



News Release

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EMDR International Association Launches EMDR Blog *EMDRIA blog informs practitioners and the public about EMDR*

AUSTIN, Texas - On January 1, 2009, EMDR International Association (EMDRIA) officially launched the EMDRIA Blog, designed to inform practitioners, clients, and the public about Eye Movement Desensitization and Reprocessing (EMDR) and provide a central location to access news and current event information related to the practice.

“We feel that the public at large has little awareness and knowledge of EMDR as a therapy option. This is a disservice because millions of individuals who are suffering or feel that they have hit a dead end with other types of therapy, could potentially be treated very effectively using EMDR. That is one of the reasons why we created this blog – it provides the public with an avenue to learn about EMDR in a very candid way,” said Whitney Hanson, Publications & Communications Coordinator for EMDRIA.

The new EMDRIA blog allows EMDRIA members to express their opinions and experiences by writing articles for the blog, which can be read and commented on by both their peers and the public. The ability to read these articles and post questions and comments, provides the public with the ability to learn about EMDR in a unique way: from the experiences and minds of qualified EMDR therapists around the world.

The EMDRIA Blog is also designed to increase awareness among the mental health community.

“While the number of EMDR practitioners has grown exponentially over the past decade, EMDR is still misunderstood by many members of the mental health community, and others continue to remain unaware of the treatment. We hope that the new blog will increase EMDR awareness and understanding among non-EMDR practitioners in addition to offering current EMDR clinicians a valuable resource,” said Scott Blech, Executive Director of EMDRIA.

Even with misunderstandings, more than 40,000 mental health professionals have been trained in EMDR since its creation in 1989, and the numbers continue to grow as the need for fast, effective treatment increases. EMDR is a method of psychotherapy that has been extensively researched and proven effective for the treatment of trauma and has been used effectively to treat anxiety, addiction, anger and much more. It is estimated that in its twenty years of practice, EMDR has helped over two million individuals of all ages relieve the pain and suffering associated with various psychological issues.

“I would like to invite anyone with an interest in EMDR, or any of the conditions it treats, to take advantage of the information available on the blog and to participate each time you visit – the world is waiting to hear what you have to say!” said Hanson.

The blog can be found at emdriausa.wordpress.com and suggested blog topics can be emailed to blog@emdria.org.

About EMDRIA

EMDR International Association (EMDRIA) is a professional association where practitioners and researchers seek the highest standards for the clinical use of EMDR. By promoting training, research and the sharing of the latest clinical information, EMDRIA is committed to assuring that therapists are knowledgeable and skilled in the methodology of EMDR which is an accepted psychotherapy by leading mental health organizations throughout the world.