

# EMDRIA NEWSLETTER



**Moving Forward**  
*New Leadership for EMDRIA in 2012*

## EMDRIA BOARD

### President

Warren Faber, Ph.D.

### President Elect

Kate Wheeler, Ph.D., APRN, FAAN

### Secretary

Sandra Kaplan, LCSW

### Secretary Elect

Terry Becker-Fritz, MS, RN, CS

### Directors

James Cole, Ed.D.

Ira Dressner, Ph.D., LCSW

Stephen LaMotte, Ph.D.

Mark Nickerson, LICSW

Susan Packwood, LCSW

Gary Peterson, M.D.

### Advisory Director

Uri Bergmann, Ph.D.

## EMDRIA STAFF

### Executive Director

Scott Blech, CAE  
sblech@emdria.org

### Associate Director

Gayla Turner, CAE  
gturner@emdria.org

### Communications Specialist

Nicole Evans  
nevans@emdria.org

### Conference & Administrative Coordinator

Jennifer Olson  
jolson@emdria.org

### Membership Services Coordinator

Lynn Simpson  
lsimpson@emdria.org

### Education & Training Coordinator

Sarah Tolino  
stolino@emdria.org

## CONTACT EMDRIA

### EMDR International Association

5806 Mesa Drive, Suite 360

Austin, TX 78731-3785

Tel: 512.451.5200 Fax: 512.451.5256

TOLL Free: 866.451.5200 (U.S. & Canada)

Email: [info@emdria.org](mailto:info@emdria.org)

Web site: [www.emdria.org](http://www.emdria.org)

### Office Hours

Monday - Thursday, 8am to 5pm CT

Friday, 8am to 4pm CT

© 2012 EMDR International Association

# MARCH 2012

## Featured Articles

3

### PRESIDENT'S MESSAGE

Warren Faber, Ph.D.

5

### EXECUTIVE DIRECTOR'S MESSAGE

Scott Blech, CAE

6

### THE CONFERENCE CORNER

8

### EMDR RESEARCH FOUNDATION PRESIDENT'S MESSAGE

Wendy Freitag, Ph.D.

10

### IN THE SPOTLIGHT: JACK McCARTHY & PEGGY BACON

Marilyn Lubber, Ph.D.

13

### RECENT ARTICLES ON EMDR

Andrew Leeds, Ph.D.

20

### EMDR AROUND THE WORLD

Marilyn Lubber, Ph.D.

## Announcements & Information

4

### EMDRIA ANNOUNCEMENTS

22

### EMDRIA CREDIT OPPORTUNITIES

24

### REGIONAL MEETING SCHEDULE

25

### EMDRIA SIG REPORTS & UPDATES

26

### WELCOME TO NEW EMDRIA MEMBERS

27

### JOURNAL CALL FOR PAPERS

Louise Maxfield, Ph.D., CPsych

# President's Message

## From the Board Room



BY WARREN FABER, PH.D.  
EMDRIA PRESIDENT

It is with a great deal of gratitude, and a dose of humility, that I step into the role of EMDRIA President for 2012. So many outstanding Board Members and Presidents have preceded me, influenced and inspired me to be a part of a vision bigger than any one of us could ever imagine.

True to EMDRIA's mission statement, under the guidance of our Executive Director, Scott Blech, we have continued to grow in numbers and influence and are recognized as a "membership organization of mental health professionals dedicated to the highest standards of excellence and integrity in EMDR" throughout the world. In addition, I would like to recognize our Associate Director, Gayla Turner, for her dedication and service to EMDRIA for the past fifteen years. Gayla has been with EMDRIA from the very beginning and her steadfast commitment to this organization has been nothing short of stellar.

I would also like to thank all of you in the membership who have volunteered your time and service to this organization. To those of you, who are new members, welcome to the EMDRIA community!! This is an exciting time of growth for EMDRIA, and I invite you to partake of all the benefits and opportunities to grow, both personally and professionally that this organization has to offer its membership.

As you probably know by now, Scott Blech, our Executive Director, is retiring after eight years of service to the organization. He will be missed by all of us. Scott has brought leadership and stability to EMDRIA when we needed it most. Membership has increased even in the most difficult economic times and thanks to him, EMDRIA is strongly positioned to continue moving forward.

"Moving forward" is just what the current Board of Directors is about. The Board has contracted with the Alford Group Executive Search firm to partner with EMDRIA on a nationwide search for its next Executive Director. This process includes key past and present Board members and administrative staff who provide input, expertise, time and effort in our search to find our next Executive Director.

I consider the Board to be both stewards and servants to this organization. We are committed to listening to you, the membership, and to developing policies that continue to guide the Executive Director and administrative committees in promoting the highest standards of excellence and integrity

in EMDR practice, research and education. The Board of Directors works hard in committees and task groups to write policy that addresses such critical issues as diversity, public relations, marketing, collaboration with other mental health organizations, EMDR research resources, membership linkage and advocacy for EMDR, just to name a few.

Not long ago, my step-son introduced me to a poem by Constantine P. Cavafy, entitled *Ithaca*, that has resonated with me as I embark on this journey as your President. The first three lines read:

*When you set out on your journey to Ithaca,  
pray that the road is long,  
full of adventure, full of knowledge.*

I look forward to the adventure and invite you to get involved with this organization. Volunteer, join a committee, consider being on the Board. Thank you for your support. There's so much adventure and knowledge out there to experience and learn. ❖

**EMDR INSTITUTE INC**

**2012 WINTER-SPRING SCHEDULE**

	Weekend 1	Weekend 2
San Francisco CA	Jan 27-29	Jun 22-24
Seattle WA	Feb 3-5	Jul 13-15
Dallas TX	Feb 10-12	Jun 8-10
Tampa FL	Feb 10-12	Jul 20-22
Charlotte NC	Mar 9-11	Aug 10-12
Cleveland OH	Mar 16-18	Aug 10-12
Phoenix AZ	Mar 30-Apr 1	Sep 14-16
Philadelphia PA	Apr 13-15	Oct 19-21
Portland ME	Apr 27-29	Nov 2-4
Louisville KY	May 18-20	Nov 2-4
Chicago IL	May 18-20	Oct 19-21
Atlanta GA	Jun 8-10	Oct 12-14
San Diego CA	Jun 8-10	Nov 9-11
Denver CO	Jun 22-24	Nov 30-Dec 2
Omaha NE	Jun 29-Jul 1	Nov 30-Dec 2

**ADVANCED APPLICATIONS WORKSHOPS**  
[www.emdr.com/training-information](http://www.emdr.com/training-information)

**REFERRALS • RESEARCH • CLINICAL AIDS**  
VISIT [www.emdr.com](http://www.emdr.com) for details

**DISTANCE LEARNING PROGRAMS**  
[www.emdr.com/store](http://www.emdr.com/store)

**REGISTRATION-BASIC TRAINING**  
831-761-1040 • [registration@emdr.com](mailto:registration@emdr.com)  
PO Box 750 • Watsonville CA 95077

PAID ADVERTISEMENT

# ANNOUNCEMENTS

## **EMDRIA Executive Director Retires...**

Scott Blech, CAE, EMDRIA Executive Director, retired at the end of February 2012. Scott had been in this position since March, 2004. "In the last eight years, Scott has brought leadership and stability to EMDRIA when we needed it the most. Membership has increased even in the most difficult economic times. Thanks to Scott, EMDRIA is known worldwide and the organization is strongly positioned to continue moving forward" said President Warren Faber. The Board of Directors has formed an Executive Director Search task Group chaired by President Faber and has retained the services of Alford Group Executive Search to assist with the search for Scott's successor.

## **2011 Call for Posters...**

We are soliciting Abstracts for Poster Sessions for the 2012 EMDRIA Conference. The deadline for submissions is May 1, 2012. An award for the best poster will be given. To view more information on Poster Sessions and submission information please visit [www.emdriaconference.com](http://www.emdriaconference.com) or contact Gayla Turner at [gturner@emdria.org](mailto:gturner@emdria.org) or Toll-Free at 866.451.5200 or 512.451.5200.

## **Online Voting for Upcoming Board of Directors Election...**

The online voting system used in past Elections will be used again this year. When voting opens in a couple of months, please remember that "Your Vote Counts" and cast your vote online. We'll send out an email to let you know when it's time to vote, along with all the pertinent information you'll need. So, please make sure that we have your most current email address. For those of you without email addresses, a paper ballot will be sent to you.

## **Memorial Scholarship Fund...**

EMDRIA is seeking contributions for this year's Memorial Scholarship Fund. The Memorial Scholarship Fund was established in 2004, in memory of long time EMDRIA member, Elizabeth Snyder, for the purpose of expanding professional development opportunities for members who would otherwise not be able to attend the annual EMDRIA Conference. Since 2004, this Fund has provided assistance to more than 50 EMDR clinicians. To donate, please click on the link on the homepage at [www.emdria.org](http://www.emdria.org).

## **We Need Your Voice...**

Did you know...that as an EMDRIA member, you can nominate your colleagues for EMDRIA Awards? Each year at the EMDRIA Conference, EMDRIA holds an Awards & Recognition Dinner recognizing outstanding contributions made to EMDR and EMDRIA. Do you know of someone who would fit the descriptions of the awards below? If so, email your nominations to Gayla Turner at [gturner@emdria.org](mailto:gturner@emdria.org) before May 1, 2012.

## **Do you know an outstanding Regional Coordinator?...**

The Regional Coordinating Committee is accepting nominations until May 1, 2012 for Outstanding Regional Coordinator for 2012. If you know that special Regional Coordinator who has demonstrated exceptional dedication, innovation, or made other significant contributions to the Regional Coordination effort over the past year, and you would like to nominate them, please send a paragraph describing why they should be selected to Sarah Tolino at [stolino@emdria.org](mailto:stolino@emdria.org) before May 1, 2012.

## **Searching for a workshop that's been approved for EMDRIA Credits?...**

If you need to earn EMDRIA Credits and are looking for an on-site workshop in your region, be sure to check out our online Calendar of Events. When searching our online Calendar of Events, be sure to select "EMDRIA Credit Programs" from the pull down menu and then hit the filter button. Don't see anything in your area? Keep checking back -- new workshops are posted as soon as they are approved.

## **EMDR Conferences Around the World...**

EMDR Europe will hold its 13th Annual EMDR European Association Conference in Madrid from June 15-17. For more information, visit [www.emdr2012.eu/](http://www.emdr2012.eu/).

EMDR Canada Conference 2012: "EMDR: Bilingual, bilateral and integrated" is being held in Montreal from April 27-29. For more information, please visit [www.emdrcanada.org](http://www.emdrcanada.org).

## **Advertise with EMDRIA...**

Want to get your products, services or workshops in front of thousands of people in the EMDR community? Advertise with EMDRIA! Learn about the different options for advertising in the EMDRIA Newsletter and monthly E-News by visiting the EMDRIA website and clicking on the Press Room tab. Contact Nicole Evans at [nevans@emdria.org](mailto:nevans@emdria.org) for more details.

## **EMDRIA Office Closed...**

Please be aware that the EMDRIA office will be closed on May 28th for Memorial Day.

# Executive Director's Message

When you read this I will have already retired from EMDRIA after eight rewarding years that concluded at the end of February. Serving you and the other dedicated EMDR therapists was a great way to finish more than 35 years of non-profit association management. It clearly was a highlight of an enjoyable and challenging career.

EMDRIA has been special to me because of the passionate therapists whom I have been fortunate to meet and get to know; the skilled professionals on the EMDRIA staff; and the volunteer leaders who have given their time and energy to help the association grow. I fondly look back and remember how inspired I was when I read "EMDR: The Breakthrough Eye Movement Therapy for Overcoming Anxiety, Stress, and Trauma" before I interviewed for this position. I thought then that I would like to be associated with the EMDR community. After talking with President Rosalie Thomas I was convinced that this opportunity was one that I would be honored to have.

