

The

EMDRIA Newsletter

Vol. 5, Issue 1

Quarterly Publication

March 2000

From the President: David Wilson, Ph.D.

Wanted and Needed: Participation

The success of EMDRIA depends upon the contributions of our membership. Our members produce the programs for our Annual Conference, the articles for our Newsletters, the work for our committees. To be sure, we have some hardworking paid staff who competently handle much of our administration, but we do not have nearly enough paid staff to do all the work that needs to be done. Moreover, at \$100 per member per year, we will never be able to afford enough paid staff to do all the things we want to do. We have to have contributions from our membership. Even if we could afford a huge paid staff, I feel it's better for members to contribute to other members. For those active in the Association, there is a satisfaction in knowing they make a difference by contributing to colleagues in a good cause. As individuals using EMDR, at the least we lighten the load of people who are suffering, at best we open up for others new vistas of grand possibilities. As an organization, EMDRIA offers what Buckminster Fuller called "trim tabbing," what the Zen masters call "skillful means," in this context the principle that by contributing to those who contribute, you multiply your own effect. The purpose of this column is to let you know about opportunities for contributing to EMDRIA.

Articles for the EMDRIA Newsletter

For most of our members, the Newsletter is the most tangible and visible benefit they receive. Our current plans are to publish two peer-reviewed "clinical" issues per year, such as the previous volume on child and adolescent issues, and four "trade publications" per year. We need articles from our membership for both. We especially need material for the trade publication. In addition to information on organizational issues, announcements of workshops and trainings, advertising, and such, we need articles on: new applications, clinical tips and pointers, case studies, brief research reports, useful forms, and reports on our activities around the world. Submit these to Publications Chair, Dan Merlis.

Participation in Committees

Our organizational committees – Finance; Personnel; Nominations and Elections; Awards; Structure, Function, and Bylaws – are fully staffed and functional. Many of our service committees, by virtue of content or leadership, are also fully staffed and productive: Conference, chaired by Carol York; Standards and Training with chaired by Curt Rouanzoin; Public and Professional Relations chaired by Sandra Foster; Healthcare chaired by Mark Dworkin; and Research chaired by Nancy Smyth. However, several committees need more membership participation. Membership, in particular the subcommittees on recruitment and pre licensed clinician support; Publications; Special Interest Groups; and a new task force for managing the web site. Please contact the appropriate committee chair or the Administrative office to volunteer.



Board of Directors

Every year we struggle with the same issue: we need new people willing to make a three-year commitment to serve on the Board of Directors. These jobs are not particularly glamorous, requires a great deal of work, and may not produce much recognition, but they are absolutely necessary if we are to function as an organization, and provide a great deal of personal satisfaction. But it is a major commitment. Officer positions – Secretary, Treasurer, and President – provide a one-year apprenticeship as "Elect" to learn the job. Director positions are also for a three-year term. We think it takes about six months for the new Directors coming on to learn how to contribute effectively. If we are to be successful over the years, we will always have to be bringing someone else along to replace ourselves. To volunteer, contact Nominations and Elections Chair, Past President Dan Merlis, or any Board member.

So these are some of the main things we need right now: a stream of articles for the *Newsletter*; more participation in our committees; and people willing to serve on the Board of Directors. I invite you to step forward. No you, no EMDRIA.

Highlights

- EMDRIA Newsletter's New Format
- Publications, Packets, and More
- Helpful Hints & Tips

Inside

- 2000 Annual International Conference
- Newsletter Submission Information
- Pullout Advertisement Section

From the Editor...

Jennifer Turner, Editor
Associate Director, EMDRIA

Happy New Year!!! EMDRIA ended 1999 with an increase of 1200 members from 1998, ending the year at 3000 members. This is a phenomenal accomplishment for any association. Because of this growth, we have been prompted to make some changes to accommodate our ever-growing membership. Many members have sent helpful feedback over the past year and want you to know we hear you.

As you have noticed by now, the format of the *EMDRIA Newsletter* has changed significantly. We had such an exciting response to the first all clinical issue on Children & Adolescents. We have always been very proud of the Newsletter and the job done by its Editor, Brad Wasserman. Brad brought professionalism, talent, and a great sense of style to the Newsletter, which we hope to carry on. Brad's talent will continue with EMDRIA as he edits the Special

Clinical Editions, now slated to be released twice a year. Thank you, Brad, for a job well done.

As our Association has grown, so has its need for information without overload. I would like to take this time to detail what changes you will find in this and future issues of the Newsletter, as well as the continuation of the Special Editions.

