

EMDRIA Newsletter

Vol. 5, Issue 2

Quarterly Publication

June 2000

From the President: David Wilson, Ph.D. Forward from the Future

Those of us who are therapists know that, for the most part, human beings do not have a true future as a possibility and an opening. For the most part, people have a future given by the past. People have, so to speak, a future past, been before, over and over. Until one puts the past in the past, there is no true future, just more of the same: dissatisfaction in life, unsatisfying work, failed relationships, unfulfilled dreams and such. But lo, here we EMDR practitioners come along with a powerful tool for retiring the past. In addition to relieving unnecessary suffering, we also open up a real possibility for inventing a future not given by one's history. Unfortunately, unless we intentionally create a new future, there is a strong pull toward the comfort and security of familiar suffering, toward filling up the available space with the same old stuff. This pull from the past makes the third arm of the EMDR protocols extremely important.

Where do we look for guidance as to what to create?

At one level, to consolidate the gains patients have made, we can take them through the scenarios which have been a problem in the past, while rehearsing new responses.

At another level, we can use the patient's values and interests and commitments to start constructing a future out of those values and interests and commitments. At yet another level, we may ask if there are universal values/desirables toward

which we ought to work? For this, I think we need to turn to the great spiritual and wisdom traditions as embodied in spiritual teachings and secular philosophies. There are obvious turning points:

~In the world of work; to identify that which represents the call of the world for you, to find what you love to do, and do that.

~In marital relationships; instead of finding the right partner focusing on being the right partner.

~In family, business and social relationships; to do to others as you would have them do to you.

~In goals and projects; to shift from "I want to..." to "I am committed to...", as in "I promise to do X by time Y."

~In living day by day; to live from being complete.



EMDRIA

At the last meeting of the EMDRIA Board of Directors, for the first time since I have been preparing the agendas, we had no items under "pressing business." I took this to mean that EMDRIA is hitting on all cylinders. All the organizational structures are in place. We have strong chairs and members for our committees, chairs who are responsible and accountable and good for their word, and committee members who participate and contribute. All the projects and services we envisioned at the outset are up and running, or well in progress. Hence, I want to publicly acknowledge all those folks who are making this organization work. I also want to focus on the opening this provides.

~Continued on Pg.2

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From the Editor..

Jennifer Turner, Editor
Associate Director, EMDRIA

Summer is fast approaching as is the annual conference. This year's conference looks to be our finest ever with top-of-the-line workshops, fascinating Guest Speakers, and a wonderful dinner cruise along the majestic Toronto Harbor. Look for more information in this issue of *The EMDRIA Newsletter*.

I have received a great deal of positive feedback about the changes to The Newsletter. As with any change, we breathed a sigh of relief when the finished product came out and was well received. We will continue to make small changes and always welcome helpful suggestions for future issues. Please feel free to call (512) 451-5200 or email me with your comments and feedback at emdriajt@aol.com.

I would like to comment on a few changes significant to this issue. The first is the removal of the Study Group listings. In order to provide new and up to date information in each issue, we have decided to run the listing of Study Groups only when space will allow. We have had such an overwhelming response that we had to close the listing in the last issue and remove it entirely in this one. The Study Group listings

will continue to be available on the EMDRIA website (www.emdria.org) and by fax (512) 451-5256 or phone (512) 451-5200 at the Administrative Office. If you are a current member and would like your Study Group listed on the website, please email or fax your information to the Administrative Office.

Another change you may have noticed is the removal of the Regional Coordinators listings. In lieu of this listing, you will find a listing of the current workshops and Regional Meetings approved for EMDRIA Credits (Pg. 23). We will continue to list Regional Coordinators on the EMDRIA website or you may call the office for the name of a Coordinator nearest to you.

I encourage you to send in your comments and requests for future issues of *The EMDRIA Newsletter*. Remember that we continue to need articles and information both for the quarterly Newsletter, as well as the Special Clinical Editions. Perhaps you'd like to submit a short clinical article or case study for the new section titled "The Clinician's Clipboard". You might also wish to recommend an outstanding clinician for the "In the Spotlight" section. Remember, this is your newsletter and

we're listening.

From the President, Continued from cover:

2000 Conference

Our Conference theme this year is "Forward from the Future." I am heartened by how many of the presenters responded to my call last year and, in one way or another, addressed this theme. And, if the principles discussed earlier apply to organizations as well as individuals, what shall EMDRIA invent? As President Elect, Dr. Wendy Freitag is responsible for organizing and managing the annual session before the Conference on Long Range Planning. What new programs and projects and services would you like to see EMDRIA provide? Send your ideas and suggestions to Wendy Freitag, Ph.D., 1200 N. Mayfair Road, Suite 110, Wauwatosa, WI 53226, Fax (262) 375-9066, EMailWF Freitag@aol.com

"I believe the adventure is just beginning"

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From the Desk of the Executive Director.....