I am not going to spend much time here reviewing some of EMDRIA's accomplishments during the last eight years. The highlights include: acceptance of EMDR by leading professional and international organizations and insurance companies; the Journal of EMDR Practice and Research; the growth in advanced EMDR education with the addition of distance learning and Regional Network EMDRIA Credit programs; the increase in number of Special Interest Groups; improved website with expanded directory search options; new basic EMDR training standards; conferences that feature more advanced and innovative programs and

---

**BY SCOTT BLECH, CAE**  
EXECUTIVE DIRECTOR

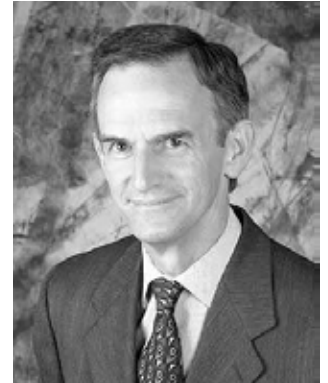
---

continuing education credits for nurses and psychiatrists; and the EMDR Research Foundation.

The credit for EMDRIA's successes is shared with the professionals with whom I have been privileged to work.

Special thanks to the current staff of Gayla Turner, Nicole Evans, Jennifer Olson, Lynn Simpson and Sarah Tolino for their dedication and professionalism; they and former staff professionals have provided you with the best programs and services. I also want to thank the present and past Board members who have contributed so much; and many thanks to the dedicated committee chairs and committee members, Regional Coordinators, SIG Chairs and other volunteers.

The future is bright for EMDRIA and EMDR. I am confident that the volunteers and staff with your input will continue the efforts to spread the word about the power of EMDR and to increase its presence in mental health treatment. I salute each of you as you continue your mission to help those who suffer. It has been an honor to be part of the EMDR community. ❖



In recognition of his retirement,  
the EMDR Research Foundation  
expresses gratitude to

*Scott Blech*

for his dedication and service to the Foundation.

We celebrate his accomplishments

- past, present and future.



# The Conference Corner

Come and be a part of the largest and most anticipated EMDR event in the United States! The 2012 EMDRIA Conference “EMDR & Attachment: Healing Developmental Trauma” is sure to be exciting and well attended, so please mark your calendars today! It will be held October 4th – 7th in Washington, D.C., at the Crystal Gateway Marriott.

We are pleased to announce our Conference Plenary, Pre Conference and Cutting Edge session speakers:

### Plenary Speakers

Friday – Rachel Yehuda, Ph.D.

Saturday – Colin Ross, M.D.

Sunday – Francine Shapiro, Ph.D.

### Pre-Conference Speakers

Deany Lalotitis, LICSW

Deborah Korn, Ph.D.

Steven Silver, Ph.D.

Joan Lovett, MD

### Cutting Edge Session

Stephen Porges, Ph.D.

This year’s Conference will be held at the Crystal Gateway Marriott. The hotel is located in Crystal City, VA, surrounded by Arlington’s best shopping and dining at the Crystal City shops, the Fashion Centre at Pentagon City. There is easy access to Washington, DC via the Crystal City Metro stop accessed from the lobby of the hotel. EMDRIA has a special group rate at the Crystal Gateway Marriott of \$179/single/double for EMDRIA Conference attendees. It’s not too early to book your reservation. Give them a call at (703) 920-3230 and ask for the EMDRIA rate!

Washington, DC is one of the most visited and most beautiful cities in the world. Visitors come to see the monuments and memorials and to revel in the nation’s history. It is more than a city of government and politics; it’s a place of distinctive, historic neighborhoods and an ever-changing, modern capital. It is not too early to start planning your visit to Washington, DC! Go to <http://washington.org> to find all the fun “things to do” in the area.

EMDRIA is seeking contributions to the Memorial Scholarship Fund to help others attend the Conference; a link to a donation form is at [www.emdria.org](http://www.emdria.org). The Memorial Scholarship Application also is available; visit the EMDRIA Conference website to download the form if you would like to be considered for a scholarship to help with funds to attend the Conference.

Be sure to keep an eye on your email inbox, the EMDRIA Conference website ([www.emdriaconference.com](http://www.emdriaconference.com)), the

ENews and future issues of the Newsletter for updates and highlights about the 2012 Conference.

We hope you will be able to join us in Washington, D.C. for another great EMDRIA Conference! Stay tuned for more information! ❖

## EMDRIA Memorial Scholarship Fund



Donate Now to provide development opportunities to EMDRIA members and help them attend the 2012 EMDRIA Conference.

Donations can be sent to:  
EMDR International Association  
Attn: Memorial Scholarship Fund  
5806 Mesa Drive, Suite 360  
Austin, TX 78731



# ACEP Association for Comprehensive Energy Psychology

## Going Beyond Talk...

...to create a truly effective therapeutic practice with an evidence-supported body-mind approach

**MID 2012 WORKSHOPS & 14TH INTERNATIONAL CONFERENCE MAY 31 - JUNE 4, 2012**

### Who Should Learn These Techniques?

Forward thinking psychologists, social workers, therapists, counselors and helping professionals who:

- Want to bring rapid, deep and lasting relief and increased functioning to clients.
- Enjoy using active and focused therapeutic approaches.
- Are looking for state-of-the-art holistic mind-body approaches that integrate the best aspects of eastern and western approaches.



### What is Energy Psychology?

Energy Psychology (EP) is a family of psychotherapeutic strategies that integrate established clinical principles of effective psychotherapy with methods derived from various healing traditions of Eastern cultures (acupuncture, yoga, etc.). The most prominent EP modalities being practiced today [Emotional Freedom Techniques (EFT), Thought Field Therapy (TFT) and Tapas Acupressure Technique (TAT)] combine focused

psychological exposure with the stimulation of the energy matrix of the body (i.e. acupuncture points, chakras, or the bio-field) in the treatment of a variety of emotional conditions. The additional activation of the body's energy systems appears to increase therapeutic effectiveness. The client often feels deep relief, often within a single session (per stressful event).

### Introduction to Emotional Freedom Techniques (EFT)

#### EFT WORKSHOPS IN

- Chicago IL • April 14-15
- Edmonton, AL Canada • April 27-28
- San Diego • May 30-31
- 12 hours of CEUs available

#### COMING SOON

- Salt Lake City,
- Boston ~ October
- NYC ~ November
- Philadelphia ~ Early December

### Essential Skills in Comprehensive Energy Psychology

#### CEP WORKSHOPS IN

- MANHATTAN, NY**
- Level 1: March 31-April 1
- Level 2: June 30-July 1
- BOSTON, MA**
- Level 1: April 21-22 • Level 2: July 14-15
- 12 hours of CEUs for each workshop

#### COMING SOON

- Chicago ~ July
- Denver ~ October
- Cleveland ~ October
- Tampa ~ November

**May 31 - June 3, 2012**  
**14th Annual**  
**Energy Psychology Conference**



**Multiple Dimensions in Psychotherapy and Healing**

4 Star/4 Diamond Luxury  
 Loews Coronado Bay Resort, San Diego, CA  
*Outrageous Room Rate \$149!*

**Keynote speakers will include Daniel Siegel, Amit Goswami, Marilyn Schlitz, Gary Schwartz, and Gary Craig**

**June 3, 2012 • 10 All-day Pre-conference Seminars**

Faculty Includes: Dan Benor, Joanne Callahan, David Feinstein, Tapas Fleming, Fred Gallo, David Gruder, Anodea Judith, Carol Look and many more.

CEUs available • Go to [energypsych.org](http://energypsych.org) for details and updates

**Register before March 23 save up to \$110**  
**Sign up at [energypsych.org](http://energypsych.org) now!**

Continue your training: ACEP offers two certification programs:

- 1) Comprehensive Energy Psychology - become a diplomate in Comprehensive Energy Psychology or a Certified Energy Health Practitioner.
- 2) Emotional Freedom Techniques - become a certified practitioner, certified advanced practitioner or certified master practitioner of EFT.

**Details, brochures, membership, and more on all programs at [www.energypsych.org](http://www.energypsych.org) or call 619-861-2237**

# EMDR Research Foundation President's Message

## 2012: Revealing the Science Behind the Miracle



BY WENDY FREITAG, Ph.D.  
EMDR RESEARCH  
FOUNDATION PRESIDENT

Happy 2012! May this year bring you much joy, abundance and life satisfaction. As is common with new beginnings we look forward to future accomplishments, doing things differently or maybe just improving on what is. Often it is a time to look

forward to where we want to be next year at this time. In my last article, I reflected back on 2011 with hopes of what is to come in the future. In this article I write to tell you it is time to take the Foundation to the next level. Increasing peer-review journal publications, providing additional research grants, expand our understanding of EMDR's mechanism of action and spreading the word of EMDR's effectiveness are on our agenda for 2012. To accomplish these it is necessary to encourage volunteer involvement, increase the number of Visionary Alliance members as well as one-time annual donors this year.

Before setting the intentions for this year, I begin with my sincere gratitude to Scott Blech and want to publicly thank him for his many years of service to EMDRIA and more recently, the EMDR Research Foundation. Many of the board members currently serving the Foundation were serving on the EMDRIA Board when Scott arrived. During the interview process, I vividly remember sitting across the table from him, listening to his newfound passion for EMDR and his genuine respect for therapists in the trenches. Since we revived the Foundation he has supported it personally,

financially and most importantly, with his staff. When I met Scott, it truly seemed he wanted to serve EMDR and the membership. Now as I reflect back on his eight years with EMDRIA--he did exactly that! I will personally miss Scott. I wish both Scott and his wife Hedio a very wonderful retirement. Thank you and many blessings to you both.

Thus far, the EMDR community has been generous to the Foundation and its mission. That generosity has provided a strong foundation on which we will expand our donor pool, secure grants and partner with larger funding organizations to support high quality EMDR research. In keeping with our goal to take the Foundation to the next level, it has become apparent the Board needs additional hearts and hands to make that happen. We are providing the opportunity for willing volunteers to become involved in one of newly formed committees. If you are new to the EMDR community and feel the excitement to "get involved" here's your chance. Or if you are aware of someone who knows the benefits of EMDR or has experience with non-profits or just has a willingness to give of their time and talent to a very worthy organization, here's their chance. There is so much that needs to be done! **As a volunteer you can be a part of this exciting endeavor and share your expertise in an area of interest all for a few hours of time.** The level of involvement is up to you, and will offer you a chance to share your skills and help to fill a gap that is now apparent, given our success thus far. To find out more information about the types of committees and activities involved, please contact either of Katy Murray ([katymurraymsw@comcast.net](mailto:katymurraymsw@comcast.net)) or Barbara Hensley ([bhens14456@aol.com](mailto:bhens14456@aol.com)) who are serving as co-chairs of our Volunteer Committee.

The Foundation is excited to announce the theme of our 2012 fundraising campaign "**Revealing the Science Behind the Miracle**". One essential goal of the Foundation is to increase the number of high quality research studies

The EMDR Research Foundation is a nonprofit, charitable organization created to further the development of EMDR through research and the education of mental health professionals and the public.

The Foundation is funded by voluntary contributions from EMDRIA members and other supporters of EMDR. The Foundation is recognized by the IRS to be exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code. Contributions are tax deductible under section 170 of the Code. Contributions can be made by mailing a check made payable to:

EMDR Research Foundation  
5806 Mesa Drive, Suite 360  
Austin, TX 78731-3785

Contributions can also be made online at:  
[www.emdrresearchfoundation.org](http://www.emdrresearchfoundation.org)

Take a moment to donate now! Remember, your donations are tax-deductible! Please check the EMDR Research Foundation website for updates on fundraising status. Give in honor of your friends, colleagues, clients and family members. Support EMDR research by a tax-deductible gift to the EMDR Research Foundation.



published in peer-reviewed journals. This is central to increasing the understanding of what happens during EMDR, as well as increasing the awareness of its effectiveness. As a donor, you can help to achieve this goal. Our 2012 campaign is targeting two areas for growth.

In August 2011, we launched the Visionary Alliance. This program offers our donors the opportunity to make a sustaining pledge by automatic monthly donations. As of 12/31/11, we are proud to announce that we have 128 Visionary Alliance members. Thank you to those individuals who have pledged their support! Our goal in 2012 is to increase the number of Visionary Alliance members to 200. This predictable, continuous stream of income offers the Foundation leverage when we pursue funding from larger organizations, granting agencies and foundations. It also allows the regular offering of grants to quality research projects. The second goal is to increase the number of one-time annual donors by 50%. This past year, because of the generous support of the EMDR community, we were able to offer four research grants totaling \$40,000. We are grateful to those of you who made this possible. Just imagine what we could accomplish if we are able to fund an additional six to ten studies? Working together, we can make it happen! If you are not currently a donor, either through the Visionary Alliance or through annual giving, we offer this opportunity to be a part of this important effort.

