for meetings suggest at least one meeting a year, but once a month or a quarter is great. Meetings are to be non-profit and not to be linked to any for-profit activity. No one is to make a profit from Regional Meetings, but expenses can be covered for mailing and venue, etc. Meetings are for networking and for sharing information locally about all aspects of EMDR: research, techniques, applications, case studies, etc. Case consultation for the purpose of EMDRIA certification is not to be part of a Regional Meeting, but can occur in conjunction with a meeting as long as they are handled separately.

Being a Regional Coordinator is a wonderful way to be connected to the EMDRIA/EMDR community. It also offers organizational and developmental opportunities. If this sounds interesting to you, call the EMDRIA office at 512-451-5200 and talk to Terri or Andrea, or email me at jaripreston@hotmail.com.

HEALTHCARE COMMITTEE REPORT

Mark Dworkin, CSW, Chair

The Healthcare committee has been charged by the Board of Directors to develop a procedure to empower EMDR clinicians to challenge MCO rejections of EMDR. The clinician would contact the EMDRIA office, and receive a packet containing an appeals letter, a letter from EMDRIA (see prototype below), and other pertinent information. The clinician will then be able to determine how best to send this information to the proper personnel in the MCO.

I have been privileged to be the Chair of this committee from its inception. It has been a hard fought battle, but a worthy one. I am announcing to the community that as of the end of the EMDRIA conference, I will be retiring from the committee, but certainly not from EMDRIA. I will continue to work hard for EMDR, and EMDRIA in other capacities. All my best to all of you who have written to me over the past 6 years thanking me for my hard efforts.

Best Wishes,
Mark Dworkin, CSW

Below is the prototype of the letter that EMDRIA will write, as part of the packet:

Dear Sirs (we should name the appropriate

player, ie the medical director for mental health)

We are the professional organization that represents over 3000 trained EMDR therapists. We establish and maintain standards for research, training, continuing education and clinical application of EMDR for the licensed mental health professionals who are eligible for training in EMDR. We respond to corporations, MCO's, HMO's, and Carve Out's who have received information that EMDR has not been proven to be an effective form of treatment.

We are corresponding with your organization because it has come to our attention that your company has chosen to exclude EMDR from coverage and reimbursement. We would be happy to have the chance to begin a productive dialogue with your company in order to share some facts which may not have been brought to your attention

There has been more controlled research completed and published in peer-reviewed journals on the efficacy of EMDR's ability to resolve Post Traumatic Stress Disorder, than on all other approaches combined.

One of those studies was conducted by Kaiser Permanente in California. The subjects were 67 adults seeking help who had not previously been treated for PTSD, and who had met the criterion. By the end of their EMDR treatments 100% of the single trauma subjects, and 80% of the multiply traumatized subjects no longer met the criteria for PTSD. The outcome research concluded that not only was it effective, but that it could save the HMO over 2.8 million dollars annually. This study was published in the peer reviewed journal, Psychotherapy, (1997) v.34, pgs 307-315, Marcus, S. Marquis, P. & Sakai, C. "Controlled Study of Treatment of PTSD Using EMDR in an HMO Setting."

In the Wilson, Becker, and Tinker study of 1995, 40 female and 40 male subjects with primarily single event traumas were randomly assigned to either EMDR treatment or wait list controlled conditions. The effect sizes were large. Outcomes were maintained, shown in a fifteen month follow up and indicated that 84% of those with PTSD diagnosis no longer met criterion for this disorder. These studies were published in the Journal of Clinical and Consulting Psychology (v. 63, 928-937; and v. 65, 1047-1056)

In 1995 a task force of APA's Division 12 initiated a project on Psychological Interventions (Chambless et. al, 1998) with

the mission of determining which existing psychotherapeutic interventions were empirically valid. Citing two controlled studies of EMDR (Rothbaum 1997; Wilson, et al. 1995) published in The Clinical Psychologist, v. 51, 3-16 found EMDR to be "probably efficacious for civilian populations" (1998). ISTSS Guidelines for PTSD by Foa, E, et. al gave EMDR an A/B rating."