*Carol York, MSSW, LMSW-ACP
Executive Director
Conference Chair*

As I write this note and by the time you receive your Newsletter, the summer will be fast approaching. It will be quite different for us at EMDRIA as our annual Conference will be in the Fall this year. We had to move the Conference to the fall this year due to scheduling conflicts with the hotel site in Toronto. This has not stopped us, however, from having the potential for the best Conference ever! We are excited about having the Conference outside the United States for the first time and honored that Bessel van der Kolk,

MD., Allan Schore, Ph.D., Peter Barach, Ph.D., and Leigh McCullough, Ph.D. will be our guest speakers along with EMDR's renown originator, Francine Shapiro, Ph.D. Our theme this year is "Forward From the Future" and we have many exciting workshops to offer our conference participants. As always we are indebted to the professionals who are willing to offer their talents and expertise. Remember to mark your calendars for September 8th, 9th, and 10th for EMDRIA's annual conference at the Royal York Hotel, Toronto, Canada.

While you are marking your calendar, I would like for you to also to mark your calendar for EMDRIA's 2001 Conference for June 22nd, 23rd, and 24th in Austin, Texas. The staff and I are quite excited about having this event in our city and are planning a variety of fun events to help highlight your visit. Due to the short time between these two events, we are busily working on both conferences at the same time. If you

have not received a Call for Papers for this conference, you should be receiving one shortly. We hope that many of you will consider submitting proposals to present workshops at this exciting gathering of the EMDR community. Please note that the submission deadline is October 1, 2000.

Based on feedback from our members, the EMDRIA Board of Directors voted to set a permanent date for the conference as to allow for attendees to make their plans well in advance. Beginning with next years conference in Austin, Texas, the conference will continue to be held the 4th weekend in June every year thereafter.

The Conference Committee, the Administrative staff, and myself welcome your input and your comments. You may contact us at the EMDRIA Administrative office, (512) 451-5200, fax (512) 451-5256 or email to emdria@aol.com.

Don't forget to mark your calendars! We look forward to seeing you in Toronto!

2000 EMDR International Association Conference

September 8-10, 2000

*Please Be Sure and
Mark Your Calendars!*

~ Toronto, Canada ~

at the

Royal York Hotel

(416) 368-2511

(Refer to Reservation Code #CEMDR)

Update from the Regional Coordinating Committee

Rosalie Thomas, R.N., Ph.D., Chair

In the beginning.... Those of you who have been following the development of the Regional Coordinator program are aware there have been many changes since its inception. The goals—to create an opportunity for low-cost, accessible, and on-going education in EMDR at the local level, and to provide a format for local providers to become acquainted and share skills and ideas—remain the same. But as the program has grown, the administration has undergone its own development and evolution. To clarify roles, the Regional Coordinating Committee has created the following “Statement of Purpose”:

This committee was originally formed to establish policies and procedures for setting up Regional Meetings, creating application and standards, a contract, and guidelines for Regional Coordinators, and providing direct support to Regional Coordinators.

That purpose has shifted with the development of the program. At this point, the EMDRIA office is responsible for the administrative aspects of the program. That includes the application process, the review of all printed materials, giving of information and direct support to Regional Coordinators, and the review of financial reports following Regional Meetings.

The EMDRIA Standards and Training Committee is responsible for determining whether the content portion of the Regional Meeting meets criteria for EMDRIA Credits. The proposed content of Regional Meetings is reviewed by the EMDRIA office and, if appropriate, by the Standards and Training Committee.

The Regional Coordinating Committee is charged with the establishment and maintenance of policy and procedures as it pertains to Regional Coordinators and Regional Meetings. That includes such activities as periodic review of policy, monitoring of procedures to assure adherence, addressing questions or disputes regarding policy or procedures, developing or revising policy or procedure as needed, and developing printed material that helps to clarify and communicate policy and procedures. In addition, the

committee offers support and consultation to the EMDRIA office staff as needed to carry out the established policies and procedures of the program.

This shift is allowing a more timely and consistent response to Regional Coordinators. It also allows the committee to explore the next “big questions” that are coming down our evolutionary path, such as “When is it a Regional Meeting and when is it a commercial workshop?” and “How do we define a region?”.

Thank you to all of the Regional Coordinators who have completed the recent e-mail survey. We’ll be getting a summary of your responses to you soon. To use this space for general discussion and update, we have moved the listing of Regional Meetings to the EMDRIA website (www.emdria.org). If there is not a Regional Meeting in your area and you are interested in developing one, please contact the EMDRIA office. You can also find a listing of current Regional Meetings, which have been approved for EMDRIA Credits, on page 23 of this issue of the Newsletter.

