

EMDR THERAPY

AN EFFECTIVE TREATMENT FOR VETERANS

ADVANTAGES OF EMDR THERAPY

1. EMDR therapy requires no homework. Veterans are not required to do daily homework with EMDR therapy in comparison to other treatment models.
2. No verbalization of the trauma is necessary. Requires little or no details of the event being treated. In fact, veterans with classified missions or sensitive personal details can be treated for their trauma without disclosing any information regarding the event. The therapist does not have to know the information for EMDR to be effective.
3. EMDR therapy allows for the veteran to manage the treatment process if needed. The veteran develops a stop signal should they feel the need to stop the treatment process in a session. This provides a sense of personal mastery. They also develop relaxation skill to self-regulate.
4. Places emphasis on a naturalistic process of memory. Veteran processes the memory of the past event while remaining in present awareness.
 - a. EMR therapy fosters an associative process with changing memory focus rather than being held in the same intense focus. Allows sessions to end with the veteran experiencing calmness and sense of security.
 - b. Allows a “distancing” rather than “reliving” of the event.
 - c. Utilizes a mindfulness in the process.
5. EMDR therapy develops a collaborative treatment plan with veterans allowing treatment of disturbing past events, current triggers, and an anticipated future performance enhancement.

WHAT IS EMDR THERAPY? (WWW.EMDRIA.ORG)

EMDR is an evidence-based psychotherapy for Post-Traumatic Stress Disorder (PTSD). In addition, successful outcomes are well-documented in the literature for EMDR treatment of other psychiatric disorders, mental health problems and somatic symptoms. The model on which EMR is based, Adaptive Information Processing (AIP) posits that much of psychopathology is due to the maladaptive encoding of and/or incomplete processing of traumatic or disturbing adverse life experiences. This impairs the client’s ability to integrate these experiences in an adaptive manner. The eight phase, three-pronged process of EMDR facilitates the resumption of normal information processing and integration. This treatment approach, which targets past experiences, current triggers, and future potential challenges, results in the alleviation of presenting symptoms, a decrease or elimination of distress from the disturbing memory, improved view of the self, relief from bodily disturbance, and resolution of present and future anticipated triggers.

EMDR utilizes an 8-phase, 3-pronged, approach to treatment that optimizes sufficient client stabilization before, during and after the reprocessing of distressing and traumatic memories and associated stimuli. This approach treats disturbing past, events, current triggers and prepares the veteran for anticipated effective future performance. It is possible to use EMFR therapy in consecutive sessions of one or two sessions per day for 5 and 10-day periods with significant results.

Research (www.EMDRresearchfoundation.org)

- There are over two dozen randomized controlled treatment (RTCs) outcome studies demonstrating the effectiveness of EMDR therapy.
- Research studies, funded by Kaiser Permanente, found that 100% of single-trauma and 77% of multiple-trauma survivors were no longer diagnosed with post-traumatic stress disorder after six 50-minute sessions.

Organizations within the EMDR community:

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| EMDR International Organization | EMDR Institute | Trauma Recovery: EMDR HAP |
| www.EMDRIA.org | www.EMDR.com | www.EMDRHAP.org |

EMDR Therapy: Recognized by Professional Organizations

Including:

- VA/DOD Clinical Practice Guideline (2004, 2010) as “Category A” treatment for trauma
- American Psychiatric Association (2004) recognized effective in the treatment of trauma
- National Institute for Clinical Excellence (2005), TF-CBT and EMDR are empirically supported treatments of choice for adult PTSD
- The Substance Abuse and Mental Health Services Administration (SAMHSA, 2005)
- World Health Organization (2013), trauma-Focused CBT and EMDR are the two psychotherapies recommended for children, adolescents, and adults with PTSD.