The Newsletter will be released four times per year; March, June, September & December. It will contain the most current Association "going-ons", as well as study group, EMDRIA Credits, and Regional Coordinator listings; current applications and notices; helpful EMDR hints and tips; and much more.

This Newsletter will keep you up to date on current issues in the EMDR community and EMDRIA. It may also contain short clinical pieces, EMDR book reviews, and advertisements for EMDR related products and services. We hope to provide you with information on the ever-changing programs in the EMDR arena, while not overloading you with more paper- something that no mental health professional needs in this day and age. We will also put strict limits on

the quantity, size and content of advertisements. Our members have spoken and we hear you.

The Special Clinical Editions will be comprised of clinical, research, and education articles ONLY. There will be no advertising, no applications or forms, just the latest and most innovative articles surrounding EMDR to date. We understand that clinicians do not have the time to go through large publications to find the information they need. To that end, the EMDRIA Publications Committee has chosen this unencumbered format.

We hope that these changes will enhance your awareness of EMDRIA programs, products, and services, while also supporting your need for new and innovative uses for EMDR. To quote the 2000 EMDRIA Membership Brochure, we are here...

"Helping You, Help Them".

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From the Desk of the Executive Director

Carol York, MSSW, LMSW-ACP

Happy 2000 to each of you! I hope this new millenium brings renewed hopes for all of you, your families, and all mankind. I would like to take this time to welcome our new members and welcome back those who have renewed their membership. From EMDRIA's inception, the membership has grown quite rapidly, and now we have had an unexpected number of clinicians who have applied to become Therapists Certified in EMDR, Approved Consultants, and Approved Instructor during the 1999 grandparenting period. This outpouring of interest and motivation certainly marks the dedication and desire to unite as a professional body to support and maintain the integrity of the practice of EMDR.

The EMDRIA Board and Administrative Staff are looking forward to the New Year. The Certification process will continue for those interested. On-going education and training in EMDR is being approved to help clinicians enhance their skills in the practice of EMDR. The Publications Committee has elected to separate the publication of our Newsletter from the more in depth clinical information. It is a step to formalize a more professional journal in EMDR. Many efforts will be made to help disseminate information within the healthcare arena, as well as the public and professional domains. Last, but not least, the EMDRIA conference in Toronto, Canada, September 8th, 9th, and 10th, will round out the year. We encourage you and your colleagues to join us in this annual event.

EMDRIA thanks you for your support, your enthusiasm, and your dedication. We are happy that you have joined us and hope that you will encourage others to join us in HELPING YOU, HELP THEM!

Research Committee Update: An EMDR Research Support Listserve

Nancy J. Smyth, Ph.D., CSW,
CASAC, Chair, EMDRIA Research Committee

The EMDRIA Research Committee is pleased to announce the formation of a listserve to support EMDR researchers. The listserve was established informally in June of 1999. It was formally approved by the EMDRIA Board recently and is now open to new members. Its mission is to provide peer consultation and support for those active in, or planning to engage in, research involving or related to EMDR.

Participation is open to anyone with 1) a track record of research/publication in EMDR or related area; OR 2) stated intention to pursue the same. Membership in EMDRIA is not required. Ricky Greenwald, Psy.D., a member of the EMDRIA Research Committee (as well as a board member), has agreed to moderate the listserve. Jennifer Hall, MSW, CSW, a doctoral student at the University at Buffalo School of Social Work, provides the technical expertise to maintain the listserve. While the membership is currently about 60 members, the listserve has already played an important role in notifying members of funding opportunities and answering specific questions posed by members on issues of informed consent, research design, and fidelity check procedures.

How to join:

Send an email to Jennifer Hall at jjhall@acsu.buffalo.edu including your name, affiliation, mailing address, and EMDR research interests with: "Request copy of Listserve Participation Guidelines" in the subject header. A copy of the guidelines will be sent to you, including specific instructions on what to do next to be added to the listserve.

2000 EMDR International Association Conference

September 8-10, 2000

~Toronto, Canada~

at the
Royal York Hotel
(416) 368-2511

Please be sure to mark your
calendar!

EMDR Around the World

Marilyn Luber, Ph.D.

The year 2000 has arrived without incident! For the most part, our computers are functioning, our transportation is running and we still have our electricity, running water, and food supplies! We were spared major man-made and natural disasters; our talents, for the moment, are not needed to respond to catastrophic circumstances. We, too, can breathe that sigh of relief that can be heard from our members all around the world.

Argentina

EMDRIA Latinoamerico has had their EMDRIA Affiliate application form accepted. Pablo and Raquel Solvey report that they gave four trainings this year and are continuing to grow!