"A 1998 meta-analysis by van Etten & Taylor of all the extant peer reviewed treatment outcome studies for PTSD, found EMDR to be as effective as any of the other behavioral treatments for PTSD and more efficient, requiring less overall treatment time. (van Etten, M. L., & Taylor, S. (1998). "Comparative Efficacy of Treatments for Posttraumatic Stress Disorder: A Meta-Analysis." Clinical Psychology and Psychotherapy, 5, 126-144)

This is just a partial list of publications and peer reviewed articles that support a conclusion that EMDR is an effective and efficient treatment for trauma related symptoms including but not limited to anxiety, depression, sleep disturbances, intrusive re-experiencing, and avoidant behaviors.

We believe that the peer reviewed literature supports a conclusion that EMDR should be considered a treatment of choice for posttraumatic stress responses in cases that meet full DSM IV criteria for PTSD and in other cases where anxiety or mood disorders include a history of significant psychosocial or environmental stressors.

We welcome any dialogue with your experts in order to establish explicit criteria for evaluating specific psychotherapeutic methodologies. We believe that such evaluative criteria needs to be made public and should be applied equally to all specific methods or approaches which are being offered to patients."

EMDRIA Research Committee Update

Nancy J. Smyth, PhD, CSW, Chair

The Research Committee (RC) continues to work to fulfill its mission: to support and promote quality research and scholarship about, or related to, EMDR. We engage in several activities to support this goal, including publishing a *Directory of EMDR Researchers and Academics*; sponsoring a listserv to provide peer consultation and support for those active in, or planning to engage in, research involving or related to

EMDR; providing consultation to EMDR researchers and scholars; and organizing research-related activities, including poster sessions and a public research meeting, at the annual EMDRIA conference. Below is a summary of our recent activities in some of these areas:

Consultation:

RC members have continued to respond to ongoing requests for consultation on research studies, feedback on articles-in-progress, and requests for linkage with research information. Examples of the types of consultation we've offered recently are:

- Advising on the selection of measures and single case design for conducting pilot studies of innovative, untested EMDR protocols.
- Advising on research design questions for several group studies of EMDR's effectiveness with new populations, including juvenile offenders, people with eating disorders, as well as brain scan/EMDR studies.
- Providing feedback on draft EMDR manuscripts.
- Linking prospective researchers with others doing similar research.
- Answering questions about the current status of what we know...and what we don't know...about what problems EMDR can be helpful with.

Requests for consultation should go to Nancy J. Smyth, Ph.D., who can then link you to appropriate consultants. Email: njsmyth@acsu.buffalo.edu or Phone: 716-645-3381 x232 (USA). Any of the individual research committee members are also open to being contacted about consultation. A complete list of committee members is available on the EMDRIA web-site.

Conference Report and Update:

This year the RC has taken a larger role in planning the research content of the conference. As was recommended at the conference planning meeting last year (based on feedback the RC received from researchers attending prior conferences), all research submissions were evaluated by the committee, through blind review, for inclusion as either a) a symposium with several other research submissions; or b) as a poster session. This change, the elimination of the sessions that consist of a single research presentation, brings EMDRIA's conference more in line with the format of other major professional conferences, the majority of whom use poster sessions as the major mechanism to present single papers

and research reports. We will have two exciting research symposiums this year: "EMDR with Health Problems" and "The Role of Eye Movements and Other Bilateral Stimulation in EMDR." Our open meeting for researchers will be immediately after the second symposium.

As in the past two years, the RC is organizing, with support from the EMDRIA staff, the poster session for this year's conference. This year, the posters will be displayed in the exhibit hall, and the posters will be "staffed" during the first half of the cocktail hour on Saturday night. The RC will also present the first award for the best poster.

Also planned for this year's conference (as with the past two years) is an open meeting of researchers and those interested in doing research. As last year's meeting was well attended (about 30-40 people), we hope that this year will be, as well. In the past, this has proved to be a great way for people to link with others who are doing similar research. This is scheduled immediately after the "Role of Eye Movements" symposium.