In 2012, the Foundation is again accepting applications for a Research Grant Award (up to \$10,000), with revised eligibility criteria to broaden access and participation. We are also accepting applications for a Doctoral Dissertation Award (up to \$5000). This year there will be two funding cycles and the applications are **due February 1 and July 1**. The recipients of the award will be notified of their selection by April 15 and September 15, respectively. You can access the Request for Proposal information on our website <http://www.emdrresearchfoundation.org/research>. If you are interested in reading about the studies that have been funded previously, you can find that exciting information at the same link. There is a great deal to be accomplished in 2012. We look forward to your involvement in whatever fashion or style you make that happen. The Foundation Board knows first hand that any participation in this important endeavor will be an enriching and satisfying experience.

***“VOLUNTEER—not so you can build your resume, but so you build yourself.”***  
~ Unknown Author ❖

## ***BioLateral Sound Recordings***

Our CDs use left/right sound movement for **BILATERAL STIMULATION** for EMDR processing.  
\*\*\*\*\**Now available as MP3 Downloads- Order online at: [www.biolateral.com](http://www.biolateral.com)*\*\*\*\*\*

### **Just Released: Brainspotting Phase 2 DVD Training**

***Brainspotting Phase 1 and 2 trainings,***

***Brasilia April 19-22, Amsterdam, Holland June 7-10, 2012***

**This is Your Brain on Sports: Beating Blocks, slumps and Performance Anxiety for Good,** by David Grand and Alan Goldberg. Purchase at [www.Brainspotting.pro](http://www.Brainspotting.pro)

**EARN 13 EMDRIA CREDITS! NATURAL FLOW DISTANCE LEARNING PROGRAM**

**EMOTIONAL HEALING AT WARP SPEED: THE POWER OF EMDR** Book by David Grand Ph.D.

**TO ORDER BY PHONE OR FOR OUR BROCHURE: CONTACT LAURIE DELANEY**

**TELEPHONE/FAX: 516-826-7996 E-MAIL: [lauriedela@aol.com](mailto:lauriedela@aol.com)**

**Or mail to: BioLateral, 2415 Jerusalem Ave., Ste 105, Bellmore, NY 11710**

**WE ACCEPT VISA, MASTERCARD, AMERICAN EXPRESS AND DISCOVER**



John J. McCarthy (Jack) and Margaret S. Bacon (Peggy) met in 1992, while participating on a consultation team. Both were psychologists who shared a passion for learning, understanding diversity, challenging situations and travel.

Peggy was born in Washington D.C. to Margaret Hope Bacon and Samuel Allen Bacon. Her parents met at Antioch College and married. Her father, from an old Quaker family, was a conscientious objector in World War II, doing his military service at Schwenkesville Mental Hospital. Service was paramount in Peggy's family. Her father worked for the Friends' Service Committee and as a Social Work Administrator in Settlement Houses. Her mother was a writer, publishing numerous books about Quaker historical figures.

at the Griffin Hospital Outpatient Unit in Derby, CT. In 1979, she was a Post-Masters Fellow at the Child Development Center at Yale University and was influenced by their Object Relational perspective. She wrestled between her early training in bio-psychiatry and her later, more clinical, influences. Clinical work triumphed and she attended the University of Minnesota receiving a joint degree in Developmental and School Psychology in 1989. Her dissertation was in conjunction with a long-term study concerning the power of attachment in an at risk population from 3 months preterm to 9 years old. By 1990, she moved to New Bedford, MA and began her general psychology private practice. She was a Psychological Consultant at New Bedford's Regional Vocational and Technical High School.

# IN THE SPOTLIGHT:

BY MARILYN LUBER, Ph.D.

## JACK MCCARTHY & PEGGY BACON

Peggy lived in an affluent suburb that did not fit with her family's values. She learned early how important it was for children to have someone to talk to when they were having difficulty adjusting. She found a sense of community when she moved to Philadelphia to attend Germantown Friends School. In 1969, she completed college at the University of Pennsylvania. Shaped by the times, she grew interested in alternative lifestyles and volunteered for a Quaker sponsored work camp with Afro-American Activists in Los Angeles during her Junior Year and then later worked in a Czechoslovakian orphanage with students from Russia, Britain and the USA. They shared how they perceived the world and life resulting in the shattering of her worldview when her privileged American upbringing clashed with seeing the effect of American policy in the world. Consequently, the world got "bigger, complicated and nuanced." Earlier, she volunteered for the Friends Neighborhood Guild in North Philadelphia. She noted, "We all take for granted how people live. I felt like I was in boot camp." After college, she was a Case Worker in a North Philadelphia Mental Hospital, then, worked in the Philadelphia Public Assistance Department. She conducted house visits, talking to clients about their financial and social service needs.

After Peggy married, she moved to Connecticut with her first husband. In 1972, she graduated with her MSW from the University of Connecticut. She worked in a community mental health setting with adolescents, adults and couples

By 1992, she became interested in trauma while dealing with very disturbed clients.

Jack grew up in an entirely different setting. Jack was born in Sebring, Florida while his father was doing military service, and then moved back to South Boston with his family. Jack was part of the Irish Catholic community where people identified themselves by parish. His grandparents came from Ireland and his father, John McCarthy, was born in South Boston where he first became a liquor salesman and then the Assistant Register of Deeds in Boston. His mother, Katherine Goode, was an educated woman and became an elementary school teacher. She was the only one in both families who graduated college. She was a multi-faceted teacher who enjoyed working with new immigrants and teaching people horticulture through her Victory Garden on the Fenway. John and Katherine met through her brother Joe. They had to wait for years to get married because of the economy.



Jack is an only child and attended the oldest public high school in the country, Boston Latin School. He was a History major at the College of the Holy Cross (Worcester), graduating in 1967. He then went on to complete his MA in History. He taught and coached at Dartmouth High School in Southeastern, MA and became fascinated in the students who struggled and underperformed for no apparent reason. After 2 years, he became a Guidance Counselor and later an Adjustment Counselor at an alternative school with 20 of the most difficult students. To be better equipped for his students, Jack enrolled in Boston College's Counseling Psychology

Program and graduated in 1982. He was also a Clinical Supervisor for 4 years at New Bedford Area Center for Human Services, working with clients with thought disorders.

In 1984, he began his private practice and learned that he needed training in family therapy to best serve the referrals he was receiving. He attended the Family Institute of Cambridge's Intensive Program meeting once a week for a year and continued Family Therapy Consultation with several supervisors, including David Treadway.

It was then that Peggy and Jack met at their consultation team meeting. They were both in Private Practice working with individuals, couples and families. Jack was married and Peggy was single. In this team, they worked mostly with couples. One group member brought in a couple, another member would interview them and the 3rd and 4th members would reflect on what they saw, talking among themselves.

Jack's first wife had died in 1993 after an ongoing illness. During this time, the team continued to meet.

By the spring of 1994, Jack realized one day that Peggy was not just "my esteemed colleague" but that "she is a woman!" It turned out that Peggy had been thinking about him too and they married in 1995.

They continued their interest in learning by training in Psychodrama (Robert Ginn, Richard Chasin), Dissociative Disorders (James Chu), Mindfulness Based Stress Disorders (John Kabat Zinn), Couples Therapy (Richard and Antra Borofsky), and Dialectical Behavior Therapy of Borderline Personality Disorder (Marsha Linehan).

In 1997, they heard Bessel van der Kolk present on EMDR and took the EMDR training. At the time, it was "The Wild West of EMDR" with no cautions, so they went out, used it immediately and received supervision from Libby Call.

Jack's youngest daughter went to Madagascar with the Peace Corps, and he and Peggy visited for 5 weeks in 1997. They wondered about bringing EMDR to remote places and also thought this when visiting a nephew in the Peace Corps in Nicaragua. Their opportunity came when Libby got involved with the Burma Border Projects. She was asked to teach medics how to deal with mental health issues after, and asked Jack and Peggy if they wanted to come. They gave a wholehearted, "YES!" In January 2000, they went to the Burmese Border to teach about trauma and its effects. Libby did a great job and they were invited back. The medics told them of their horrifying experiences at the hands of the Burmese Army.

Through businessman Michael Forhan, who had worked in Burma and wanted to do something for the people, Libby met Dr. Cynthia Maung, a Burmese physician who had created

a clinic and resource center for the Karen Hill people on the border between Burma and Thailand. Jack and Peggy "fell in love" with the wonderful people there who transcended their own suffering to take on the demanding roles of medics and women's groups organizers. The situation was dire as the refugees were there without permission and had to choose life in the refugee camps or work as illegal aliens in Thailand. There was a great deal of domestic violence and addictive behaviors. There was also a need for financial help to provide for orphanages and schools. Michael, with the help of Libby, Peggy and Jack, founded Burma Border Projects, a non-profit organization, to raise money to help with these basic needs.

*"We benefit daily from the protocols and research of our colleagues. We experience a reciprocity between the work of the EMDR community, the courage of our clients and our increasing comfort with an ever expanding range of issues. For this, we are deeply grateful."*

Baptist missionaries came to their land in the 1900's, but the people felt they could not ask the preachers or monks to help cope with the breakdown of the family. Although the Karen were Christian, they were Christian within a Buddhist Culture and the ideas of compassion and experiencing were pivotal to understanding them. They had no tradition of mental health treatment. Accordingly, Peggy and Jack started with the basics such as motivational

interviewing, how to relate with others, how to listen, and how to elicit problem solving in others. They also incorporated the Karen's cultural values and morals and validated the work the Karen were doing already. The women were the organizers and through "tend and befriend," they started schools and safe houses for women, often getting arrested by Thai police. The men had lost everything – their property, businesses, status and role as providers. Consequently, some drank and became abusive to the women and children.

By 2001 -2007, three times a year, they closed their practices and went to the Border. They had hoped to work there full-time but funding did not work out. They told their clients what they were doing and only one woman fired them. When they went, they made contacts through the Karen's Women's Organization and worked with the medics or leaders. They set up trainings along the border and did 3-4 day trainings teaching how to cope with trauma. They did some EMDR work, but because of the volatile political situation, it was impossible to track those trained. Before they left, they had trained 800 people and completed 35-40 trainings. The Burma Border Project continues to operate on the border supporting social projects and providing counseling training.

By 2008, Jack became a Trainer for EMDRHAP. He has done trainings in Community Mental Health Centers in the Northeast US, Boise, Idaho and Ruston, Louisiana. He updated the "Traumatology and Stabilization" presentation, at the request of EMDRHAP staff, and has taught clinicians who are working with developmentally disabled populations.

Recently, their youngest daughter moved to Zambia and works for the Clinton Foundation in Public Health and her husband is a Neurologist working in a hospital there.

## In the Spotlight continued...

When Peggy and Jack visited last year they presented on trauma and stabilization. When they return this year, they plan to conduct the first of a series of EMDR trainings in Zambia through EMDRHAP. The hope is to help develop a self-sustaining EMDR community in Zambia that will address the impact of their devastating HIV/AIDS epidemic and collaborate with other EMDR programs throughout Africa.

Jack and Peggy had these words for the EMDR community:

*We have found that as we practice EMDR and pursue our own learning, our clients' situations become more and more available to us. We benefit daily from the protocols and research of our colleagues. We experience a reciprocity between the work of the EMDR community, the courage of our clients and our increasing comfort with an ever expanding range of issues. For this, we are deeply grateful.*

Besides their interest in their work, Peggy and Jack have found time to hike in the Italian Alps and the Canadian Rockies. They also enjoy reading, kayaking, gardening and their 7 grandchildren.

We are lucky that Peggy and Jack have come together to make this mutual contribution to our EMDR community. ❖



## EMDR & MINDFULNESS

Course offered as an 4 week LIVE Telecourse AND as a Distance Learning Course

Next live Telecourse offered on Tuesday mornings in May, 2012 \* 6.5 EMDRIA Credits

\*\*\*ONLY \$135.00 PER PARTICIPANT\*\*\*

- \*Learn mindfulness and meditation practices to build affect tolerance and increase ego strength
- \*Discuss the benefits of regular mindfulness practice for both clinician and client
- \*Obtain practical knowledge of the neurobiological impact of EMDR and mindfulness practice
- \*Discover ways to create effective, personalized mindfulness practices within the EMDR protocol
- \*Gain methods to assist clients in developing self-assessment tools in between EMDR sessions.

PAID ADVERTISEMENT



Register at [www.hopeenrichmentcenter.com](http://www.hopeenrichmentcenter.com) under the "EMDR Training" tab.