Belgium

Marc Van Knippenberg was reflecting on a conversation that we had had about a lecture that he gave in Maastricht for ESTSS with the title *"The 'Falling Down' and 'Resorting of Emotions' In The Eye of the Hurricane: An Application of EMDR"*. He recently wrote that a patient used this concept that sometimes when using EMDR it feels like "the brain is falling down". She decided to give her body the same experience after an EMDR session with the PC, "I left my body memories behind and will have new body sensations". After the successful completion of the session and with some planning, she did a parachute jump and thought, "I'm happy to be here on this world. The power was in the hands of others; now the power is in my own hands!" Marc wants to assure us that the initiative to jump came from his client and he thought it was a very therapeutic intervention on her part!

Brazil

Graciela Rodriguez will present at a trauma conference in Rio de Janeiro on EMDR. Also, she will provide EMDR training to clinicians.

Europe

Ad de Jongh proudly announces that "The Board of EMDR Europe would like to welcome you to the First Annual Conference of the European Association, EMDR Europe (EMDRE), to be held in Utrecht, The Netherlands, May 6, 2000. The theme of the conference will be "EMDR in the New Era". The conference will feature topics such as mourning, children and the treatment of dissociative disorders, phobias, and OCD. The official language of the conference workshops is English.

Richard Mitchell, President of EMDR-Europe (EMDRE), writes that EMDRE, with the assistance of Jim Knipe and EMDR-HAP, organized a major project in Turkey to help after the earthquake last year. A great energy and enthusiasm from our membership arose in our European community and has been transformed into an on-going action. The EMDRE Committee appointed Joany Spierings to harness this energy by creating a European disaster response team entrusted with the agenda of developing procedures and scenarios to react efficiently and quickly to disasters and major critical incidents in Europe in liaison with EMDR-HAP. He goes on to report that EMDRE has established minimum standards for the accreditation of European EMDR Practitioners and Consultants in cooperation with EMDRIA. Although each European country will be responsible for accrediting its own practitioners and may have additional conditions to meet local requirements, everyone will be expected to meet the minimum standards. A European Central Register of Accredited Practitioners and Consultants will be established.

Germany

Veronika Engl, president of EMDR-DE reports that the interest in EMDR in Germany is still growing and all trainings are filled months before.

Sandra Wilson has been spearheading the Children's Refugee Camp Butterfly Hug Project in Hemer, Germany. The project started November 10, 1999, at the Malteser Refugee camp with 109

children from 6 months -18 years of age. A team of two therapists and two assistants will stay at the camp until January, 31st. She and her husband, Bob Tinker-Wilson, have already been to the project several times since its inception and will conduct a three-month follow-up at the camp in early March. Of the 33 children ages 6-11 assessed with a standard PTSD measure, 100% scored with the diagnosis of PTSD! The refugees will return to Kosovo on March 31, 2000.

The goal of the project is to help validate the findings from Mexico and Ecuador that children benefit from doing EMDR (the butterfly hug) in groups of traumatized children with pre and post assessment. The project has been expanded to treat adults and adolescents who have PTSD due to the interest of the adults when they saw the successful treatment of their children. Volunteers to be a part of this project should contact Sandra atswilson@BRAIN.UCCS.EDU. Dr. Arne Hofmann and his team of EMDR-trained psychiatrists from Germany have been central to this project. The Malteser organization is a non-profit German Catholic charity. The German government contracted with them to provide refugee services and there are approximately 30 on staff. Christine Moeller is an EMDR trained therapist who requested help for the refugees through the University of Cologne and Dr. Hofmann.

Dr. Wilson reports that the phantom limb pain research project is underway at the University of Tuebingen.

Israel

There are 10 on-going supervision groups currently throughout Israel; one is located in a trauma center for veterans with PTSD. Many lectures are being given and attended on major psychiatric hospitals and there has been a recent request for an article on EMDR from the leading Israeli journal of psychotherapy, "Sichot".

Mexico

Judith Boel and Judy Albert went to Mexico to aid traumatized children.

Spain

Graciela Rodriguez has given a four-hour conference at UNED, a well-known university in Madrid. She has also completed training in Spain. She will be doing more training in Barcelona and Madrid in May.

Switzerland

Hanne Hummel reports from Schaffhausen that Switzerland now has 80 trained psychotherapists who have been trained to work with EMDR. Supervision and further education is offered every 3 months. In the morning, theoretical issues are presented and discussed and in the afternoon, supervision in small groups is available. The "Institut im Park" in Schaffhausen is organizing specialty trainings. The next German speaking training in Switzerland will be from September 22-24. The instructor is Dr. Arne Hofmann.