Hints for your Regional Meeting

- ◆ In order to advertise that your program is approved for EMDRIA Credits, you should submit your program application at least 30 days prior to your print date.
- ◆ Create a time line for 6 months to 1 year out. Planning your events this far in advance avoids last minute rushing for approvals.
- ◆ Network with other active Regional Coordinators who have held meetings. These people can offer invaluable advice to help avoid re-creating the wheel.

The Clinicians Clipboard



A THERAPEUTIC TECHNIQUE ALTERNATIVE

Rita Weinberg, Ph.D.

In recent years there have been varied ways of directing eye movements during EMDR intervention. This is a suggestion about an alternative technique.

I took a walk on the track of my health club and as I watched a jogger bouncing a ball from one hand to another, it occurred to me he might be moving his eyes to track the ball. It was difficult to tell since his head was turned downward watching the ball. I asked someone to bounce the ball that way while thinking of a problem experience and he reported feeling better but I was still unsure of eye movements.

Using an eye tracking machine at the University of Chicago Psychology laboratory confirmed the eye movements. An adult male subject was fitted with a head band connected to a computer which tracked eye movements. It was very clear that he was moving his eyes from side to side as he bounced the ball. He also reported a SUDS level reduction from 9 to 1.

I bought a bag of balls about 1 1/2 to 2" in diameter, high bouncers. I had my graduate students in a counseling class choose partners and get a SUDS level for a problematic situation. Standing in

one spot, they bounced balls from hand to hand. Most reported being so involved with maintaining control of the high bouncing balls that they could not think of anything else. Those who did concentrate without difficulty, reported lowered SUDS. A ball which bounces reasonably well but not too high would probably reduce motor concerns about ball control.

As an alternative, I suggested that they sit on the floor, facing their partner, legs spread apart and roll the ball on the floor from side to side. This was far easier for them and more successful.

I have tried this with some young children. Although they found it easy to do, I am not certain how successfully they stayed with internal feelings.

Since doing this, I have found that Terry Marshall and Marilyn Vargas-Lobato presented a similar variation at an EMDRIA conference about two years ago with children who had Reactive Attachment Disorder. They had the child throw a small rubber ball or koosh ball about a foot in the air from one hand to another.

None of my experiments are carefully researched. However, I am putting this out to the EMDR community as an alternative.

INTELLECTUALIZED

Don Beere, Ph.D., ABPP

When I find that during EMs my client is very intellectualized and/or engaging in reflective and analytical processing, I have altered the EMs in the following ways. My theoretical rationale is that the conscious activity distances the individual from the inner experience. Usually, this conscious activity is part of the individuals usual way of experiencing. I alter the regular pace

of the eye movements so they become random, or, experientially, the client cannot anticipate exactly where the focus will go next. I will, for example, pause at the extreme right. The eyes flick back, then return to the fingers. I wait a short period of time, then move the fingers left, sometimes pausing at the extreme left, sometimes continuing as in the usual EMs. Considering the various points along the fingers course, we can label them extreme left (EL), middle left (ML), center (C), middle right (MR), and extreme right (ER). I might move the fingers, EL, ER, C, ER, C, EL, ER, EL, MR, ML, MR, ML, ER, EL, MR, EL, ER, ML, ER, EL, C, and so on. I am looking for the dropping out of the client's anticipation of where the focus will go. At that moment, the eyes follow the unpredictable focus smoothly and without jerking to an anticipated location. When that occurs, the client is much more attentive to what is happening, and processing seems facilitated.



Future columns of the *Clinician's Clipboard* would like to highlight different techniques and tips from EMDR Clinicians. The articles are anecdotal in nature and have not been proven with research or controlled studies. If you would like to submit a short case study or technique you have tried, please send your article to Jennifer Turner at emdriaJT@aol.com or by fax at (512) 451-5256.

EMDRIA Affiliated Entities

As an international association, EMDRIA has established guidelines and policies for contracting with Affiliated Entities. These entities are professional associations in countries outside the United States which must apply to be affiliated with EMDRIA. This agreement allows these entities to receive the benefits of EMDRIA membership as well as local information and programs which are pertinent to their specific country and its needs. An affiliation such as this benefits all EMDRIA members by allowing for more extensive networking around the world. These affiliated members number close to 1000 for the 2000 membership year to date.

The articles below have been submitted by the President or Acting Representative from each of the Affiliated Entities who have current membership with EMDRIA (unless otherwise noted).