**Carrie Ann Cherep, MA, LCPC**

EMDRIA Certified Clinician

[www.hopeenrichmentcenter.com](http://www.hopeenrichmentcenter.com)

708-448-7848

Andrew M. Leeds

A Guide to the  
Standard EMDR Protocols  
for Clinicians, Supervisors,  
and Consultants

Save 20% Order your copy today at  
[www.AndrewLeeds.net/training.html](http://www.AndrewLeeds.net/training.html)

## Sonoma Psychotherapy Training Institute Andrew M. Leeds PhD Director EMDRIA Approved Consultant and Instructor

### Group Telephone Consultation

Earn group and individual hours for Certification. Strengthen case formulation and treatment planning skills. Non-profit employee discount. Individual consultation by appointment.

### EMDRIA Home Study Courses

Earn EMDRIA credits and CEs NOW with online examinations.

Earn all 12 EMDRIA credits or CEs with either the **Book Course** or the **Advanced Course**. Or earn from 1.5 to all 12 credits with selected EMDRIA Conference exam courses.

**Read the book. Pass the exam. Earn your credits.**

*A Guide to the Standard EMDR Protocols*. Approved for 12 EMDRIA Credits and CE.

### Basic EMDR Training in San Francisco Bay Area

Complete Basic EMDR training in four two-day weekends. Find our schedule, major articles on EMDR and our blog at:

[www.Sonomapti.com/sonomaptiblog.html](http://www.Sonomapti.com/sonomaptiblog.html)

### Free Online Resources

Subscribe to our free e-newsletter. Download free selected EMDRIA conference handouts, EMDR treatment templates, and case consultation forms. Get details on all programs at:

[www.AndrewLeeds.net/training.html](http://www.AndrewLeeds.net/training.html)

SonomaPTI@gmail.com

Phone: (707) 579-9457

1049 Fourth St., Suite G, Santa Rosa, CA, 95404

[info@AndrewLeeds.net](mailto:info@AndrewLeeds.net)

PAID ADVERTISEMENT

# RECENT ARTICLES on EMDR

BY ANDREW M. LEEDS, PH.D.

*This regular column appears in each quarterly issue of the EMDRIA Newsletter and the EMDR Europe Newsletter. It lists citations, abstracts, and preprint/reprint information—when available—on all EMDR related journal articles. The listings include peer reviewed research reports and case studies directly related to EMDR—whether favorable or not—including original studies, review articles and meta-analyses accepted for publication or that have appeared in the previous six months in scholarly journals. Authors and others aware of articles accepted for publication are invited to submit pre-press or reprint information. Listings in this column will exclude: published comments and most letters to the editor, non-peer reviewed articles, non-English articles unless the abstract is in English, dissertations, and conference presentations, as well as books, book chapters, tapes, CDs, and videos. Please send submissions and corrections to: [aleeds@theLeeds.net](mailto:aleeds@theLeeds.net).*

*Note: A comprehensive database of all EMDR references from journal articles, dissertations, book chapters, and conference presentations is available in The Francine Shapiro Library hosted by Northern Kentucky University as a service to the EMDR International Association at: [http://library.nku.edu/emdr/emdr\\_data.php](http://library.nku.edu/emdr/emdr_data.php). A listing by year of publication of all journal articles related to EMDR from 1989 through 2005 can be found on David Baldwin's award winning web site at: <http://www.trauma-pages.com/s/emdr-refs.php>. Previous columns from 2005 to the present are available on the EMDRIA web site at: <http://emdria.org/displaycommon.cfm?an=1&subarticlenbr=43>.*

Dunne, T., & Farrell, D. (2011). An investigation into clinicians' experiences of integrating EMDR into their clinical practice. *Journal of EMDR Practice and Research*, 5(4), 177-188. doi:10.1891/1933-3196.5.4.177

Derek Farrell, University of Birmingham, College of Medical & Dental Sciences, 52 Pritchatts Road, Edgbaston, Birmingham, UK. E-mail: <[D.P.Farrell@bham.ac.uk](mailto:D.P.Farrell@bham.ac.uk)>

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



Eckert, A. (2011). "Zimmer mit aussicht": Erinnern als unverzichtbares therapeutisches element. / "Room with a view": Remembrance as indispensable therapeutic element. *Forum Der Psychoanalyse: Zeitschrift Für Klinische Theorie & Praxis*. doi:10.1007/s00451-011-0079-3

Andrea Eckert: Klinik für Psychosomatische Medizin und Psychotherapie, Klinikum Harlaching, Sanatoriumsplatz 2, München, Germany, 81545. E-mail: <[andrea.eckert1@freenet.de](mailto:andrea.eckert1@freenet.de)>

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



Field, A., & Cottrell, D. (2011). Eye movement desensitization and reprocessing as a therapeutic intervention for traumatized children and adolescents: A systematic review of the evidence for family therapists. *Journal of Family Therapy*, 33(4), 374-388. doi:10.1111/j.1467-6427.2011.00548.x

Annalisa Field, Consultant Child and Adolescent Psychiatrist East Leeds Child and Family Unit, St James' Hospital, Leeds, LS9 7TF, UK. E-mail: <[annafield@doctors.org.uk](mailto:annafield@doctors.org.uk)>

**ABSTRACT** Eye movement desensitization and reprocessing (EMDR) is a relatively new form of psychotherapy for post-traumatic symptoms of relevance to systemic therapists. The literature available on individual EMDR in traumatized children is reviewed in this article. A sample of eight studies was examined, consisting of three controlled trials, two uncontrolled studies and three case reports or series. The controlled trials compared EMDR with waiting list controls or cognitive behavioural therapy (CBT). The study samples were small and their methodological quality variable. In all the studies, the results suggested a positive effect for EMDR but did not appear superior to CBT. It is therefore possible that systemic interventions may be improved by the integration of EMDR and family therapy with children and adolescents.



Hornsveld, H. K., Houtveen, J. H., Vroomen, M., Aalbers, I. K. D., Aalbers, D., & van den Hout, M. A. (2011). Evaluating the effect of eye movements on positive memories such as those used in resource development and installation. *Journal of EMDR Practice and Research*, 5(4), 146-155. doi:10.1891/1933-3196.5.4.146

Hellen K. Hornsveld, Utrecht University, Clinical and Health Psychology, PO Box 80140, 3508 TC Utrecht, The Netherlands. E-mail: <[H.K.Hornsveld@uu.nl](mailto:H.K.Hornsveld@uu.nl)>

**ABSTRACT** Resource development and installation (RDI) is an eye movement desensitization and reprocessing (EMDR)-related procedure developed to strengthen positive associations in positive and resourceful memories (Korn & Leeds, 2002). This study tested the assumption that bilateral stimulation (horizontal eye movements [EM]) in RDI "appears to lead to spontaneous, rapid increases in affective intensity . . . and to rich, emotionally vivid associations"

(Korn & Leeds, p. 1469). This study also tested whether eye movement effects could be better accounted for by working memory or by interhemispheric interaction theory. Fifty-three undergraduate students each recalled three memories of pride, perseverance, and self-confidence. They provided pretest and posttest ratings of each memory for vividness, pleasantness, and experienced strength of the positive quality, before and after performing three simultaneous tasks during recall: horizontal EM, vertical EM, and recall only. Results were fully in line with working memory predictions, with significant decreases for all variables following both eye movement tasks. There was no support for the interhemispheric hypothesis. It is concluded that the effectiveness of bilateral stimulation in RDI is questionable. Clinical implications are discussed.



Jarero, I., & Uribe, S. (2011). The EMDR protocol for recent critical incidents: Brief report of an application in a human massacre situation. *Journal of EMDR Practice and Research*, 5(4), 156-165. doi:10.1891/1933-3196.5.4.156

Ignacio Jarero, Boulevard de la Luz 771. Jardines del Pedregal. Álvaro Obregón, México City, 01900. E-mail: <nacho@amamecrisis.com.mx>

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



Konuk, E., Epözdemir, H., Hacıomeroglu Atceken, S., Aydin, Y. E., & Yurtsever, A. (2011). EMDR treatment of migraine. *Journal of EMDR Practice and Research*, 5(4), 166-176. doi:10.1891/1933-3196.5.4.166

Hejan Epözdemir, Adult and Family Center, Institute for Behavioral Studies, Valikonagi 173 Kat: 6/2 Nisantasi, 34363, Istanbul, Turkey. E-mail: <epozdemir@dbe.com.tr>

**ABSTRACT** This pilot study was conducted at Gaziosmanpaşa Hospital, Istanbul, to investigate the effectiveness of eye movement desensitization and reprocessing (EMDR) on migraine headache by specifically treating traumas related to headaches. The sample consisted of 11 Turkish participants with chronic daily headache:

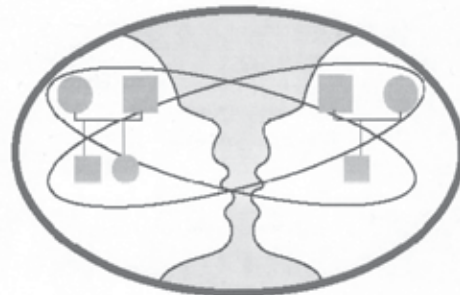
9 women (mean age of 31.7 years) and 2 men (mean age of 30.5 years). Participants had a history of migraine ranging from 2 to 30 years (mean = 12 years). Variables included participant daily ratings of headache frequency, duration, and intensity; medication intake; hospital emergency room (ER) visits; and scores on the Symptom Assessment-45 Questionnaire. The results showed a significant decrease in headache frequency and duration with no reduction in pain intensity. There was a significant decrease in the use of painkillers and ER visits. All results were maintained at 3-month follow-up, providing some preliminary evidence that EMDR may be effective and useful as an alternative treatment for migraine.



Leiner, A. S., Kearns, M. C., Jackson, J. L., Astin, M. C., & Rothbaum, B. O. (2012). Avoidant coping and treatment outcome in rape-related posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*. doi:10.1037/a0026814 [Epub ahead of print]

Barbara O. Rothbaum, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine, 1256 Briarcliff Road, Atlanta, GA 30306. E-mail: <brothba@emory.edu>

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



**Barry Litt, MFT**

EMDRIA Approved Consultant

AAMFT Approved Supervisor

*barrylittmft.com*

**EMDR Consultation**

- Telephone or Skype
- EMDRIA Certification
- EMDRIA Consultation-of-Consultation

**Specialties:**

- Dissociation
- Complex Trauma
- Couples Therapy
- Family Therapy

*barry@barrylittmft.com*

(603) 224-2841



PAID ADVERTISEMENT

# The TheraTapper™

The best little EMDR tapper ever!  
redesigned

## Low maintenance

Your TheraTapper comes with a 6-foot long disposable wire. When it wears out, just unplug it from between the control box and the pulsers and pop in a replacement, Fast and simple.

## Adjustable Speed Knob

Controls the length of each pulse. Longer pulses feel slower, shorter pulses feel faster.

## Adjustable Intensity Knob - NEW

Controls the electrical current to the pulsers for variable pulse intensity.

## Adjustable Pause Knob

Controls the length of the pause between pulses. Longer pauses provide a slow, gentle pulsing. The competition doesn't have this!

## Highly reliable

Get years of service from your very dependable TheraTapper.

## Uses Long-Lasting AA Batteries

Get 100+ hours of tapping on 1 pair of AA alkaline batteries.



For only \$105 you get:

- One TheraTapper™
- One extra set of wires
- One padded, zippered bag

For more information call us at 210-561-7881  
or go to [www.theratapper.com](http://www.theratapper.com)

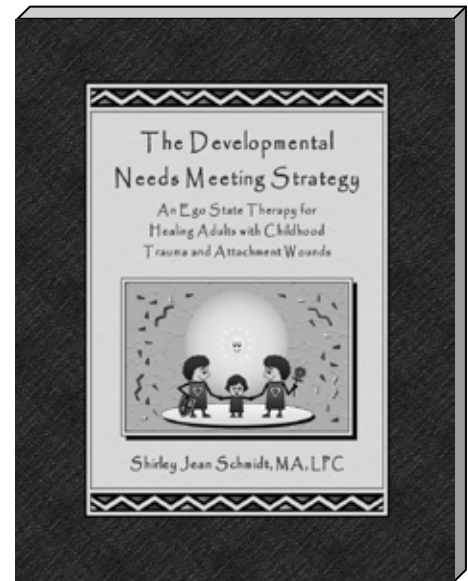
*As the maker of BioLateral Sound recording CDs, let me endorse the TheraTapper. It's well made, durable, and the best product of its kind. I've been buying it since it first came out and I endorse it heartily.* - David Grand, PhD, New York City

PAID ADVERTISEMENT

# Have clients with unmet developmental needs?

The Developmental Needs Meeting Strategy (DNMS) is a therapy model for remediating unmet developmental needs. It was developed by EMDR therapist Shirley Jean Schmidt to target and heal *attachment wounds* as systematically as EMDR targets *trauma wounds*. As with EMDR therapy, alternating bilateral stimulation is a key feature in the model.