The Netherlands

The Netherlands group has adopted an expanded training package which may be adopted by other countries in Europe.

Turkey

Udi Oren reports that from January 24-30, EMDR-HAP conducted another training in Turkey with Presenters and Instructors from Israel, Turkey, and the United States. This will be a truly international endeavor!

Lene Jacobson reports that she was part of the HAP Turkey project and during her stay she gave a one-day workshop on EMDR and children. During her stay she gave demonstrations, consultations, and supervision to interested clinicians in Istanbul and three different sites on the Asian side of the Bosphorus.

David Blore relates that during the Turkish training, he made contact with a Turkish psychologist from Zonguldak on the Turkish Black Sea coast where there are many traumatized miners. He is now in the process of organizing some joint research.

Ukraine

Alex Bondarenko writes in that Pavel Lushin has published an article, "EMDR: Theoretical Meaning", which deals with the problem of constructing a

rationale for EMDR. The author generates a complex matrix for interpreting EMDR in terms of hypnosis, desensitization, and personal change. The article will be published in March, 2000 and can be found on his website: <http://www.crosswinds.net/~alfbond/>

Dr. Bondarenko is hoping to have training in the city of Zaporozhie in the Eastern Ukraine in the near future.

United States

Howard Lipke reports that at the November meeting of the ISTSS in Miami, Claude Chemtob, presenting on EMDR for the ISTSS committee on treatment guidelines, said EMDR has been given an AB rating. This appears to mean that EMDR has been demonstrated to be effective, but that more research is needed before it gets the highest rating. Claude indicated that there was significant debate among the subcommittee dealing with EMDR, and that the rating was a compromise decision. The discussion from the audience suggested that there is still some resistance to giving EMDR a positive rating. One speaker claimed EMDR should be held to a "higher standard". Roger Pitman, a member of the EMDR subcommittee, effectively rebutted that notion.

At the same conference, a research team led by Lee Becker presented a paper, "The Effects of EMDR on the Stream of Consciousness", that suggested a mechanism for eye movement effect. A team from Mexico, with Magaly Mauer as first author, presented a poster on their research in which children who were victims of Hurricane Mitch in Nicaragua were successfully treated with an integrated approach that included EMDR.

Venezuela

Clinicians headed to Caracas, Venezuela in January to assist in the wake of the recent disaster in this country.

Did You Know??

There are over 30,000 clinicians trained in EMDR worldwide.

Brochures, Publications, Applications: What Does EMDRIA Have for You?

So you're about to be interviewed by your local news program. What should you say? What if they ask about current research? The validity of EMDR? Current uses for EMDR? Did you know that the EMDRIA PR Committee has prepared a "Presentation Packet" just for clinicians who will be speaking in public, being interviewed for radio or television, or just want to be more informed about EMDR to answer questions from their clients, colleagues, or the general public. This is one of the many publications available through EMDRIA. For more information on ordering, please call the Administrative Office at (512) 451-5200 and request information or order forms. Below is a current listing of publications EMDRIA has available:

Publications:

The Presentation Packet

EMDRIA Members: 25.00(US)

Non-Members: \$37.50 (US)

For the EMDR practitioner to use for preparing presentations to professional audiences at conferences, grand rounds, and meetings of interested, but not yet trained, mental health practitioners. This Presentation Packet includes "Compelling Facts About EMDR"; an audio tape of an EMDR interview; some controlled studies of EMDR; media articles depicting EMDR in the press; the Menninger Clinic Newsletter piece on EMDR; the most recent version of The Efficacy of EMDR (the listing of research articles); a sample of the Brochure for Professionals; and the Presenter Overhead Packet - a set of 24 handouts, which may be made into overhead transparencies for use in describing EMDR; and more.

Brochure for Professionals

The Brochure for Professionals is a must have for anyone presenting EMDR to the mental health community. The unique sizes and colorful presentation of this brochure adds professionalism and legitimacy to any presentation. The Brochure for Professionals has recently been released in a "Large" format for easier readability. Call for pricing.

"What is EMDR?" Brochure

A brochure designed for the general public interested in knowing more about EMDR. Helpful for EMDR clinicians to give out to clients who are being considered for EMDR, or to place in your waiting room. Call for pricing. (Proceeds from the sales of these brochures will be donated to the Eye Movement Desensitization and Reprocessing International Association (a 501 C3, charitable organization) to fund research and education.)

Past Newsletters

Missed an issue of the Newsletter? We have nearly all Newsletters that have been released since 1996 available for purchase. Proceeds from these sales will be donated to the Eye Movement Desensitization & Reprocessing International Association.