EMDR Association of Canada

David Hart, Ph.D., President, EMDRAC

Membership in EMDRAC approaches 300. We are spread from Pacific to Atlantic to Arctic oceans with our density decreased at the North and East, approximately paralleling the density of mental health professionals. In the middle of all this, Toronto-area members hosted a regional two-day conference last November attended by some 80 participants. Workshops by area and invited presenters were enthusiastically enjoyed and many EMDRIA credits were earned. Out west, Vancouver members along with experienced help from Seattle-area members, hosted the third biannual Pacific North West Regional Conference. Almost 150 participants from five US states and five Canadian provinces enjoyed two days of workshops by invited and area presenters. I am impressed by the enthusiasm of our colleagues for expanding their knowledge and skill in EMDR. Responding to this enthusiasm is perhaps the main function of EMDRAC. Our ambitions are not small. In September we "co-host" the EMDRIA annual conference in Toronto and plan to have our annual general meeting with election at the same time. These will be memorable events.

For further information about EMDRAC, email David Hart, Ph.D. at david.hart@ubc.ca.



EMDR Association of Europe

Richard Mitchel, President, EMDREA

(As submitted by Marilyn Lubet, Ph.D.)

EMDR Europe held its first annual conference in Utrecht on May 6th. According to Ellen Latenstein, "Many of the EMDR family from England, Germany, France, Sweden, etc (and the Netherlands of course) came." David Blore was elected the new Chairman of EMDR UK and Ireland; a good choice to follow in the able footsteps of Richard Mitchel.

David Blore reports that "*The EMDR Practitioner* is about to go through a major transition phase. This is because EMDR Europe is "stretching its muscles" and *The Practitioner* is its mouthpiece. The first of the major changes (probably this summer) involves the new www.emdr-europe.net website which will run in parallel with *The Practitioner* once the Europe site is fully designed. Also in the offing is the new UK site which David is in the process of designing. This has all resulted in a full editorial team for *The EMDR Practitioner* being formed so as to relieve me of some of the work in keeping in touch with 21 countries in Europe. Also, a vital factor in the transition phase is that EMDR Europe held its first conference in Utrecht, The Netherlands in May." David notes that he has produced an outline version of "An Underground Trauma Protocol for EMDR" which is now published at www.emdr-practitioner.net/blore2000.htm. Also, he has

written an article following his EMDR-HAP sponsored trip to Turkey last year that appeared in the Central Nottinghamshire Healthcare News.

TORONTO, CANADA

This years conference will be in the beautiful city of Toronto in Canada. For more information on the city you can go to the Tourism Toronto website at:

www.tourism-toronto.com

You can also reach them at: 800-363-1990

Certification & Consulting: More Frequently Asked Questions

~ Can an Approved Consultant applicant consult with a Level I trained clinician to get consultation-of-consultation credit?

Yes. A Approved Consultant applicant may consult with a Level I clinician for consultation-of-consultation credit, but the Level I clinician cannot count those hours toward Certification consultation. A person must complete Level II training before consultation hours would be applicable for Certification.

~ Does EMDR Institute Facilitator training count toward consultation hours?

Yes. This training would count toward the required consultation hours.

~ I want to consult with an Approved Consultant in a specialty area (e.g. Eating Disorders, PTSD, etc). Can I do phone consultation even though I am not in an isolated area?

Yes. The preferred method of consultation is face-to-face, however, phone consultation is allowed. You should write a letter of intent and include the name of the person you are doing phone consultation with and the reason. This letter should be sent to the EMDRIA Administrative office and will be placed in your Certification file when your application is received.

~ Do consultation-of-consultation hours have to be 10 individual and 10 group the same as consultation hours for Certification?

No. Consultation-of-consultation hours can be all individual, all group, or a combination of both.

~ Do hours spent as a client receiving EMDR therapy count toward individual consultation hours?

No. Consultation hours are to be for the time that the therapist spends doing EMDR on client - not for being a client.

~ Is there a limit to the amount of people that can be in a group for group consultation hours?

Yes, no more than 8 people should be in a group for group consultation.

~ Is there a limit to the amount of people in a group for consultation-of-consultation?

Yes. Groups can be no more than 4 participants with the Approved Consultant as the 5th person.

~ I am applying to be an Approved Consultant. Do the hours that I consult with a Certification applicant count toward his/her consultation hours?

Yes, but only after you have been accepted as an Approved Consultant would those hours count toward consultation hours for the Certification applicant. If you were not accepted as an Approved Consultant those hours would not count toward the Certification applicant's consultation.

If you have further specific questions regarding Certification, please contact Terri Curtis at the EMDRIA Administrative office (512) 451-5200 or e-mail her at emdriaTC@aol.com.

Did you know?...

There are currently over 1000 EMDR Certified Therapists and 350 Approved Consultants around the world.