Schmidt's book, *The Developmental Needs Meeting Strategy: An Ego State Therapy for Healing Adults with Childhood Trauma and Attachment Wounds*, outlines a series of innovative protocols for healing childhood wounds and more.



For more information, or to read therapist reviews of the book, go to [www.dnmsinstitute.com](http://www.dnmsinstitute.com)

*The DNMS is extremely effective in treating a full range of complaints, regardless of client ego strength. I am particularly impressed with how well it helps heal my most wounded clients - such as those with attachment issues and dissociative disorders.*

- Joan Bacon, Psychologist, EMDRIA Instructor & Consultant

PAID ADVERTISEMENT

Symptom Scale-Self-Report (Foa, Riggs, Dancu, & Rothbaum, 1993), and avoidant coping was assessed using the Coping Strategies Inventory-Disengagement subscale (CSI-D; Tobin, Holroyd, Reynolds, & Wigal, 1989). Results: Pretreatment avoidant coping was negatively associated with posttreatment PTSD symptom severity even when controlling for initial severity of total PTSD symptoms and when removing PTSD avoidance symptoms from the analysis to account for potential overlap between avoidant coping and PTSD avoidance symptoms:  $\Delta R^2 = .08$ ,  $b^* = -0.31$ , 95% CI [-0.17, -0.01],  $t(60) = -2.27$ ,  $p = .028$ . The CSI-D pretreatment mean score of 100 predicted a 96% likelihood of experiencing clinically significant change (CSC) during treatment. A CSI-D pretreatment score of 61 was associated with a 40% likelihood of experiencing CSC. Conclusions: PE and EMDR appear to be beneficial for women who frequently engage in avoidant coping responses following rape. A small subset of women with initially low levels of avoidant coping are unlikely to experience a therapeutic response from PE or EMDR.



Mevisen, L., Lievegoed, R., Seubert, A., & De Jongh, A. (2011). Do persons with intellectual disability and limited verbal capacities respond to trauma treatment? *Journal of Intellectual & Developmental Disability*, 36(4), 274-9. doi:10.3109/13668250.2011.621415

Liesbeth Mevisen, Accare, Diepenveenseweg 169, 7413 AP, Deventer, the Netherlands. E-mail: <l.mevisen@accare.nl>

**ABSTRACT** Background - There is not one case report of successful trauma treatment with the use of an

evidence-based treatment method in people with substantially limited verbal capacities. This paper assessed the applicability of eye movement desensitisation and reprocessing (EMDR) in two clients with moderate ID, serious behavioural problems, and histories of negative life events.

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

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



Nazari, H., Momeni, N., Jariani, M., & Tarrahi, M. J. (2011). Comparison of eye movement desensitization and reprocessing with citalopram in treatment of obsessive-compulsive disorder. *International Journal of Psychiatry in Clinical Practice*, 15(4), 270-4. doi:10.3109/13651501.2011.590210

Hedayat Nazari, PO Box: 13185-1678, Tehran, Iran. E-mail: <nazari\_hedayat@yahoo.com>

**ABSTRACT** Objective. Obsessive-compulsive disorder (OCD) is one of the chronic anxiety disorders that interfere with routine individual life, occupational and social functions. There is controversy about the first choice of treatment for OCD between medication and psychotherapy. Aim. The aim was to investigate

## Advanced EMDR Technology

*Meet the EMDR Clinician's assistants*

### Advanced LapScan 4000



CD/tape player optional

Comes complete with headphones, tactile pulsers, remote control with batteries, audio cable, and AC adapter

- Both models feature:**
- ✓ Synchronized tactile & auditory stimulation
  - ✓ **Any** speed (rate) - **Any** tactile intensity
  - ✓ Connects to **any** music source
  - ✓ Turns **your** music into bi-lateral music
  - ✓ Choose integrated tones, click, double click, and arcade auditory modes or **supply your own audio selection**
  - ✓ No longer limited to the few EMDR audio tape selections that are available. **Use any audio selection you wish**

*See our complete selection of EMDR tools on our web site or call us for a free catalog*

**We have new, improved standard tactile pulsers and try our new lighted mega pulsers**

**NeuroTek Corporation**

EMDR Technology since 1991



### Advanced Tac/AudioScan



Comes complete with headphones, tactile pulsers, audio cable, carrying case, AC adapter and battery



Scan this code using a QR reader app on your smart phone

12100 W. 52nd Ave. #116  
Wheat Ridge CO 80033

303 420-8680 Voice  
303 422-9440 Fax

emdrtools@neurotekcorp.com - email  
www.neurotekcorp.com - web site

PAID ADVERTISEMENT





**Ricky Greenwald, PsyD**  
Executive Director

**\*\*\* Training Programs in Trauma Treatment, Featuring PC & EMDR \*\*\***

**DISTANCE LEARNING PROGRAMS**

- ◆ **Progressive Counting** – 9 CEs
- ◆ **EMDR Within a Phase Model of Trauma-Informed Treatment** – 9 CEs, 9 EMDRIA CEs
- ◆ **Treating Problem Behaviors** – 11 CEs, 10 ECEs
- ◆ **EMDR in Child & Adolescent Psychotherapy** – 7 CEs, 7 ECEs
- ◆ **Child Trauma Handbook** – 18 CEs, 12 ECEs

**WORKSHOPS**

- ◆ **EMDR Basic Training** – 49 CEs
- ◆ **Progressive Counting** – 26 CEs
- ◆ **Treating Problem Behaviors** – 19 CEs, 12 ECEs
- ◆ **Certificate Program: Trauma-Informed Treatment for Adults, Children, & Teens** – 14 days (5 trips) over 9 months. 85 CEs, 12 ECEs

**Programs offered at many dates and locations!  
We'll also teach at your location; please inquire.**

**trauma.info**

**childtrauma.com**

**(413) 774-2340**

PAID ADVERTISEMENT

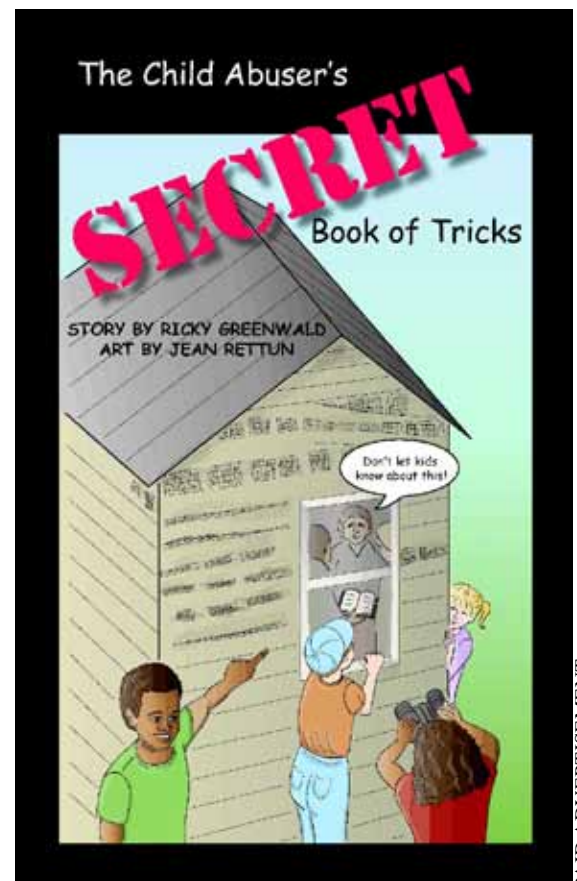
**Just off press!**

***The Child Abuser's  
Secret Book of Tricks***

**Story by Ricky Greenwald  
Art by Jean Rettun**

A comic book for children and adults. This therapy aid normalizes the abused client's experiences while demystifying the abuser's strategies. To help abuse survivors to better understand, depersonalize, and more easily heal from what was done to them.

16 pages, full color. \$5 (quantity discount available)  
Published by Trauma Institute & Child Trauma Institute



PAID ADVERTISEMENT

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



Pocock, D. (2011). The promise of EMDR in family and systemic psychotherapy: A clinical complement to Field and Cottrell. *Journal of Family Therapy*, 33(4), 389-399. doi:10.1111/j.1467-6427.2011.00547.x

David Pocock, Consultant Family Therapist, Swindon Community Child and Adolescent Mental Health Services, Psychoanalytic Psychotherapist in independent practice. Address for correspondence: 3 Castle Street, Calne, Wiltshire, SN11 0DX, UK. E-mail: <david@poey.demon.co.uk>

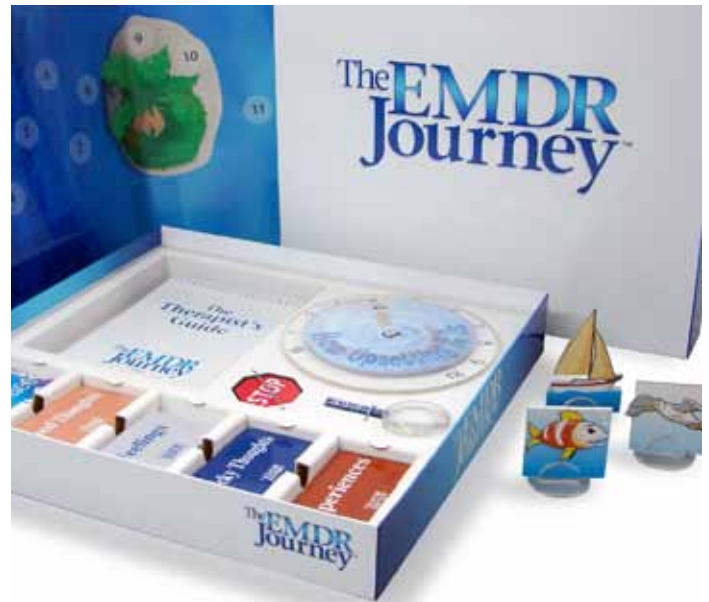
**ABSTRACT** Annalisa Field and David Cottrell's careful and balanced summary of the current state of evidence of the effectiveness of eye movement desensitization and reprocessing (EMDR) with children and adolescents is to be welcomed. They conclude that there is, despite an overall lack of good quality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



Renner, W., Bänninger-Huber, E., & Peltzer, K. (2011). Culture-Sensitive and resource oriented peer (CROP)-groups as a community based intervention for trauma survivors: A randomized controlled pilot study with refugees and asylum seekers from Chechnya. *Australasian Journal of Disaster and Trauma Studies*.

Walter Renner: University of Innsbruck, Dept. of Psychology, Innrain 52, Innsbruck, Austria, A-6020, E-mail: <walter.renner@uibk.ac.at>

**ABSTRACT** Asylum seekers and refugees frequently suffer from post-traumatic stress and culturally sensitive methods towards reducing symptoms should be taken into account. The aim of the work reported here was to examine the effectiveness of Culture-Sensitive and Resource Oriented Peer (CROP)—Groups for Chechen asylum seekers and refugees towards reducing




PAID ADVERTISEMENT

The EMDR Journey is a new board game that puts phases 3-7 of Dr. Shapiro's 8 Phase EMDR Protocol into action for a variety of ages, while providing fun visual and tangible aids.

Visit [www.emdrjourney.com](http://www.emdrjourney.com) to learn more and order your EMDR Journey!