Past Newsletters:

Members: \$5.00 (US) each

Non-Members: \$7.50 (US) each

Special Editions:

Members: \$7.50 (US) each

Non-Members: \$10.00 (US) each

Applications:

EMDRIA Credits

EMDRIA Certification requires the accumulation of 12 EMDRIA Credits in order to apply for or renew your EMDRIA Certification. If you have a specialty workshop or training, you may be eligible to provide EMDRIA Credits.

Regional Coordinating

Regional Coordinators provide networking and continuing education to EMDR clinicians in their area. If you would like to apply to become an EMDRIA Regional Coordinator, please call for details.

EMDRIA Approved Instructor: (University setting or Commercial)

EMDRIA sanctions persons or institutions to provide courses in basic EMDR. In order for individuals to receive credit for that training, the Instructor(s) must be approved by EMDRIA.

Therapist Certified in EMDR

The grandparenting period has now ended, but that does not mean you aren't eligible for Certification. Please call for an application and guidelines for becoming Certified in EMDR. Applicants will be required to meet minimum requirements as detailed on this application. Applications for Certification also be found on our website.

EMDRIA Approved Consultant

The grandparenting period has now ended, but that does not mean you aren't eligible to be an Approved Consultant. Please call for an application and guidelines. Applicants will be required to meet minimum requirements as detailed on this application. Applications for Approved Consultant can also be found on our website at www.emdria.org.

For your convenience, a universal order form has been created to order EMDRIA Products. Please photocopy the form on the adjacent page and use whenever you need to place an order.

EMDRIA Product Order Form

Name: _____

Street Address: _____

City: _____ **State/Prov:** _____

Postal Code: _____ **Country:** _____

Telephone: _____ **E-mail:** _____

The Presentation Packet:

Member	_____	25.00	_____
Non-Member	_____	37.50	_____

Past Newsletter (Special Edition add \$2.50 ea.)

Member	_____	5.00	_____
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Specify Issues: _____

Place an "X" below
by your selection

"What is EMDR?" Brochures

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100		25.00	_____
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 Tax (Texas add 8.25%): _____
 Total: _____

Name on Card: _____

Card #: _____ Exp: _____

Send To: EMDRIA, P.O. Box 141925, Austin, TX 78714 -or-Fastest Service Fax to: (512) 451-5256

The Certification Process: A Mystery Unveiled

Curt Rouanzoin, Ph.D., FICPP
Chair, Standards & Training Committee

December 31, 1999, marked the end of last year's grandparenting period for Certification in EMDR and Approved Consultant in EMDR statuses. I would like to take this opportunity to address some questions that tend to arise over Certification and to keep you updated on what to expect over the next few months.

To be considered for **Certification in EMDR**, the applicant must meet the following criteria:

1) Show evidence of having completed an EMDRIA-Approved training/instruction program:

A certificate of completion of such training is sufficient. Completion of Level I AND Level II, or their equivalent, is considered completion of an EMDR training program.

2) Show evidence of licensure/certification/registration as a mental health professional:

A photocopy of the license/certification/registration is sufficient. The mental health professional must have at least a Masters degree in a mental health profession and hold a license/certification/registration that allows them to practice independently and whose professional behavior is monitored and regulated by a licensing/certification board within the state they practice. Or, the applicant is employed as a mental health professional by a federal, state, or county agency that allows them to practice under the agency's auspices. Because different states in the U.S.A. and other countries around the world have different licensing requirements, EMDRIA continues to be sensitive to the various needs of our members and Certification applicants. We must also uphold the highest standards for training and practice in EMDR. Individuals who reside in a state or country that has different licensing requirements

than already stated may request an individual case review by the Standards and Training Committee of EMDRIA. The committee will review the application and decide the appropriateness of the applicant for Certification in EMDR.

3) Show documentation that he/she has at least two years of experience in their field of license/certification/registration: A notarized document attesting to that fact is sufficient.

4) Show documentation that the applicant has conducted at least 50 EMDR sessions with no less than 25 clients:

A notarized document attesting to that fact is sufficient. It is also possible for an applicant who is working toward licensing/certification to accumulate hours of consultation in EMDR, while unlicensed, and "hold" those hours until they are successfully licensed and then apply for certification.