PRE-LICENSED CLINICIAN SUPPORT COMMITTEE

Just a reminder about the upcoming EMDRIA Conference in Toronto, Canada this September 8th-10th. Plan to come and expand your skills in EMDR. We will also be holding a meeting for all pre-licensed clinicians at the Conference. The location and time of the meeting will be written on the announcement board near the registration desk at the conference. This meeting is for you, so come with your suggestions, questions and support! PLEASE LET US KNOW IF YOU PLAN TO ATTEND and what kind of information would be helpful to you by e-mailing Nicole Nestor at Nicstor@earthlink.net.

Over the past few months, this committee has received several e-mails from all over the world from pre-licensed clinicians asking questions and looking for support. Here are a few that we have received:

Q: *As a pre-licensed clinician trained in EMDR, I want to know if I can begin accumulating the 20 consultation hours towards Certification now?* Linda Richards, M.S. N.C.C. Oshkosh, WI

A: This is a popular question for the committee. Yes, Linda, you certainly can accumulate your EMDR consultation hours as a pre-licensed clinician. The committee has even developed two forms to help you keep track of your consultation hours, as well as EMDR treatment sessions and number of clients. If you don't already have the forms, let us know and we will e-mail them to you.

You will still need to complete all the other necessary requirements for Certification, including being licensed for two years. The EMDRIA website has conveniently provided the requirements for Certification.

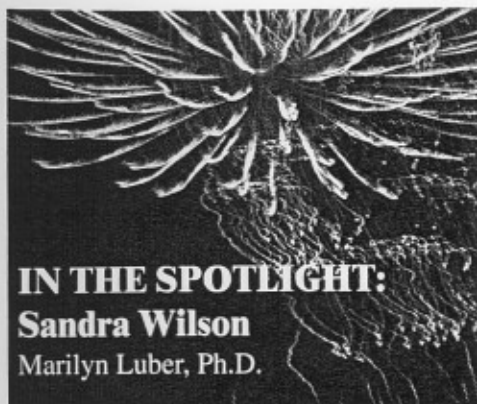
Q: *I work in a doctor's office and find that the patients are rather suspicious of my new approach. I would be interested in hearing how you introduce EMDR so it doesn't sound wacky.* Vicki Champion, Uckfield, East Sussex, England

A: A good question Vicki. I think it is important to advertise EMDR within your office. I have my EMDR training certificate along with my EMDRIA membership certificate hanging on the office wall for my clients to see. Also our office has EMDR brochures available in the waiting room for the clients to read. Lastly, if EMDR is a suitable method of therapy for your client, then I would present the facts about EMDR in a serious manner but possibly use some humor in describing the eye movements ("the eye movements may seem a little wacky, but it has helped a lot of people deal with their issues"). Provide them with a brochure so they can read it at home and come to the next session with any questions they may have. Give it a try and let me know. Don't forget that "EMDR Europe" may also have information that would be helpful to you in your practice. You can contact Richard Mitchel at RichardMitchel@compuserve.com.

If you have a question or a suggestion for this committee, please email Nicole at Nicstor@earthlink.net

Help Wanted: Translators

The Publications and PR Committees are looking for volunteers to translate EMDRIA brochures and publications into several different languages. Please contact the EMDRIA Administrative office (512) 451-5200 or email at emdria@aol.com if you would like to volunteer.



IN THE SPOTLIGHT:

Sandra Wilson

Marilyn Luber, Ph.D.

When I think of Sandra Wilson, I think of a kaleidoscope of dynamic shapes and colors coinciding with the different facets of her life: caring friend, wife, mother, grandmother, philanthropist, psychologist, researcher, humanitarian, wilderness retreat leader, fundraiser and champion of the underdog. There is no area of the human heart that she has not touched and the number of human hearts she has touched is countless.

I was introduced to Sandra soon after she completed her doctoral dissertation in partial fulfillment of the requirements for her Ph.D at The Union Institute. This was the first controlled study of EMDR with 80 traumatized adults and was later published in the *Journal of Consulting and Clinical Psychology* as a Special Feature in December 1995 (*Eye Movement Desensitization and Reprocessing (EMDR) treatment for psychologically traumatized individuals*) with her co-authors Lee Becker and Robert Tinker. For her important work, she received "The Good Froggy" Research Award from the EMDR Institute in 1995. The 15-month follow-up with 84% participant response was published in JCCP with the same co-authors in 1997. For this research, Sandra won "The EMDR Research Excellence Award" in 1996. These two studies demonstrated the positive and long-term effects of EMDR with patients and became the launch site for the slow steady accumulation of positive research on EMDR.

Upon meeting Sandra, I liked her immediately. She was full of life, feisty, irreverent, funny, and bright. She was also focused and driven to do what she could to fund her research and to help demonstrate the efficacy of EMDR to the world at large and the psychotherapeutic world in particular.