**Insight**  
COUNSELORS, P.A.

**Carol J. Crow, LMHC, NCC, BCETS**  
EMDR/IA Approved Consultant and Workshop Presenter  
EMDR HAP Trainer

EMDR Group or Individual Phone Consultation for:

- Completion of EMDR Basic Training
- EMDRIA Certification
- EMDRIA Consultant Certification
- EMDR Case Consultation



WEB:  
[www.insightcounselors.com](http://www.insightcounselors.com)

EMAIL:  
[Contact@InsightCounselors.com](mailto:Contact@InsightCounselors.com)

PHONE: 813-915-1038  
888-218-7138

FAX: 888-218-7138

200 South Hoover Blvd.  
Suite 170  
Tampa, FL 33609

PAID ADVERTISEMENT

post-traumatic symptoms, anxiety, and depression. Some ninety-four participants were randomly assigned to 15 sessions of CROP—or Cognitive Behavior Therapy (CBT)—Groups, to 3 single sessions of Eye Movement Desensitization and Reprocessing (EMDR), or to a Wait-List (WL). The results indicated that CROP was significantly superior to WL, and was equally effective as CBT in reducing post-traumatic symptoms, anxiety, and depression. Improvements still were present at three and six month follow-up occasions. EMDR yielded negative results. According to this pilot study, CROP-Groups pose a promising, culturally sensitive alternative to psychotherapy with Chechen migrants.



Stergiopoulos, E., Cimo, A., Cheng, C., Bonato, S., & Dewa, C. S. (2011). Interventions to improve work outcomes in work-related PTSD: A systematic review. *BMC Public Health*, 11(1), 838. doi:10.1186/1471-2458-11-838

Carolyn S Dewa, Centre for Research on Employment and Workplace Health, Centre for Addition and Mental Health, 455 Spadina Avenue, Suite 300, Toronto, M5S 2G8, Canada. E-mail: <carolyn\_dewa@camh.net>

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

**ABSTRACT** BACKGROUND: Posttraumatic stress disorder acquired at work can be debilitating both for workers and their employers. The disorder can result in increased sick leave, reduced productivity, and even unemployment. Furthermore, workers are especially unlikely to return to their previous place of employment

after a traumatic incident at work because of the traumatic memories and symptoms of avoidance that typically accompany the disorder. Therefore, intervening in work-related PTSD becomes especially important in order to get workers back to the workplace.

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

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



SAVE THE DATE!

2012 EMDRIA  
CONFERENCE

October 4th - 7th | Washington, D.C.

EMDR & Attachment: Healing Developmental Trauma

The poster features a stylized silhouette of the US Capitol building and the Washington Monument against a background of radiating lines. The text is arranged in a clear hierarchy, with the main title and dates prominently displayed.



## ASIA

### PAKISTAN

Derek Farrell reports: "We have over 100 people trained in EMDR in Pakistan and another 35 have just completed Part 1 training. This is in a country with only 300 psychiatrists, 300 psychologists and a population of over 180 million. The newly established EMDR Association of Pakistan is proving very dynamic in developing RCT EMDR research projects within an academic environment."

### SRI LANKA

Sister Janet Nethisinghe reports: "All EMDR practitioners in Sri Lanka were trained by US and Israeli HAP, after the devastating tsunami in 2004. Until then EMDR was not known publicly in Sri Lanka. The Sri Lanka EMDR Association (SEA) was inaugurated soon after, but remained dormant for several years. In 2010, I attended the EMDR Asia Conference in Bali, Indonesia. There I made important contacts with EMDR experts that would help EMDR work in Sri Lanka. The SEA was revived and is now functioning with a limited membership. Currently I am the President of the Association. Most of those who were trained following the tsunami continue to practice EMDR and vouch for its tremendous efficacy. There is a need for counseling for those traumatized people of Sri Lanka, especially since a 30-year war has ended recently. Right now our focus is to train counselors in EMDR and many are interested. We are enlisting the help of International trainers, since there are no trainers yet in Sri Lanka. It is the hope of the association that this dream becomes a reality in 2012."

## AUSTRALIA

Pamela Brown reports: "In November, the EMDR Association of Australia held our first annual general meeting and elected a

new Board, which has now been expanded to nine members. One goal is to address anomalies in government policy and legislation regarding EMDR. In September 2011, five members attended the EMDRIA Conference in Anaheim, CA and were pleased to accept Chris Lee's EMDRIA award for his work on the SAMHSA recognition project. The association also donated \$1000 to the EMDR Research Foundation in celebration of achieving 100 members last year and as a special thanks to Francine Shapiro's 2010 Australian visit to present at the International Congress on Applied Psychology. The number of basic trainings has expanded significantly and there is a resurgence of interest in EMDR."

### NEW ZEALAND

Sian Morgan reports: "Following the earthquake in Christchurch in February 2011, HAP UK & Ireland responded to a request from New Zealand mental health professionals for EMDR training to help treat those affected and support their recovery. Sandi Richman provided Part 1 training in January 2012, which was organized by Phil Nottingham, an EMDR Accredited Consultant trained in the UK who now works in Auckland. Phil and Sandi will provide supervision to trainees while HAP Australia will provide supervision via Skype."

## EUROPE

### BOSNIA-HERCEGOVINA

Sian Morgan reports: "In 2009, we began a Bosnia-Herzegovina (BiH) project in partnership with the University of Tuzla's Institute of Psychiatry. In May 2011, 22 participants had completed their full EMDR training thanks to Michael Patterson and Keith Piper who provided ongoing supervision via Skype. Many clinicians are working toward their Accredited Practitioner status. Although she is based in St. Louis, MO, USA, we are pleased to have Sanja Oakley as a supervisor who provides supervision to colleagues in their native language. Through Skype she is able to connect with EMDR colleagues worldwide on a regular basis. In Spring 2012, we are extending our project to Sarajevo. Mevludin Hasanovic, our principal partner in Bosnia, is working with Alma Dzubur-Kulenovic to recruit our next cohort of EMDR trainees. We hope by 2014 we will have established a national EMDR Association in Bosnia-Herzegovina working in collaboration with EMDR Associations in other Balkan countries. Mevludin is a great ambassador for EMDR

and works hard to promote EMDR in the region by speaking at national conferences and publishing professional papers."

### GREECE

Domna Ventouratou reports: "In February 2012, the Introduction to Trauma Treatment and Stabilization and Treatment Planning took place. The next trainings will occur in Thessaloniki, Greece for the first time. Parts 1, 2 and 3 of Basic Training will occur over the course of 2012, including supervision and more practice. The continued training that started in October in Athens will be completed this month. We also are planning a workshop, "Help the Helpers – about prevention of secondary traumatization" in May."

### PALESTINIAN AUTHORITY

Mona Zaghrout reports: "With the help of HAP US, had two Part 1 and two Part 2 trainings. Each training was four days, not including the 10-hour consultation in between. We also did a 3-day Advanced Training with Michael Keller. I am now a full trainer and will be training practitioners in the Arab world."

### TURKEY

Joan Lovett reports: "In November 2011, I presented "EMDR with Children" to therapists in Istanbul."

### UNITED KINGDOM & IRELAND

Michael Tidbury reports: "I walked across the Andes in Peru, and invited people to sponsor me. This event rose over £800 for HAP. A friend suggested the idea for sponsorship when she heard that I was doing the walk. The thought had not occurred to me but I was going to do the walk anyway and hoped to complete it. Sponsorship seemed an excellent way of giving me that extra encouragement at the critical times (and there were several). The sites which I have used are [www.justgiving.com](http://www.justgiving.com) and [www.charitygiving.co.uk](http://www.charitygiving.co.uk). It is easy to set up a web presence for your event, and sponsors can make donations easily. The money goes directly to the charity without your having to do any administration. The 'event' or 'challenge' can be anything that you plan to do which might be a little out of the ordinary for you – it does not have to be a spectacular life-changing experience. The real test is: will my family, friends and colleagues be prepared to sponsor me for this? Thank you again to my sponsors, the funds went directly to HAP, now I lay down the challenge to you to find things for which people could sponsor you!"

Sian Morgan reports: "HAP's new webmaster, Mark Brayne, took up Michael's challenge, with a plan to cycle from his home in Cirencester to Moscow, via St. Petersburg (about 3000 miles) and then a quick Transsiberian cheat on the train, from Beijing to Hanoi. Mark is an accredited EMDR Consultant and former BBC Foreign Correspondent and will be blogging at [www.psychlotherapist.com](http://www.psychlotherapist.com). On the site you can sponsor Mark per mile, per broken spoke or per country. Mark is no stranger to the territories he will be travelling through or to long-distance biking, having completed a 4000-mile round trip ride to Budapest in 2008. At 62, he'll be hoping his knees hold out. As well as raising funds for HAP, Mark is looking to generate money for the Rory Peck Trust, a charity supporting freelance camera folk and journalists worldwide who cover zones of conflict."

Seena Russell Axel and Susan Sullivan report: "EMDR practitioners met and identified a need to form Trauma Recovery Networks (TRNs) in their local communities for times of disaster. In August 2010, the Long Island TRN was formed. Consisting of both Nassau and Suffolk counties of Long Island, EMDR practitioners have met regularly since its August inception. We co-chair the meetings and they take place in both counties. We interfaced with already existing TRNs (Western Mass, Oregon and Manhattan) and they have been helpful in our development. We are working with local disaster relief agencies and have begun to educate Long Island service agencies and educational institutions regarding the nature and benefits of EMDR treatment. All interested EMDR practitioners are welcome. Please contact us at [susancsullivan@verizon.net](mailto:susancsullivan@verizon.net) or [drsrussell@aol.com](mailto:drsrussell@aol.com)."

## BRAZIL

Esly Carlvaho reports: "We will soon add new cities to our list of training sites, which will bring the total to 16 cities that presently have Basic Training. We train an average of 300 therapists a year and hope to continue to grow since we now have the infrastructure to do so. We are also proud to announce that Silvia Guz is now an EMDR Trainer. She will help us handle our outreach to new cities in Brazil. We have started training a blind therapist and are excited about the possibilities of reaching out to the visually impaired through her work. I just published a new book, "Healing the Folks Who Live Inside: How EMDR can be applied to Role Therapy". It is the first book written by a native Brazilian in Portuguese on EMDR and has almost gone through its first printing. I hope to have it out in Spanish and English in 2012."

## NORTH AMERICA

### CANADA

Phyllis Amato reports: "The EMDR Canada Conference: "EMDR: Bilingual, Bilateral and Integrated" will be held April 27-29, 2012 in Montreal. A Call for Papers has gone out. Also, EMDR Canada has donated \$1,000 to the EMDR Research Foundation."

### UNITED STATES

#### FLORIDA

Regina Morrow reports: "In January, Cherilyn Rowland Petrie, EMDRIA C-I-T, shared two presentations on 'Attachment and Domestic Violence'. Congratulations to Lynda Ruf on becoming an EMDR HAP Trainer. Lynda hit the ground running and has not stopped. Be on the lookout for Marina Lombardo's winter 2012 EMDRIA Journal article on organizing your Targeting Sequence Plans, which she agreed to present in May. The Trauma Recovery Network (TRN) had a phone meeting in February."

#### NEW YORK

Phoebe Kessler reports: "Over the past three years, my Co-Regional Coordinator for the Long Island EMDRIA Regional Network, Mark Dworkin, and I have been working to breathe life back into the EMDR Community locally. We plan meetings twice yearly, with presentations from within to encourage local EMDR clinicians to hone their specialties and become invested in the EMDR world. During our October meeting, Herb Cohen presented 'Integrating Creative Arts Therapy with EMDR'. At our March 23rd Regional Meeting, Lynn Goldstein will present on 'EMDR and Energy Kinesiology'."

## SOUTH AMERICA

### EMDR IBEROAMERICA

Maria Elena Aduriz reports: "There will be an EMDR Iberoamerica – CONO SUR (Chile, Argentina and Uruguay) meeting August 30 – September 1, 2012, in Buenos Aires, to share what is going on in the EMDR world, to celebrate our successes and give us courage to keep going."

### ARGENTINA

Maria Elena Aduriz reports: "EMDR is spreading through Argentina as more than 70 colleagues completed EMDR Basic training this year. There is an EMDR Center in Salta, where there are monthly, full-day group meetings to increase practitioner's skill with EMDR. EMDR is spreading to Posada en Misiones, which is north of Argentina, and Paraguay. In Buenos Aires, there were EMDR training throughout 2011 and a post-graduate course about 'EMDR and Trauma in Children'."

Esly Carlvaho reports: "In May, the Colombians are hosting an Andean EMDR IBA Conference in Bogota and EMDR IBA Argentina is organizing a regional Conference in August in Buenos Aires. We continue to expand in Latin America, and are happy the EMDR Europe Conference will be taking place in Madrid, Spain. We hope to take a significant delegation to participate there."