Directory of Researchers and Academics:

The 2000 edition of this directory was compiled over last summer and 50 copies were xeroxed and distributed at the open research meeting at the 2000 EMDRIA conference. Since then, several electronic copies have been distributed. We are on two-year cycles with the directory, so the next one won't be compiled until 2002. However, the committee is also exploring the possibilities of using an online data entry format. While print copies of the 2000 Directory are no longer available, you can obtain an electronic copy from Nancy Smyth at njsmyth@acsu.buffalo.edu.

Research Support Listserv:

The Research Support Listserv currently has about 75 members. Since the beginning of the year list activity has been primarily in the area of sharing research-related resources (e.g., grant opportunities, statistics web sites, calls for papers, etc.). However, when someone throws a question out to the list they get excellent responses. Past issues discussed have been on such topics as: types of consent forms researchers have used, how many therapists are needed in a strong research design; and questions about specific measures. If you're interested in joining the listserv, e-mail Nancy Smyth at njsmyth@acsu.buffalo.edu for information about how to do this. This information will be posted on the EMDRIA web pages in the next couple of months, as well.



Argentina

Pablo Solvey writes in that EMDR keeps growing in Argentina and they are having trainings and monthly workshops and lectures. The big news is that Ana Maria Gianini, a member of the EMDRIA Latin America Board, testified in court about a young patient who was molested by her father. After Ana Maria's testimony, EMDR was accepted in Court as evidence for the first time. This resulted in this man's sentencing to a term in jail. Pablo notes that this has made Argentinian history!

Belgium

Marc van Knippenberg writes that he is retiring as the sponsor of the EMDR trainings in Belgium. After the last training by Arne Hofmann in Antwerp, he is passing the baton to Ludwig Cornil. Ludwig will form a team who will be responsible for expanding the positive exposure of EMDR in Belgium. Thank you Marc for all of the hard work you have devoted to EMDR over all of the years you have been working within the International community.

Brazil

Graciela Rodriguez notes that she has been teaching EMDR in Brazil at Belo Horizonte, Brasilia Rio de Janeiro and San Pueblo.

Burma

Libby Call reports that Kathleen Allden, Peggy Bacon, Jack McCarthy and herself recently completed a 10-day mental health training in Burma which will later include training in EMDR. Peggy and Jack stayed on for another ten days to do consultations, smaller workshops for specific groups and offer BBP funds to build the orphanage in Mae La Refugee Camp. When the building is constructed, the group will be able to take care of 25 orphans with \$75 per month.

Libby reports that "The biggest mental health problems seem to be drug and alcohol use and

domestic violence. There is a proposal submitted by a Danish group, that is currently being reviewed, which could bring over a million dollars to fund a Burmese coordinated mental health efforts all along the Burma border. By next January funds may be available to create mental health and social service programs on a large scale. We have a number of ideas that can be implemented right away on a smaller scale until larger funding comes through. These ideas include a vocational rehabilitation program for a group of men which could complement support and counseling services for women and children who have been abused, starting some AA groups at the medical clinic and the camps, and continuing efforts at raising awareness about mental health issues and treatments among medics, teachers, and civic and religious leaders.

There are many heartbreaking stories and many moments of lost hope, but once again what stands out as I prepare to go is the gentle, deeply loving, hard-working, bright and eager nature of the people we have met and know here".

Costa Rica

Elizabeth Adams writes in that she gave the first of several talks on EMDR at the University of Costa Rica to Social Workers. After the presentation, they were eager to begin EMDR training.

Ecuador

Esly Regina Carvalho writes from Ecuador that the first advanced training in EMDR was given by John Hartung and Ligia Piedra Santa in Quito in November 2000. There are now 12 trained clinicians in Ecuador. Further trainings will occur next fall. Esly will present the opening address at the Third Latin America Congress on Psychotherapy on May 31, 2001 on EMDR. She notes, "It will be the first time that this issue will be presented at this level, and to an audience that could really be interested in getting trained in the near future. It will mean that EMDR will get out to psychotherapists in at least ten more countries. Over 400 people are expected to attend. I hope to tape it and make it available to others (in Spanish). We are also hoping to develop a humanitarian assistance program for Ecuador. For \$5 a session, we are able to pay EMDR trained clinicians to treat abused children in several of the local orphanages and homes for recovering street children. We are still working on the details of structuring this program, but we are hopeful that we will be able to give these young people a new chance at life".