Sandra was born in Detroit, Michigan and was the eldest of 10 children. In 1985, she received her Bachelor's of Art Degree Magna Cum Laude in Psychology and Sociology from Central Michigan University. In 1987, she completed her Master of Arts Degree in Clinical Psychology and Child Development, also Magna Cum Laude, from the same university in Mt. Pleasant, MI. She moved to Colorado in 1988 in search of the mountains and to keep her son company while he was attending the University of Colorado.

She has had her share of her own trauma and tragedy through the years; the saddest being the loss of two grandchildren in infancy, Spencer and Curtis. In true "Sandra" fashion of turning tragedy into good works, she and her husband, Robert Tinker founded the Spencer Curtis foundation in 1994 as a loving memorial to her grandchildren. The purpose of this nonprofit corporation is to provide psychological and humanitarian programs for children, worldwide, and to conduct scientific studies of EMDR and Trauma. Sandra, Bob and Lee Becker spearhead the projects with the help of many volunteers and/or paid therapists to create a special working community for the various projects. So far, 247 therapists have participated in their studies and projects to date!

What has followed is a cascade of wonderful projects, humanitarian efforts and challenging research that has spanned the nineties and, no doubt, will flourish during the new millennium.

In 1995, Sandra was appointed

Project Director along with Joe Westerheid, Ph.D. and Karin Kleiner, LCSW for the Oklahoma City Bombing Relief Project sponsored by EMDR-HAP (marking the founding of HAP) and The Spencer Curtis Foundation. They supervised the EMDR Free Clinic that was staffed by 186 EMDR facilitators who volunteered their services to treat 250 victims of the Oklahoma Federal Building bombing. They also ran gratis trainings so that 300 therapists in the area could learn EMDR to use with trauma survivors. For her work in Oklahoma City, Sandra was awarded "The Cornelius Sabin Award" by the El Paso County Psychological Society.

In 1996, The Spencer Curtis Foundation sponsored "The EMDR with Children Research Project". One hundred and twenty children and their parents were interviewed with approximately half completing the study. However, due to a failure of funding commitments, the Tinkers are endeavoring to find the funds to complete the analysis and write up the study for publication. Unfortunately, this is often the plight of researchers.

In June 1996, "The Phantom Limb Pain Research with EMDR" began. The idea for this project came after Francine Shapiro spoke at the 1995 EMDRIA Conference about Linda Vanderlaan's work during the "HAP Bogotá Columbia Project" with a child in Columbia who had remission of phantom limb pain after an EMDR treatment. Sandra and Bob were fascinated by this result and with great curiosity began to delve into this area of research. The pilot study began with 7 patients and was funded by The Spencer Curtis Foundation and the Tinkers in the United States and Germany. At this time, 50 patients have received EMDR and report approximately a 70% reduction of pain. Part of the data includes MEG scans for 3 patients pre and post

their EMDR intervention. These patients are currently undergoing their post testing and the results will be presented at the Toronto EMDRIA Conference in September 2000.

When Sandra is involved with these research projects, she brings the heart she demonstrates in the rest of her life into whatever study she is working on. Not only does she have a fierce support for her therapists, she has a great love and delight in the kinds of process and experience reported by the patients who are part of the project. She told me one story about a patient who had lost an arm from cancer and after she was treated with EMDR, was no longer experiencing any phantom limb pain. This woman had regained her "joie de vivre" and went out two-stepping with her boyfriend. They were dancing and stepping with such abandon that, at one point, her partner was left holding her prosthesis. While the dancers around her had stopped in surprise, she and her partner were laughing so hard they could hardly catch their breaths. I could see Sandra's eyes twinkling with sheer delight at this woman's triumph in the face of her disability.

"The EMDR with Police Officers as a Stress Reduction and PTSD Program" for the City of Colorado Springs Police Department began in 1997. This project was under the auspices of the National Institute of Justice Program to look at effective ways to help law enforcement officers and their families recover from the stress of such intense work. The Spencer Curtis Foundation received a grant to assess 62 officers and their partners or spouses on the main areas of police stress. A 6-month follow-up was conducted and the article has recently been submitted for publication.

In 1998, Sandra was awarded "The Ron Martinez Award" by the

EMDR Institute. During 1999, the much awaited "Through the Eyes of a Child: EMDR with Children" was published. Bob and Sandra have included the wealth of their collective experience with EMDR and working with children in the text. It is an important book to include in any library as the literature on EMDR grows.