### BOLIVIA

Maria Elena Aduriz reports: "The University of Bolivia has invited us to give a post-graduate course on EMDR, including EMDR Basic Training."

## URUGUAY

Maria Elena Aduriz reports: "Myriam Calero is now an EMDR Trainer. Her mission is to work in a psychiatric hospital helping patients convicted of violent behavior and those who dissociate." ❖

# EMDRIA Credit Programs

To view a list of EMDRIA Approved Distance Learning Workshops, please go here: <http://emdria2.affiniscape.com/displaycommon.cfm?an=1&subarticlenbr=54>  
(As of January 31, 2012)

Program # EMDRIA Credits Title	Provider Name Presenter(s)	Contact	Telephone	Dates Location
01008-56 12 Credits <i>Treating Problem Behaviors</i>	Trauma Institute/Child Trauma Institute Ricky Greenwald, Ph.D.	Karen Steward	413.774.2340	March 21-23, 2012 Northampton, MA
01008-57 12 Credits <i>Child/Adolescent Trauma Treatment Intensive</i>	Trauma Institute/Child Trauma Institute Ricky Greenwald, Ph.D.	Karen Steward	413.774.2340	March 26-30, 2012 Northampton, MA
09003-13 12 Credits <i>Mindfulness, Meditation, and EMDR</i>	Awake Mind, LLC Julie Greene, LPC	Julie Greene	303.544.4705	March 30-31, 2012 Austin, TX
RC11000-35 3 Credits <i>EMDR and Panic Disorders (DVD Presentation)</i>	Greater New Haven EMDRIA Regional Network Carl Nickeson on DVD	Lynn Persson Don deGraffenried	203.874.1781 203.675.3179	March 31, 2012 Fairfield, CT
04003-27 22.5 Credits <i>EMDR Advanced Clinical Workshop and Refresher (Part 3)</i>	Laurel Parnell, Ph.D. Laurel Parnell, Ph.D.	Esalen Institute	831.667.3000	April 1-6, 2012 Big Sur, CA
03002-19 12 Credits <i>Attachment Based Trauma and EMDR</i>	Maiberger Institute Barb Maiberger, MA, LPC & Arielle Schwartz, Ph.D.	Barb Maiberger	303.875.4033	April 14-15, 2012 Boulder, CO
06003-35 6.5 Credits <i>Treating Complex Developmental Trauma Disorders: Integrating EMDR &amp; the Theory of Structural Dissociation (Day One)</i>	Kathleen Martin, LCSW Kathy Steele, MN, CS	Kathleen Martin	585.271.3050 x7	April 20, 2012 Niagara Falls, NY
06003-36 6.5 Credits <i>Treating Complex Developmental Trauma Disorders: Integrating EMDR &amp; the Theory of Structural Dissociation (Day Two)</i>	Kathleen Martin, LCSW James Knipe, Ph.D.	Kathleen Martin	585.271.3050 x7	April 21, 2012 Niagara Falls, NY
RC11000-37 3 Credits <i>EMDR and Panic Disorders (DVD Presentation)</i>	Western WA EMDRIA Regional Network Carl Nickeson on DVD	Sonja Rudie	425.739.9483	April 21, 2012 Bellevue, WA
99003-64 12.5 Credits <i>EMDR and the Art of Psychotherapy with Children</i>	EMDR Institute Robbie Adler-Tapia, Ph.D.	Robbie Dunton	831.761.1040	April 21-22, 2012 Albuquerque, NM
99003-70 12 Credits <i>The Recent-Traumatic Episode Protocol (R-TEP): A Comprehensive Approach for Early EMDR Intervention</i>	EMDR Institute Elan Shapiro, Ph.D. & Brurit Laub, Psy.D.	Robbie Dunton	831.761.1040	April 21-22, 2012 San Diego, CA
06003-37 6.5 Credits <i>Treating Complex Developmental Trauma Disorders: Integrating EMDR &amp; the Theory of Structural Dissociation (Day Three)</i>	Kathleen Martin, LCSW Kathleen Martin, LCSW	Kathleen Martin	585.271.3050 x7	April 22, 2012 Niagara Falls, NY
06003-38 6.5 Credits <i>Treating Complex Developmental Trauma Disorders: Integrating EMDR &amp; the Theory of Structural Dissociation (Day Four)</i>	Kathleen Martin, LCSW Kathleen Martin, LCSW & Roger Solomon, Ph.D.	Kathleen Martin	585.271.3050 x7	April 23, 2012 Niagara Falls, NY
00015-50 7 Credits <i>Belief Focused EMDR</i>	Roy Kiessling, LISW Roy Kiessling, LISW	Roy Kiessling	513.324.3637	April 27, 2012 South Bend, IN
06005-10 14 Credits <i>The Embodied Self: Somatic Methods for EMDR Practitioners</i>	Jill Strunk, Ed.D., L.P. Sandra Paulsen, Ph.D.	Jill Strunk	952.936.7547	April 28-29, 2012 St. Louis Park, MN
10012-05 6.5 Credits <i>EMDR, Mindfulness &amp; Between Session Client Self-Assessment</i>	Carrie Ann Cherep, MA, LCPC Carrie Cherep, MA, LCPC	Carrie Cherep	708.448.7848	May 3, 10, 17, 24, 2012 Telecourse

# EMDRIA Credit Programs

Program # EMDRIA Credits Title	Provider Name Presenter(s)	Contact	Telephone	Dates Location
11004-01 6.5 Credits <i>EMDR, Mindfulness &amp; Between Session Client Self-Assessment</i>	Sheri Rezak-Irons, LCSW Carrie Cherep, MA, LCPC	Sheri Rezak-Irons	314.304.3292	May 3, 10, 17, 24, 2012 Telecourse
RC11000-38 3 Credits <i>EMDR and Panic Disorders (DVD Presentation)</i>	SW Washington EMDRIA Regional Network Carl Nickeson on DVD	Katy Murray	360.438.0306	May 5, 2012 Olympia, WA
RC0005-00 Credits Vary <i>8th Annual Spring Training Event</i>	Western MA EMDRIA Regional Network Various Presenters	Jane Laskey	413.534.2781	May 5, 2012 Amherst, MA
05007-05 12 Credits <i>EMDR Boot Camp</i>	DaLene Forester Dalene Forester, Ph.D.	DaLene Forester	530.245.9221	May 11-12, 2012 Redding, CA
03002-17 12 Credits <i>EMDR Toolkit for Complex PTSD</i>	Maiberger Institute Barbara Maiberger, MA, LPC & Katie Asmus, MA, LPC, BMP	Barb Maiberger	303.875.4033	June 16-17, 2012 Denver, CO
04003-28 22.5 Credits <i>EMDR Advanced Clinical Workshop and Refresher (Part 3)</i>	Laurel Parnell, Ph.D. Laurel Parnell, Ph.D.	Omega Institute	800.944.1001	July 29 - Aug 3, 2012 Rhinebeck, NY
99003-66 12.5 Credits <i>EMDR and the Art of Psychotherapy with Children</i>	EMDR Institute Robbie Adler-Tapia, Ph.D.	Robbie Dunton	831.761.1040	August 25-26, 2012 Overland Park, KS
04003-29 22.5 Credits <i>EMDR Advanced Clinical Workshop and Refresher (Part 3)</i>	Laurel Parnell, Ph.D. Laurel Parnell, Ph.D.	Hollyhock	800.933.6339	Sept 28 - Oct 3, 2012 Cortes Island, BC CANADA
06003-34 25 Credits <i>The Art of EMDR</i>	Kathleen Martin, LCSW Roger Solomon, Ph.D.	Kathleen Martin	585.271.3050 x7	April 22, 2012 Ottawa, ON CANADA
03002-18 12 Credits <i>Somatic Interventions and EMDR</i>	Maiberger Institute Barbara Maiberger, MA, LPC	Barb Maiberger	303.875.4033	October 27-28, 2012 Boulder, CO
99003-65 14 Credits <i>Treatment of Attachment Trauma &amp; The Dissociative Sequelae Through the Life Span: EMDR &amp; Case Conceptualization</i>	EMDR Institute Robbie Adler-Tapia, Ph.D.	Robbie Dunton	831.761.1040	November 3-4, 2012 Raleigh-Durham, NC

# EMDRIA Regional Meeting SCHEDULE

(As of January 31, 2012)

These meetings may or may not offer EMDRIA Credits. For Credit information, please refer to the EMDRIA Credit Program Schedule located on the previous page. For the most current information, go to <http://www.emdria.org/calendar.cfm>

Location Regional Meeting	Regional Meeting Schedule	Regional Coordinator Contact Information
<b>CALIFORNIA</b>		
Greater Sacramento EMDRIA Regional Network	March 9, 2012 April 13, 2012 May 11, 2012 June 8, 2012 July 13, 2012 August 10, 2012 September 14, 2012 October 12, 2012 November 9, 2012 December 14, 2012	Merrill Powers   530.852.5066 merrill@powerstherapist.com
San Diego County EMDRIA Regional Network	March 3, 2012 April 7, 2012 May 5, 2012 June 2, 2012 July 7, 2012 August 4, 2012 September 1, 2012 October 6, 2012 November 3, 2012 December 1, 2012	Sue Goodell   suegoodell@sbcglobal.net
<b>CONNECTICUT</b>		
Greater New Haven EMDRIA Regional Network	March 3, 2012 March 31, 2012	Lynn Persson   lkpersson@aol.com Don deGraffenried   donald@traumatreat.com
<b>MASSACHUSETTS</b>		
Western Massachusetts EMDRIA Regional Network	May 5, 2012	Jane Laskey   wmassemdria@gmail.com
<b>NEW YORK</b>		
Long Island NY EMDRIA Regional Network	March 23, 2012	Phoebe Kessler   pkessler1@optonline.net
<b>TEXAS</b>		
North Texas EMDRIA Regional Network	March 23, 2012 April 27, 2012 May 25, 2012 June 22, 2012 July 27, 2012 August 24, 2012 September 28, 2012 October 26, 2012 November 23, 2012 December 28, 2012	Jordan Shafer   972.342.2448 jshafer@compassionworks.com
<b>WASHINGTON</b>		
Southwest WA EMDRIA Regional Network	May 5, 2012 November 3, 2012	Katy Murray   katymurraymsw@comcast.net Susan Kravit   sekraivit@yahoo.com
Western WA EMDRIA Regional Network	April 21, 2012	Sonja Rudie   sonja@sonjarudie.com



# EMDRIA

# SIG's

## EMDR & EATING DISORDERS

Contact: DaLene Forester at [daleneforester@yahoo.com](mailto:daleneforester@yahoo.com)  
Tel: 530.245.9221

## EMDR & WRITING

Contact: Susan Borkin at [susan@susanborkin.com](mailto:susan@susanborkin.com)  
Tel: 408.973.7877

## EMDR & RESEARCH

Contact: Elena Guagenti-Tax at [EMMGT@aol.com](mailto:EMMGT@aol.com)  
Tel: 914.948.3251

## EMDR & MEDICAL ISSUES

Contact: Linda Bowers at [lindamimi@earthlink.net](mailto:lindamimi@earthlink.net)  
or Mary Dumlao at [m.dumlao@oasiscenterforhealth.com](mailto:m.dumlao@oasiscenterforhealth.com)

## EMDR & JUVENILE CORRECTIONS

Contact: Don Self at [padre.don@gmail.com](mailto:padre.don@gmail.com)

## EMDR & PUBLIC PRACTICE AND DIVERSITY

Contact: Lloyd Cloud at [lecloud@att.net](mailto:lecloud@att.net)

## EMDR & ENERGY MEDICINE AND SPIRITUALITY

Contact: Irene Siegel at [irene@allocca.com](mailto:irene@allocca.com)  
Tel: 631.547.5433

## EMDR & PSYCHOANALYSIS

Contact: Ruth Heber at [rheber@rcn.com](mailto:rheber@rcn.com)

## EMDR WITH CHILDREN AND ADOLESCENTS

Contact: Marsha Heiman at [marsh@aol.com](mailto:marsh@aol.com)  
Tel: 732.548.7165

## EMDR & PERFORMANCE ENHANCEMENT

Contact: Pat McGuinness at  
[patmcguinness@comcast.net](mailto:patmcguinness@comcast.net)  
Tel: 603.228.3862 x30

## EMDR & THE MILITARY

Contact: Beverly Dexter at [badexter@cox.net](mailto:badexter@cox.net)

## EMDR WITH CHILDREN & ADOLESCENTS SIG UPDATE

### **Eighth Annual Regional Conference**

We are excited to announce that Robbie Tapia-Adler, PhD is the presenter at our annual conference on June 8-9, 2012 in Montclair, NJ. Dr. Tapia-Adler is co-author of EMDR and the Art of Psychotherapy with Children and EMDR and the Art of Psychotherapy with Children- Treatment Manual. The workshop, which is only 14 miles from Manhattan, begins mid-day on Friday, June 8th and continues all day Saturday, June 9th. Details will be announced soon on the SIG listserv and at <http://childadolsigconference.wordpress.com>.