Europe

John Spector notes that the 2nd European EMDR Conference took place in London on May 5th. There are 19 speakers from 7 countries presenting under the general title of "Innovations in Theory and Practice".

Finland

Soili Poijula writes from Finland that if you want to find an EMDR-trained mental health professional in Finland you can discover one on the Center for Post-trauma therapy project's website at <http://www.netppl.fi/~crisis/>. Finland's EMDR trainings are advertised at the same address and there is also a link to EMDR Institute's website. In October 2000, the seminar "A New Understanding of Grief" was organized in Helsinki. EMDR-related presentations were given by Roger Solomon on "Grief" and by Scotland's Therese McGoldrick on the "Treatment of the Bereaved Parents of Dunblane". The seminar was publicized in the newspapers, on the radios and in magazines. In November 2000, at Finland's Mental Health Fair, the Finnish psychology union organized a symposium on "The Treatment of Crisis and EMDR". Soili herself was interviewed by the Finnish Journal of Medicine on the topic, "Developing crisis intervention and the treatment of trauma". EMDR was also presented in an article that was published in most of the newspapers in Finland. She also reports that "Finland's first advanced level post-trauma psychotherapist training (1998-2001) ended in May, 2001". The training is unique. Participants are all licensed psychotherapists and the trainers of the training are international trauma specialists who are also trained in EMDR. They are the following: Bessel van der Kolk, Babette Rothschild, Maggie Phillips, Ofra Ayalon, Atle Dyregrov, Elelrt Nijenhuis, Joyanna Silberg, Mary Beth Williams and Roger Solomon. Part of the training consisted of participating in beginning and advanced EMDR training. Soili will present a poster on the training at the ESTSS conference in Edinburgh, Scotland in May.

Holland

Ad de Jongh reports how satisfied members of Holland's training team are with their 3 ½ day format for their beginning trainings. It is so extraordinary that he exclaims, "We can't even imagine how it was before!! The participants are satisfied and the facilitators see that the level of competence is much higher. The third day is three months later, thus the participants have had the chance to develop some experience in their own

practice. Any limitations or difficulties can be dealt with on the third day in which the participants get an overview of the material of the first 2 days, questions are answered and difficulties can be solved. In the afternoon there are practicum sessions under supervision of the facilitators. The training is presented by Erik ten Broeke and myself, both EMDR Europe accredited trainers.” As a result of this type of structure, a higher percentage of participants go on to complete the advanced course. The Dutch have added an extra training and supervision day and make attendance at one or more supervision/consultation sessions with an EMDR supervisor/consultant mandatory to taking the advanced training. It is the Dutch team’s belief that “it is essential that the participant knows how to use the basic EMDR protocol”. They suggest that participants have at least 20-30 client sessions prior to further training to assure that the basic EMDR processing is understood. More important than the number of sessions is that the basic protocol skills are mastered prior to moving into the next level. A therapist must submit a letter from an EMDR consultant that they have met the above criteria, prior to attending the advanced training. The Dutch team recommends this format for all other countries.

Indonesia

Elaine Alvarez reports that she completed two beginning pilot trainings in Indonesia between 5/4/01 and 5/20/01. Reyhana Seedat-Ravat, Michael Keller and Nancy Knudson facilitated; Michael was the Project Coordinator and both he and Reyhana did the initial assessment.