September of last year marked the beginning of the Malteser Refugee Camp in Hemer, Germany Project. More than 100 children and adults benefited from the 6-month program. A controlled study of 40 children began in December using a modified version of the EMDR protocol that included the butterfly hug. The butterfly hug was the result of work that Judy Boel and Judy Albert did with children who were victims of the floods subsequent to Hurricane Paulina, in Mexico (See article in the *EMDRIA Newsletter, Volume 5, Issue 1*). This project was undertaken to validate the effectiveness of EMDR so that governments will accept this treatment in the face of other disasters. At the moment, there are two Albanian psychiatrists who are hoping to raise money to set up a clinic to do EMDR in Kosovo. The plan is to have HAP trained local therapists and volunteer EMDR therapists do clinical supervision over the next two years to support the trainings.

Sandra's latest venture is to integrate her love for the wilderness into her passion for psychotherapy. As she has plunged into the work of helping others face disasters, she has been intimately in contact with the fallout of such events. She said to me, "We are putting ourselves in situations that change us. I will never be the same. I have a different world picture".

Sandra is not only concentrated on her work, she is a wife, a mother of five, and a grandmother of eight. She

has learned the art of making every moment count and is enjoying each one. She likes to read and enjoys all types of music. As Sandra says:

"I am living my life, before it is over.

I am where I want to be.

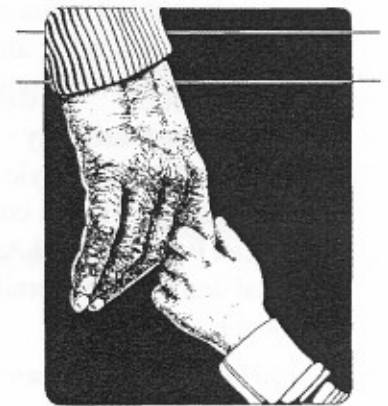
Doing what I want to do

With whom I want to do it.

The three biggies.

A nice place to be"

How lucky we are to have Sandra Wilson in our community.



If you would like to highlight an EMDR clinician who you feel has made outstanding contributions, please contact the Administrative Office with their information.

The Conference Corner...

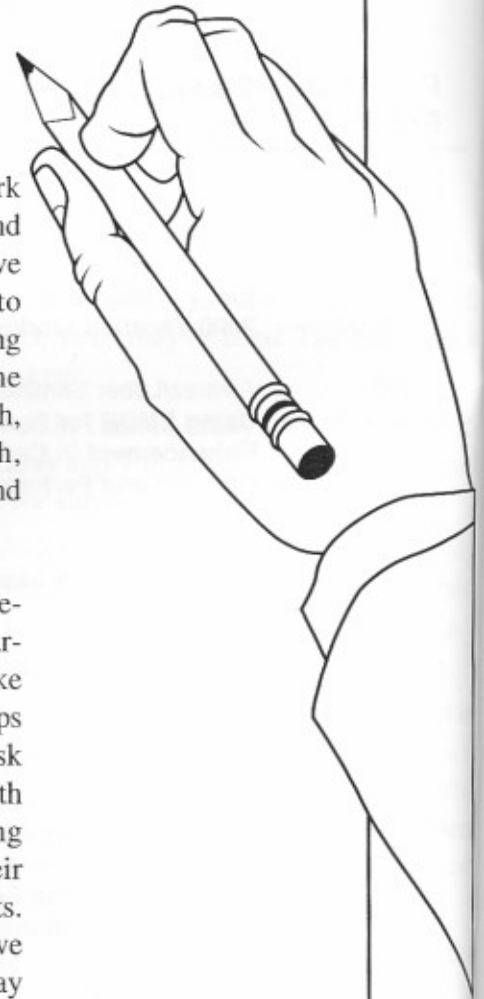
Gayla Turner

Asst. Conference Coordinator

The 2000 EMDR International Association Conference is just around the corner. You should receive the Conference Brochure shortly, if you haven't already. In it you will find a wide variety of workshops and events to attend. Many people like to take advantage of our early registration, which will be available again this year on Thursday evening from 7:00pm to 8:30pm in order to "beat the Friday morning crowd". Our Cocktail Party/ Reception is on Friday evening and open to anyone who wishes to attend. This is a good opportunity to get together and visit with people you may have met at last year's Conference and reacquaint yourself or meet some new and interesting people. We will have special guests on hand for a book signing at the Reception as well. Then on Saturday, be sure to join us for our Awards & Recognition Banquet Dinner Cruise. It's sure to be a "magical" experience. We always manage to have such a good time. For those of you who are interested in getting connected with Special Interest Groups, there will be rooms set aside on Saturday during lunch for

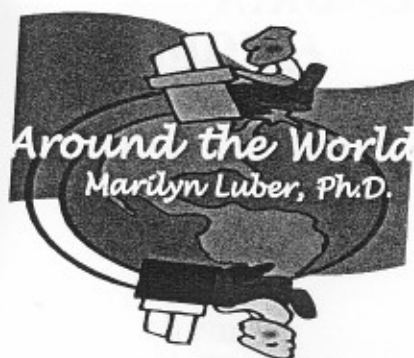
groups to meet and network from 12 Noon to 1:30pm. And then of course, we always have wonderful guest speakers to present on each day. Among them this year are Francine Shapiro, Ph.D.; Peter Barach, Ph.D.; Leigh McCullough, Ph.D.; Allan Schore, Ph.D.; and Bessel van der Kolk, M.D.