5) Show documentation that he/she has received 20 hours of consultation by an Approved Consultant in EMDR:

A letter from the Approved Consultant verifying these hours is required. At least 10 of these hours must be obtained through individual (one-to-one), EMDR-focused consultation (all 20 may be one-to-one). Provisions will be made for those therapists who practice in isolated areas and lack the convenience or proximity to an Approved Consultant. (Individual telephone consultation, video or audio-taping of sessions, and other creative ways will be entertained to meet the individual needs of those seeking Certification in EMDR. If you have any questions, contact EMDRIA.) The remaining 10 hours may be obtained through small group consultation. These groups should have no more than 8 participants seeking Certification. Within the "group format", an individual participant may count credit for an individual, face-to-face hour if their clinical work was the focus of the group's attention. For example, if one hour of time is given to a single individual's case and clinical work, in the group setting, then the individual whose cases were reviewed could count that hour as "individual" consultation and the other participants could count that hour as "group" consultation.

6) Provide a letter or letters of recommendation from one or more Approved Consultants in EMDR regarding the applicant's utilization of EMDR while in the consulting relationship:

The Approved Consultant(s) who provided the consultation to the applicant must send a letter attesting to the number of hours of consultation obtained and addressing the overall skill in the utilization of EMDR by the applicant.

7) Provide two letters of recommendation regarding their professional utilization of EMDR in practice, ethics in practice, and professional character:

This is to address the applicant's general professional character and may be written by professional colleagues.

8) Show completion of at least 12 hours of EMDRIA Credits in EMDR during every two year period:

These may be obtained through EMDRIA Regional Meetings, independent workshops or seminars (that have received EMDRIA Credits), or at the Annual International Conference. NOTE: The basic training in EMDR (e.g., Level I and Level II or their equivalents) do not receive EMDRIA Credits because they are viewed as the most fundamental and basic training required for membership in EMDRIA or Certification in EMDR. Other options to gain these credits are before various committees of EMDRIA at the present time. These developments will be announced when they are complete.

Once Certification in EMDR has been obtained, there is no need for additional consultation hours in order to renew your Certification status. Renewal occurs every two years. You must show completion of 12 hours of EMDRIA Credits at that time and pay a renewal fee.

The Standards and Training Committee of EMDRIA is busy strengthening the processes of becoming an Approved Instructor, Approved Consultant, and Therapist Certified in EMDR. Look for new information about these developments in the coming months.

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Resource Request Form

This form is to enable you to order forms and applications via fax or mail. Please mark your selection below, complete your name and mailing information and then send to the EMDRIA Administrative Office.

Please send me the following:

- ____ Product/Publication Order Form
 ____ Regional Coordinator Application
 ____ EMDRIA Credit Provider Packet
 ____ Certification Application
 ____ Approved Consultant Application
 ____ Approved Instructor Application
 ____ Membership Application
 ____ Conference Registration (When avail)

Name: _____

Address: _____

City: _____ St/Prov _____

Postal Code: _____

Country: _____

Phone number: _____

Send request to:

EMDRIA
 P.O. Box 141925
 Austin, TX 78714-1925

In the Spotlight: John Spector

Marilyn Luber, Ph.D.

When I think back to when I learned EMDR compared to now, I marvel at the numbers of people who are trained in this methodology. I can go anywhere in the world and know that there will be some eager mental health care worker wanting “to talk EMDR”. In the early days of EMDR European trainings, there were several sponsors who were excited about the success that they achieved when working with EMDR, and they decided to become sponsors in their countries. John Spector took the lead in the United Kingdom.

As I became acquainted with this intelligent and witty man, I knew that we were lucky to have him working on behalf of EMDR in the United Kingdom. Not only has he sponsored trainings in the United Kingdom, he has become a leader in the international community in his support of EMDR at the levels of practitioner, facilitator, consultant, reviewer, researcher, presenter, and organizer.

John was alerted to EMDR through his psychologist wife, Karen, as she was reading through the literature. With Joseph Wolpe’s seal of approval, John and a colleague, Mark Hathwaite, decided to put this “interesting, but bizarre” new therapy to the test by trying it out on each other. Mark was a South African army veteran who had a traumatic experience during his military service. John noted that Dr. Shapiro’s method seemed to have a dramatic and beneficial effect on Mark’s memory of the event. John and Mark’s EMDR careers had unofficially begun!

Encouraged by their success with Mark’s traumatic memory, they began to use EMDR with other clients presenting with trauma. In 1993, they published an article on one of their successful treatments of a trauma survivor in the British Journal of Psychiatry. John was delighted that this article marked not only the first publication in the British scientific literature, but the first European article on

EMDR. What followed was “a great burgeoning of interest in the scientific literature in Europe on EMDR”.

John decided it was time to be trained by Dr. Shapiro herself, and in 1993, took the EMDR Institute’s trainings in New York and then San Jose. He became one of the first European practitioners trained in EMDR. Enthused with his EMDR successes, John decided to host the first EMDR Institute training in London.