Israel

The first all-Hebrew training for EMDR occurred in February 2001 in Tel Aviv at the Moatsa LeIsrael Yafa Conference Centre and included over 80 mental health professionals. At this point in time, over 500 colleagues have been trained in EMDR. Training sessions have occurred in Israel since Francine Shapiro did her first ever EMDR training in 1987. Trainings later resumed in 1995. At first, facilitators and trainers came from abroad. However, there are now 16 recognized Israeli facilitators who belong to the EMDR-Israel Association. Clinical psychologist Dr. Ehud Oren and psychiatrist Dr. Gary Quinn are recently qualified international trainers and they conducted this first Hebrew training.

Israeli facilitators have participated in EMDR training in disaster areas in Bangladesh

and Turkey. Drs. Oren and Quinn were the official trainers in Turkey following the earthquake.

EMDR is used effectively all over Israel, in places such as the Community Stress Prevention Centre in Kiryat Shmona directed by Prof. Mooli Lahad and in clinics and hospitals, who along with facilitator, Alan Cohen, were amongst the first people trained in EMDR.

Udi Oren notes that an article in one of the major Israeli newspaper, “Haaretz”, about EMDR appeared on March 3, 2001. It was very favorable, but also included some criticism by Prof. Shalev. Yaala Levavi gave a lecture to the Central Convention of people working with adolescents who suffer from psychological and social difficulties.

Italy

Roger Solomon tells an extraordinary tale: “In early April, I taught a beginning EMDR training in Rome, Italy with 57 participants. The setting was the auditorium of a State owned research center. On the second day, the clerical employees of the center went on strike (which the participants told me is quite common in Italy). The strikers wanted to shut down our class, tried to come in our classroom, and started shouting and blowing whistles. I was trying to do a demonstration of the safe place protocol as this was going on. I told the class they could make the choice of continuing or stopping. The whole class wanted to continue. Participants started shouting for the strikers to go away, and several participants held the doors shut. So, we continued with class and the safe place demonstration amid shouting and whistle blowing. The participant with whom I was doing the demonstration was a clinician who held a 5th degree black belt in Karate and had tremendous mental discipline. We were able to complete the demonstration, with the help of a microphone to override the shouts and whistles. The heroine of the day was Isabel Fernandez, the Italian sponsor and facilitator. She dealt constructively with the strike leaders and made a bargain: The spokesperson could talk five minutes with the class about their issues and in return they would leave the class alone. The agreement held. The leader of the strike talked for only five minutes and the strikers were quiet the rest of the day. I did thank the person who spoke to the class for working with us, and received a whistle as a souvenir. I am very grateful to Isabel and applaud her negotiating and people skills. Moreover, I am grateful to the class, the most motivated group of participants I have ever had the pleasure of working with”.

Japan

Masaya Ichii reports that EMDR is growing slowly but surely in Japan. Last fall, Dr. Takako Konishi introduced EMDR as a treatment method to work with trauma survivors on a TV educational program series that appeared 12 times. It was called “Psychology of Trauma”. Dr. Miyako Inagawa, a candidate for EMDR Institute facilitator, was interviewed on EMDR for a special issue on Holistic Health in “Fili” where she introduced EMDR as a method to heal trauma with simple eye movements. Dr. Hiroaki Kumano was interviewed on February 28, 2001 for the nation-wide newspaper “Sankei Shinbun” concerning the use of EMDR.

Masaya’s article “EMDR: Effects and Limits” appeared in this March’s publication of “Japanese Journal of Clinical Psychology (Vol 1 {2}). In two books that were published by “Nihon Hyouron-sha” on PTSD and Panic Disorder, several trained EMDR clinicians wrote about the EMDR method and its use in clinical cases. The Japanese Newsletter was published as a part of Journal “Kokoro no Rinsyo a ra Karuto” and will be distributed within a few weeks. Training dates have been set for the next round of EMDR trainings in Japan, near Tokyo in August 2001. Andrew Leeds, Curt Rouanzoin, David Wilson and Carol York will be part of the training team.

Spain

Graciela Rodriguez goes to teach EMDR in Spain in Madrid and Barcelona. In May 2000, she will do a workshop in the University of Granada. She presented at a conference at the UNED, a prestigious university in Madrid.