A consistent comment we receive each year from our participants is the request to make signing in and out of workshops easier. This is a daunting task as we attempt to comply with several different continuing education agencies and their record keeping requirements. We want to assure you that we are working hard to find a way to expedite the signing process. Please look for directions, as well as specific requirements for your agency listed in our Conference Program which you will receive when you check in at the Registration desk.



*Be sure to join us this year in Toronto!
We hope to see you there.*

Participants can earn a reduced fee by volunteering as a Room Monitor for sessions they want to attend. Please call Gayla Turner at (512) 451-5200, or email her at emdriaGT@aol.com, once you receive your Conference Brochure, if you are interested in volunteering in this way. Room Monitors are scheduled on a first come, first serve basis, so to take advantage of this opportunity, we advise you to call as soon as possible after you receive your Conference Brochure to reserve your spot.



Argentina

Pablo and Raquel Solvey report that therapists are continuing to be trained in Argentina, and "EMDR is growing slowly but steadily".

Australia

Mark Grant writes that the recent ISTSS conference in Melbourne was a very successful conference with over 1100 delegates. There were several sessions about EMDR, including one where Bessel van der Kolk endorsed EMDR.

Canada

(See page 6 in this issue for current news regarding Canada)

Czechoslovakia

Udi Oren, an Israeli trainer, was in Prague and met with representatives of the Czechoslovakia Psychological Association. They are interested in scheduling an EMDR training in early 2001, and are planning to publish several articles in their newsletter to alert their members to EMDR.

Germany

Christa Diegelmann and Margarete Isermann report that they will sponsor a special training in Sylt on women's issues featuring Sandra Foster, Ph.D., Marilyn Luber, Ph.D., and Carol York, MSSW, LMSW-ACP.

Holland

Facilitators in Holland have implemented a new training format. They require an added training day in between beginning and advanced trainings for EMDR 2 ½ months after the initial training. Supervision before the advanced training is mandatory.

Ad de Jongh reports that he will present on how EMDR can be helpful in treating police officers after traumatic incidents to one of the largest police districts in the Netherlands. Ad and Erik ten Broeke will present at a national conference on the treatment of personality disorders and the use of EMDR in June, 2000.

Israel

Udi Oren reports that EMDR-Israel was invited by the Israeli Army to give an initial training for army therapists. This is "big news" and may pave the way to the acceptance of EMDR into mainstream psychology in Israel.

Italy

Marika Romanini reports that the Associazione Per L'EMDR in Italia was founded on May 20, 1999. Since then 89 members have joined the 10 founding members. It all started in February, 1999, in Milan, by the initiative of Isabel Fernandez, the EMDR sponsor for Italy.

Francine Shapiro attended the National Conference of Cognitive Behavioral Therapy in Naples in November, 1999, on the state of the art of EMDR research. Also, she conducted a very successful workshop. Five papers on EMDR concerning grief, binge eating, substance abuse and PTSD were also presented.

Palestine

Training in EMDR for psychotherapists was sponsored by The Peres Peace Center, the Palestine Red Crescent Society, and EMDR-HAP. Roger Solomon was the trainer and he was accompanied by a support staff of Roni Berger, Aiton Birnbaum, Marilyn Luber, Richard Mitchel and Frances Yoeli.

Switzerland

Members of EMDR-Switzerland have organized an EMDR Institute web-site for Switzerland in the German language: <http://emdria.ch> and <http://www.emdr-emdria.ch>. E-mail can be sent to emdria.ch@freesurf.ch.

Ukraine

Pavel Loushin has written, "The EMDR Psychotherapeutic Meaning", in the latest issue of the Journal of the Practicing Psychologist (2000,N6, pp.85-90).

United States

Edmund L. Gergerian notes that he presented "Introduction To EMDR" at the Jamaica Hospital Medical Center in Jamaica, NY, and the George A. Jervis Clinic in Staten Island, NY.

Carol Forgash writes in that she is presenting on EMDR at a child abuse conference in Albany, NY, along with Ricky Greenwald.

Priscilla Marquis has been an active member of the EMDR team that has been working in Spanish speaking countries. She reports that she is part of a team that will go to Venezuela in May. She has been in contact with members of the Cuban psychiatric community in February and they are very excited about the prospect of EMDR workshops. She notes that there are also "irons in the fire" in El Salvador.