Seventy-five brave souls appeared and the British enthusiasm for EMDR had begun! In 1995, the ground swell of EMDR clinicians in Britain grew to the point that they formed the British EMDR Association of UK and Ireland. At this time, there are 600 British clinicians trained in EMDR. This organization represents EMDR in the United Kingdom and is a member of EMDR-Europe. In fact, it was on British soil that the seeds for EMDR-Europe began with Richard Mitchell at its helm. John played a seminal role in these historic events. Currently, he continues to be the British EMDR Institute sponsor and the Training Officer for EMDR UK and Ireland.

John is Head of Clinical Psychology at Watford General Hospital in the United Kingdom. Here, he directs a “unique” Posttraumatic Stress Disorder Clinic. Although his clinic is a part of the British National Health Service, it is unique, as it is funded from outside sources such as doctors, lawyers, transport and emergency organizations, etc. who are willing to pay for their clients to be treated. The clinic has attracted national recognition and has had excellent outcomes when working with EMDR. John is also a Consultant Clinical Psychologist.

And, still, John found he could do more! He has been very active in the domains of research, information, and the media. Not only did he publish his 1993 paper, in 1999, he published a review paper entitled “The Current Status of EMDR”, which has been used as a touchstone in the EMDR efficacy debate. He gives talks on EMDR throughout the year to hospitals, psychotherapy groups, The Tavistock Institute, The Royal Army Medical Corp, and annual conferences of the British Cognitive Behavioral As-

sociation. He has presented at major PTSD conferences in the United Kingdom, and he has spoken on BBC Radio about EMDR. Also, he has published newspaper articles on the subject of EMDR. He is a member of the United Kingdom Trauma Group through which he has the chance to interact with all the guiding lights in the trauma field in the UK. With great personal satisfaction, John reports that “the general climate towards EMDR in the clinical and academic communities has changed from initial antipathy to acceptance of EMDR as a mainline treatment for trauma. This acceptance is mirrored at PTSD Conferences here where EMDR is usually referred to with significant respect.”

John’s hopes for the future are “for EMDR to be widely accepted and acknowledged in the scientific literature and for EMDR Europe to consolidate and develop EMDR throughout Europe with great vigor”. With John at the helm, I am not worried! Thank you John for your spirit, vitality, and heart!

Member Hints & Tips

“I ...use 90808 to cover my 90 - 120 minute sessions (I just write individual and whatever the time was). Very seldom do I only do 50 minutes with EMDR. They really need to quit making EMDR so separate from any other therapeutic technique one would use (e.g., empty chair) so it can assimilate. I've had no trouble getting this covered .

Dr. Jill Zimmerman, EMDRIA
Approved Consultant and
EMDR Institute Facilitator

EMDRIA NEWSLETTER SUBMISSION INFORMATION

**We welcome and encourage your contributions to The EMDRIA Newsletter.
Please note the following guidelines and policies when making submissions:**

- **APA Style** - All articles must be submitted in APA style and format.
- **Submissions Other than Advertisements** - Articles, columns, and other non-advertisement submissions must be provided in electronic (computer) format. Files may be submitted on 3-½-inch diskette or, ideally, via e-mail. Microsoft WORD is the preferred format, although a standard text format (i.e., ASCII or Rich Text) may be used. The file format of each contribution should be specified in the accompanying e-mail or on the diskette.
- **Submission of Advertisements** - In general, advertisements should be submitted in camera-ready format. Some exceptions may be made for text-only ad copy. Various requirements and restrictions apply to advertising for legal and other reasons, so please contact the Editor before preparing your advertisement for submission.
- **Fonts and Other Formatting** - Times New Roman is the standard font for *Newsletter* submissions, and text-only submissions should utilize this font whenever possible. In addition, formatting characters such as bolding, italics, graphics, centering and other alignment/justification may not “translate” properly, so text should be provided in “plain,” unformatted form when possible.
- **Author’s Responsibility** - It is each author’s responsibility to ensure all aspects of submitted articles are correct and in accordance with APA style including: correct spelling and punctuation; accurate quotations that include page numbers, author, and year; and a complete list of references in proper order. (Please refer to the Publication Manual of the American Psychological Association, 4th Edition, for specifics.) It is requested that you make every effort to complete the final draft before submitting your contribution. It may be difficult to incorporate revisions after the editorial process has begun.
- **Editorial Review** - Please note that all contributions are subject to revision by the Publications Committee and the Editor.
- **Decision to Publish** - The Publications Committee and the Editor cannot guarantee when or if any contribution will be published.