Sweden

Kerstin Johannesson reports that the Swedish government’s Medical Institute is now publishing their opinion about EMDR. Their judgment is a 3 out of a four-point scale regarding the scientific proof that EMDR is an efficient treatment method for children. Their article came out in April 2001 in a national Medical Journal. Kerstin has been helpful in this process as she has written a paper on “EMDR as a PTSD Therapy for Youth” and has worked hard to raise the profile of EMDR in Sweden. Kerstin notes that the first bridge course was given this year between the beginning and advanced EMDR trainings. It is of special importance because these courses are in Swedish. On April 27, 2001, the Swedish EMDR group had their third national EMDR assembly. EMDR Sweden’s new website is www.EMDR.org.se.

Ukraine

Alex Bondarenko writes from Kiev that Ad de Jongh (Holland) has had his article on "The Treatment of Panic Disorders with EMDR" published in the Ukrainian journal, the Journal of the Practicing Psychologist (No. 7, 2000). Alexander continues his efforts to inform his colleagues about EMDR by sending them articles and giving them Francine Shapiro's textbook that was translated into Russian by the Inter-University Center for Counseling & Psychotherapy and published in 1998 with Alex's preface.

United Kingdom

Joanne Morris-Smith reports that "the First International Child EMDR Conference, "EMDR-Clinical Applications with Children: A Cost-Effective Treatment Tool", occurred in London in October 2000. It was hosted by the Association of Child Psychology and Psychiatry at the very historical location of the Church House in Westminster and was attended by over 160 professionals (child clinical psychologists, child & adolescent psychiatrists, family therapists, social workers, educational psychologists, school counselors, etc.) It was a huge success. It was designed to generate educational information about EMDR for professionals who are not yet trained in the technique. We had 10 papers presented and 8 posters. We had presenters from the USA, Israel, Ireland, England, Scotland, Denmark, Greece, Holland, Turkey, unfortunately both the person from France and the person from Germany were unable to come. The Turkish presenters were people that we trained on Jim Knipe's HAP project in December 99/June 2000. We also ran 2 workshops, one with Bob Tinker and one with Ricky Greenwald for trained EMDR child & adolescent practitioners and offered free places to 4 of the Turkish Child EMDR people and to a Clinical Psychology Student who is doing her dissertation on using EMDR with child RTA victims. We plan another one for Spring 2002".

United States

Peggy Bacon (Massachusetts) writes that they had "a great HAP training" in New Bedford the first weekend in April. Sue Rogers and Libby Call did the training and co-facilitated with David Fentress, Jack McCarthy and myself of thirty-five licensed mental health workers from three cooperating agencies in Southeastern Massachusetts. Jack, David and Peggy will follow-up with once-a-month on-going consultation.

Cindy Browning (New Jersey) reports that she gave a talk at the Passaic County Multidisciplinary Team (MDT)

annual Conference in December 2000. The MDT is the group of agencies (clinical and service oriented) to which the Passaic County Prosecutor refers all cases of child sexual assault (and physical abuse). The title of the talk was "EMDR: Treatment of Choice for Traumatized Children". In April 2001, she gave a talk to the National Association of Social Workers (NASW) Annual New Jersey Chapter Conference called "Demystifying EMDR".

Carol Crow (Florida) reports that "EMDR is starting to "take hold" in the Tampa area. Our "community" is growing, finally. I've got some consultation groups and a Bridge Group going, and am looking forward to a number of presentations leading up to the beginning training here by the EMDR Institute in January, 2002. In May, I'll be speaking to the local NASW group at their monthly meeting. A number of other organizations will be contracting for presentations in the fall. My colleague Sheryle Baker from The LIFE Center of the Suncoast, has received a grant to serve Victims of Crime (VOCA), based specifically on the use of EMDR intervention. She and her assistant, Dr. Bill Campbell are now EMDR trained, Sheryle is EMDRIA certified. Sheryle provides opportunities for some of my EMDR consultees to volunteer EMDR hours at TLC. The LIFE Center has only two paid employees, and the rest of the services are provided by professional volunteers. Fortunately, more and more of those volunteers are EMDR trained, some certified. Another colleague, Robby Adcock and I have been contacted by the University of South Florida's Victim's of Crime Advocacy Program and will be speaking to their staff and other University personnel about EMDR in mid May. They have seen the benefits of Sheryle Baker's work, and are anxious to have EMDR as one of their tools. We hope to be able to provide some services, and other volunteers (consultees) to aid their program. Of course, we're also hoping to influence some of their staff to take the training!"