### **New and Returning Chairs**

We are pleased to welcome Gael Thompson, LPC as the new Communications Chair and Katie O'Shea, MS, LMHC, who is leading Special Projects. Returning as Executive Chair is Marsha Heiman, PhD, and Maureen Clancy, LCSW is moving from Communications Chair to Publications Chair. All other Chairs remain unchanged: Barb Peck, LPC is Training Chair, Laurie Donovan, LMFT, LCSW is Membership Chair, and Ann Waldon, LPC is Budget Chair.

### **Brochure**

We have finalized our brochure for the child welfare system, and it is now available free to download from the Child & Adolescent Special Interest Group page on the EMDRIA website. The brochure is designed to educate professionals and caregivers on the effects of childhood trauma and how EMDR can be used to treat these effects. Send feedback to Maureen Clancy at [mclancy@exit10.org](mailto:mclancy@exit10.org).

### **Listserv**

Post a case, ask a question, get unstuck, share successes! The listserv is a valuable resource in the use of EMDR with children and adolescents. To join, send an email to Laurie Donovan at [ldonovan@austin.rr.com](mailto:ldonovan@austin.rr.com).



# WELCOME New EMDRIA Members

*Welcome to EMDRIA! We are so pleased that you have chosen to join us as a member of EMDRIA! For those of you who are now Full Members, we hope that you will consider continuing your EMDR education by meeting the additional requirements to become a Certified EMDR Therapist. For more information on Certification, please visit [www.emdria.org](http://www.emdria.org) or email Sarah Tolino at [stolino@emdria.org](mailto:stolino@emdria.org) today!*

Elizabeth R Adams, M.Ed., LPC	Marcelle Dominguez, LCSW	Colleen Koncilija, LCSW, CADC, CCGC	Marleen A Roy, MS
Jasmine Rose Alexander, MA (cand), RPC (cand)	Alyce C Duckworth, LCSW	Christine Frances Kile, MS, LAMFT	Katherine A. Ruffe, MSW, LCSW
Knute Elizabeth Anderson, Psy.D.	Christine Louise Elliott, MSW	Rita Klachkin, ATR-BC, LPC, LCAT	Laura J. Russell
Catharine G Andrew, MA, ABS	Kathryn J Fentress, Ph.D.	Judith R. Klein, MSW, LCSW	Amita Schmidt
Corinne Barcet, MA	Stacey Ferland, MA	Karen D Klockner, Ph.D.	Sharon A Schott, M.Ed., LPC, CRC
Corie Cole Beckmann, MA, LPC, LLC	Kimberly Irene Fielding, Ed.D., LCSW	Anna Kogan, MSW, LICSW	Rolf Schrader, MA
Terry Bissett, Psy.D.	Rebecca M Fishaut, MSW	Suzanne L Krueger, Psy.D., LP	Helen Selenati, MA, MFT
Rejean Blain, MA	Robert Fox, LMHC, CEAP, LADCI, SAP	Rosa T. Lawrence, Ph.D.	Wendy J Sobelman, LCSW
Amy Blanchard, Ph.D.	Lynn A Freeman, MA	James Loew, MA, LPC, NCC	Heidi L Sonntag, MSW, LCSW
Jason S Bluemlein, Ed.D.	Huyen Friedlander-Brannan, MA, LMFT	Maria Antonieta Lopez, Psy. D.	Kyoko Sonoda, MA, LPC, NCC
Cristina Bluthgen, Psychologist	Marwan R Gharzeddine	Mary J Malek, Ph.D.	Kathryn A. Sowards, Ph.D., LMFT
Michael J Boike, MA, LAMFT	Stacey L. Gibson, MBS, LPC-S, CART	Ruth H. Manley, LCSW	Darcy Stamps, MA, LPC
Marie-Josée Bourassa, MA	Cynthia M. Gill, MA, LMFT	Adele Marcus, LICSW	Lousine Stepanian, MFT, Psy.D.
Kasey Brady, LCSW	Reena Goenka, MSocSC	Carolyn Markus, LCSW	John B Stringer, MA, MDIV
Julie A Brams, MA, MFT	Kathy P. Goggin, Psy.D.	Karen Martin Fiedler, LMFT	Nicholas Strouse, LCSW
Laura E Brash, MA, MFT	Lucy M Gravelle, MSW, RSW	Mary Molly McCoy, LCSW	Jaqi Sutherland, MA
Cynthia Brizius, MSW, LCSW, ACSW	Garth Greatheart, MA	Mary Jo McHaney, MA, LMFT, LMHC	Kim Swanson, MS, LMFT, CCTP
Charles S Broadfield, Ph.D., LPC, LMFT	Joan E Greenfield, LMSW	Sara McMillan, MS, LMFT	Tracy D Thiem, Ph.D.
Janice D Bryer, MA, LPC	Renee A Groenemann, MA, PC, CHT	Robert L Nutt, MSW, LICSW	Candece G Tierney, MA, LMHC
Linda S. Cannon, M.Ed., LPC	Birgit Grosse-Harmann, Psy.D.	Shannon Oberndorf, MS, Counseling	Colleen A Tredway, MA, LMHCA
Deanne Carter, LMHC	Katherine R Guy, LMHC	Vanessa Jane Openshaw, BSc Psychology	Kristen UnKauf, Ph.D.
Jill Case, MA, LPC, NBCC	Edgar W Hatcher, MSHS-Clinical	Eileen Ormond, MA	Ruth E Verhey
Samantha H Case, Psy.D.	Counseling, MDiv	Julie A Parker, MSW, LICSW	Sage Marley Volkman, MA, LPC
Monica Chace, LICSW	Gary D. Hees, MA, LPC	Sonia A Partridge, Ph.D.	Jacqueline A. Volkmann, LCSW
Katarina Chin, BSc., MA	Lisa Heitmann, LCSW	Luis A. Perez Ramirez, Psy.D.	Luscha Weeks, MA, LPCC, LMT
Carrie J Chomicz, Psy.D., LP	Mary Hendrickson, Ph.D.	Heather Pierson, MFT	Seth A Weinstein, LPC
Jim Christrup, MSW, LCSW	Vikki J. Higgins, Student/MAMFT	Michelle A Piper, LMFT	Sheila Weisbrod, MA, LMHC
Elizabeth R Clark, MA, LPC	Jenifer R Hill, LCSW	Amanda Potter, MA	Nun Katherine Weston, MA, LMHC
Craig P Coenen, MA	Ruth J. Hirsch, MA, LMFT	Julie Probus-Schad, MSW, LCSW	Tom W. Wilkins, MA, LCMHC
Victoria S. Cole, MSSW, LMSW	Jeny A Hollaren, LICSW, LCSW	Krista L Rainwater, MA, LPCC	Bonnie F. Wilson, Ph.D.
Deborah Cox, MA	Crystal Hollenbeck, MHCRI	Monica L Randolph-Graham, Psy.D., LPC-S	Rebecca K Wilson, LCSW
Amy C Cox-Martins, LCSW	Susan Hrovat, MA	Dayle Read-Hudson, MSW, LCSW	Shanda Woodin, MA
Irene A Cunningham, LCSW	Lorel J Humburg, LISW-CP	Linda M Richnofski, LMFT	Ye Julia Yang, MA
Margery R David, LCSW	Don P Huston, MC	David N Ridinger, MA, LPC	Bradley D Young, MS
Cherilyn E Davidson Cibelli, Ph.D.	Melissa Jackson, LPC	Carlos Rivas, MA	Kathleen S Young, MA, LMFT
Deborah Dawson-Crain, LCSW	Alicia H Jakomait, MSW, LCSW	Mark I Robinett, MA, MFT	Dimitra Zerva-Lakoutsi, MA
Susan L Deakyne, LCSW	K. Olivia Janis, LPCC	Katherine B Romans, MA, LMFT	Talia Zink, MA
Patricia Deignan, MSW, LCSW	Rosanne Justian, MSW, LMSW	Rebecca E Rosenblum, Psy.D.	Dawn M. Zywiec, LCPC, RN
Glynn D Dilbeck, MA, CAS, CSAT	Candi R. Kaatz, LMFT	Ellen L Ross Jue, M.Ed.	
	Carol Nelson, MFT, Ph.D.(c)	Melanie A Rountree, MA, NCC	

## INTERESTED IN ADVERTISING?

DEADLINES FOR EMDRIA NEWSLETTER ADVERTISING ARE...

JUNE ISSUE: MAY 1ST

SEPTEMBER ISSUE: AUGUST 1ST

DECEMBER ISSUE: NOVEMBER 1ST

FOR INFORMATION ON SIZING AND PRICING, PLEASE CONTACT NICOLE EVANS AT [NEVANS@EMDRIA.ORG](mailto:NEVANS@EMDRIA.ORG).

EMDRIA PROVIDES THESE INFORMATIVE ADVERTISEMENTS AS A SERVICE TO ITS MEMBERS, HOWEVER, THESE PRODUCTS, PROGRAMS, OR PUBLICATIONS ARE NOT ENDORSED BY EMDRIA AND/OR ITS BOARD OF DIRECTORS OR OFFICERS. READERS MAY VERIFY THE EMDRIA CREDIT PROVIDER STATUS AND/OR PROGRAM APPROVAL FOR ADVERTISED WORKSHOPS, TRAININGS, AND SEMINARS, BY CONTACTING THE EMDRIA OFFICE.



# JOURNAL OF EMDR PRACTICE AND RESEARCH

# CALL FOR PAPERS

---

**Y**ou are invited to participate in the *Journal of EMDR Practice and Research*, a quarterly, peer-reviewed publication devoted to integrative, state-of-the-art papers about Eye Movement Desensitization and Reprocessing. It is a broadly conceived interdisciplinary journal that stimulates and communicates research and theory about EMDR, and their application to clinical practice.

For the Journal to be the premiere resource on EMDR, all members of EMDRIA and the mental health community are encouraged to contribute manuscripts.

## **Manuscript Preparation and Submission**

Authors should prepare manuscripts according to the Publication Manual of the American Psychological Association (5<sup>th</sup> Edition). Manuscripts are generally expected to be 20-25 pages in length. Brief reports will be 10-15 pages in length. All instructions for preparation of the manuscript are contained in the Instructions for Authors on the soon-to-established EMDRIA Journal web page. Manuscripts should be submitted by e-mail, in English, in MS Word format to me ([maxfield@rogers.com](mailto:maxfield@rogers.com)). The Guideline for Authors is available on the EMDRIA website or by contacting me or the EMDRIA office. If you would like to discuss a possible article, please email me.

Thank you in advance for your participation.

**Louise Maxfield, Ph.D., CPsych**  
Editor, *Journal of EMDR Practice and Research*

## **Need Submission Ideas?**

### **Case studies**

- Assess the applicability of EMDR for a client(s) with a specific disorder or challenging presentation
- Examine changes to the standard protocol using a case series approach

### **Research studies**

- Investigate outcome, by using randomized clinical trials
- Investigate treatment processes
- Evaluate the role of eye movements and bilateral stimulation
- Assess individual factors / personality variables to treatment outcome or process

### **Clinical contributions**

- Discussion of the impact of ethnicity and culture
- Suggestions on how to evaluate client readiness for treatment
- Recommendations for treatment of a specific disorder

### **Review articles**

- Summarize literature and research in a particular domain

### **Theoretical reviews**

- Summarize research and propose hypotheses



---

5806 MESA DRIVE, SUITE 360  
AUSTIN, TX 78731-3785

Is your address correct?  
If not, fax your corrections to:  
512.451.5256

.....  
*Visit us today at ...*

**WWW.EMDRIA.ORG**



www.fsc.org Cert no.  
© 1996 Forest Stewardship Council