Please submit all regular Newsletter columns, EMDR or EMDRIA news items, committee and meeting information, and advertisements to:

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**DEADLINE FOR NEXT NEWSLETTER:
APRIL 20, 2000**

EMDRIA REGIONAL MEETINGS

This directory is designed to provide EMDR clinicians with a listing of Regional Meetings in their areas. These meetings are designed to enable EMDR clinicians to obtain the latest information about EMDR as well as to continue the pursuit of excellence in EMDR. Many Regional Meetings may be providing "EMDRIA Credits" in order to fulfill the requirement of continuing education for Certification in EMDR.

Please see below for the listings of Regional Meetings in your area as well as whom to contact for more information. If there is not a Regional Meeting in your area and you are interested in developing one, please contact the EMDRIA Office at 512-451-5200 or emdria@aol.com.

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Denver EMDRIA Regional Meeting

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STUDY GROUP DIRECTORY

This Directory is provided to give EMDR-trained clinicians an opportunity to join a Study Group in their area. These are “no fee” discussion meetings. If you would like to join a Study Group, please contact the group leader in your area. (Please Note: Although Study Groups are listed in this EMDRIA Newsletter, these groups are not an affiliation of EMDRIA, nor does EMDRIA warrant or otherwise assume responsibility for content of meetings nor competency of group leaders.)

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EMDR in the Inner City: Paterson, New Jersey

Cindy Browning, LCSW
Montclair, New Jersey

During my Level I training, I couldn't help thinking about a family I'd treated several years earlier while working in Paterson, New Jersey, a socioeconomically impoverished inner city. The family was a grandmother and four young grandchildren who had recently been placed in her custody. Their mother and little sister had been brutally slaughtered with a knife by their father while they were home. The four surviving children were suffering from nightmares about the incident, grief and loss issues, and fears that their father would get out of jail and come after them. One of the children, a five-year-old girl, had developed elective mutism. She had narrowly escaped the same fate as her mother and sister. The little girl had been an eyewitness to the murders and as she fled from her father, she slipped on her mother's blood and was nearly caught by him. As I listened and learned at Level I, I wished that I'd known EMDR when I was working in Paterson.

Passaic County is home to two urban areas: Passaic & Paterson. Both are extremely economically depressed inner cities with many struggling immigrants and families who have lived with generation after generation of poverty. The local mental health clinics have waiting lists of people who show the wear and tear, dangers, and stress of inner city life. The case mentioned above, while horrific, isn't terribly out of the ordinary.

EMDR HAP provided a Level I training to clinicians in Paterson on January 28, 29, & 30, 2000. The clinicians were employed by agencies that are part of the Multidisciplinary Team (MDT) to which the Passaic County Prosecutor refers all reported child physical and sexual abuse cases. In addition to treating child abuse victims, these trainees provide clinical services to the local residents. Their caseloads include substance abusers, perpetrators of violent crimes, families in crises, HIV+ families, multiply traumatized people and the mentally ill.

Arranging this HAP training required considerable outreach beginning several months ahead of the training. The trainees and their agencies needed to be educated since most had only a cursory familiarity with EMDR and they had no knowledge of HAP. I made an initial

two-hour presentation at a MDT Meeting, discussing EMDR and HAP and showing a videotape of one of my clinical sessions. This was followed by similar presentations to the staffs of the agencies on the MDT. Many were skeptical, though enough were intrigued by the possibility of improving their effectiveness that an application for training was made to HAP.

HAP Trainer, Elaine Alvarez, MSW, acted as both trainer and facilitator. Victoria Britt, LCSW, veteran EMDR Institute facilitator, and I also provided facilitation. St. Joseph's Hospital & Medical Center Department of Mental Health were the hosts for the training. Follow up consultation is planned and Level II training arrangements are in the works. The trainees were exceptionally grateful to the staff and to Barb Korzun, Psy.D. for making the experience possible. One trainee, worn down by consistent funding cuts, expectations from her administration to keep doing more with less, and a heavy caseload full of trauma, commented that "As far as work goes, I've got a whole new lease on life".

EMDR HAP is a non-profit organization created to aid in humanitarian efforts world-wide. The Board of EMDRIA has tremendous respect for the work they have done to lessen suffering around the world.

www.emdria.org

**Remember to Visit
the EMDRIA
Website!**



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CALL FOR NOMINATIONS

The Nominations and Elections Committee is now accepting nominations for President-Elect, Secretary-Elect, and Treasurer-Elect. For more information or to submit a nomination, please contact Committee Chair, Dan Merlis.

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Deadlines for Submissions: May 15, 2000

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