Howard Lipke (Illinois) notes that he and Chad Glang had a paper published in the latest issue of Charles Figley's journal Traumatology Vol 6 #4. It can be found at: www.fsu.edu/~trauma.

Andrew Leeds (California) writes that he will be giving an invited presentation on March 30, 2001 in Syracuse NY for the Syracuse Chapter of the Society for Clinical Social Work. The subject is "Understanding Attachment and Trauma in Psychotherapy: The Development and Repair of Emotional Self-Regulation Capacities." Andrew is pleased to announce that the paper, "Preliminary Evidence of Efficacy for EMDR Resource Development and Installation in the Stabilization Phase of Treatment of Complex Posttraumatic Stress Disorder" by Debbie Korn and himself has been accepted by

the Journal Of Clinical Psychology. He has co-authored an article with Francine Shapiro, "EMDR and Resource Installation: Principles & procedures to enhance current functioning and resolve traumatic experiences"; this appears in the book, Brief Therapy Strategies with Individuals and Couples by Zeig and Tucker. In late February 2001 he became a member of the EMDRIA Standards & Training Committee.

Maudie Ritchie (New York) reports that there was an EMDRIA Regional Meeting on "Death and Grieving" in upstate New York. People came despite a heavy snowstorm!

David Servan-Schreiber (Pennsylvania) sends in that the French magazine, "PSYCHOLOGIES" wrote an article about him and the Center for Complementary Medicine concerning their use of EMDR on this university affiliated hospital campus. It is available on the internet at http://psychologies.com/cfml/dossier/_dossier.cfm?id=92

Jackie Scharff (Pennsylvania) notes that she has been teaching at the School of Nursing in the University of Pennsylvania about EMDR and trauma at the undergraduate and graduate level.

Zona Scheiner (Michigan) reports that "Ann Arbor, Michigan has a group of EMDR trained therapists who volunteer their time to do EMDR with indigent clients associated with various county agencies. The group's name is HART (for Humanitarian Assistance for the Relief of Trauma".)

Bill Thomson (Michigan) has been funded through the Palestinian Children's Relief Fund to organize training for Palestinian mental health professionals in both EMDR and Critical Incident Stress Management. He hopes to provide the trainings this summer in Gaza and at Birzeit University on the West Bank.

Sandra Wilson (Colorado) is delighted to announce that the Spencer Curtis Foundation just received a contract from the Department of Corrections, Youth Services Division. The work of Jeannie Tomlinson under the supervision of Sandra and Bob Tinker is the reason for this success because of her success with teens in lockup. The guards and case managers are amazed at her success using EMDR with this population. Craig Gillette who was an independent assessor on the first two JCCP studies and co-author on the Scheck, Schaeffer study and works in a maximum security prison has helped to develop the guidelines for using EMDR in a prison setting. The safe place was an initial issue as there was no safe place in prison for many inmates.

Please send your EMDR related news to Marilyn Luber at Marluber@aol.com

The Conference Corner...

Gayla Turner,
Conference Coordinator
Associate Director

By the time you read this article, the Conference will be days away or it may have already come and gone. Either way, if you plan on attending or you did attend, we hope it is or was a wonderful experience for you.

We have already begun with the planning for the 2002 EMDRIA Conference. It is to be held in San Diego, California. The dates are June 20th through the 23rd. You should receive the Call for Papers in June or July. If you are interested in presenting next year in San Diego, please be sure to complete the Call for Papers and get it turned in by the deadline date, which will be sometime in September or October. At the time I'm

writing this article, I am unsure of the exact submission deadline. As soon as we send out the Call for Papers, we will post the deadline date on our website. If you haven't received one by the end of July and would like to submit, please contact our office and we would be happy to send you one.

For those of you who have never attended one of our Conferences before, the following are some attendee comments from previous Conferences. We hope that you decide to join us in Austin or San Diego!

"I learned quite a bit and feel energized regarding the material. It has made me decide I would attend next year's Conference after all, even though I had determined not to, previous to attending this one."

"Excellent Conference. Plenary speakers were superb and there was quite a diversity of topics. The idea of themes people could pursue was a valuable approach."

"First time at EMDR Conference. I was impressed overall at the level of competency of presenters and the overall 'spirit' of the organization."

"The presenters I heard were excellent! They were well prepared, personable, smart, and inspiring. I learned a lot and have a lot to digest"

CALL FOR PAPERS!!!

It's that time again! If you are interested in submitting a proposal to present at the 2002 EMDRIA Conference, the Call for Papers should be making its way to you by now. If you do not receive one by the end of July, please contact the Administrative Office and we will be happy to send you one.

The 2002 EMDRIA Conference will be held in San Diego, California, June 20th through 23rd. Be sure to mark your calendars - we hope you will join us!

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Redding, CA
Work: (530) 223-2777
dwilson@awwwsome.com

CONFERENCE

Chair: Carol York, MSSW
Austin, TX
Work: (512) 451-5200
emdria@aol.com

FINANCE

Chair: Jim Gach, MSW
Towson, MD
Work: (410) 583-7443
jgach@compuserve.com

HEALTH CARE

Chair: Mark Dworkin, CSW, LCSW
East Meadow, NY
Work: (516) 731-7611
mdwork5144@aol.com

LONG RANGE PLANNING

Chair: Byron Perkins, Psy.D.
Corona, CA
Work: (909) 737-2142
brperkins@icnt.net

MEMBERSHIP

Chair: Linda Vanderlaan, Ph.D.
Norco, CA
Work: (909) 279-7099
lvanderlan@aol.com

NOMINATIONS & ELECTIONS

Chair: David Wilson, Ph.D.
Redding, CA
Work: (530) 223-2777
dwilson@awwwsome.com

PERSONNEL

Chair: Byron Perkins, Psy.D.
Corona, CA
Work: (909) 737-2142
brperkins@icnt.net

PUBLICATIONS

Chair: Daniel T. Merlis, MSW
Bethesda, MD
Work: (301) 718-9700
Danmerlis@aol.com

PUBLIC/PROFESSIONAL RELATIONS

Chair: Deany Laliotis, MSW
Bethesda, MD
Work: (301) 718-9700
dlaliotis@aol.com

REGIONAL COORDINATING

Chair: Jari Preston, M.Ed.
Kirkland, WA
Work: (206) 527-8696
jaripreston@hotmail.com

RESEARCH

Chair: Nancy Smyth, Ph.D.
Buffalo, NY
Work: (716) 645-3381 x232
njsmyth@acsu.buffalo.edu

SPECIAL INTEREST GROUPS

Chair: Zona Scheiner, Ph.D.
Ann Arbor, MI
Work: (734) 572-0882
Zonags@aol.com

STANDARDS & TRAINING

Chair: Curtis C. Rouanzoin, Ph.D.
Fullerton, CA
Work: (714) 680-0663
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Chair: Gary Peterson, M.D.
Chapel Hill, NC
Work: (919) 929-1171
gpeterson@pol.net


WORLD COUNCIL

Chair: Wendy Freitag, Ph.D.
Wauwatosa, WI
Work: (414) 777-1757
WJFreitag@aol.com



EMDR International Association
P.O. Box 141925
Austin, TX 78714-1925

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Call for EMDR Papers

The Publications Committee is continuously seeking material on EMDR case studies, clinical experiences, techniques, and protocols for our new clinical publication.

The next deadline is August 15th

Please contact the Managing Editor:

Brad Wasserman, LCSW-C

supervisns@aol.com

301-340-6501 office 301-340-2130 fax

11306 Coral Gables Drive, North Potomac, MD 20878