

EMDR Therapy and Military Resource List

Best Practice Tip: Be familiar with any content, articles, or videos shared with clients.

U.S. Veterans Affairs/Department of Defense PTSD TREATMENT GUIDELINE

Department of Veterans Affairs & Department of Defense. (2017). *VA/DoD clinical practice guideline for the management of post-traumatic stress disorder and acute stress disorder*. The Management of Posttraumatic Stress Disorder Work Group. Office of Quality and Performance publication. doi:10Q-CPG/PTSD-04. Retrieved from: <https://www.healthquality.va.gov/guidelines/MH/ptsd/>

- EMDR is recommended with a rating strength of ‘Strong For’ psychotherapeutic treatment of PTSD (p.34).

U.S. Department of Veterans Affairs Resources: PTSD and EMDR

- Military/Veterans Crisis Line: Talk 800-273-8255 (Espanol 888-628-9454) or Text 838255
- PTSD Checklist Screening and Assessment (PCL-5): <https://www.myhealth.va.gov/mhv-portal-web/ptsd-screening>
- ‘Understanding PTSD and PTSD Treatment’ Client Booklet that includes EMDR: https://www.ptsd.va.gov/publications/print/understandingptsd_booklet.pdf
- Make the Connection VA 1 minute video about EMDR for veteran relief: <https://www.maketheconnection.net/stories/872/>
- Video (4 minutes) introducing EMDR to clients: <https://www.ptsd.va.gov/appvid/video/index.asp>
- VA webpage explaining EMDR to clients: https://www.ptsd.va.gov/understand_tx/emdr.asp
- VA webpage for providers referring to EMDR as a PTSD treatment: <https://www.ptsd.va.gov/professional/treat/txessentials/index.asp>
- VA webpage for loved ones in EMDR therapy: https://www.ptsd.va.gov/family/how_help_emdr.asp
- VA blog case example (with videos) illustrating EMDR success with a multiply-deployed Senior Flight Nurse: <https://www.blogs.va.gov/VAntage/62055/emdr-va-ptsd-treatment-helps-veteran-10th-deployment/>.
- VA resource on PTSD Treatment Decision Aid (for clients) that includes EMDR: <https://www.ptsd.va.gov/apps/decisionaid/>
- VA/DOD PTSD Clinical Practice Guidelines webpage with multiple resources mentioning EMDR: <https://www.healthquality.va.gov/guidelines/MH/ptsd/>
- National Center for PTSD: <https://www.ptsd.va.gov>, provides education on trauma and PTSD and where to get help.
- Military OneSource: <http://www.militaryonesource.mil>, 800-342-9647, (Overseas) 800-3429-6477. Provides 24/7 support and info on housing, financial, legal, medical and psychological services.

WRITTEN RESOURCES on EMDR and the Military

Peer Reviewed Articles:

- Albright, D. L., & Thyer, B. (2009). Does EMDR reduce post-traumatic stress disorder symptomatology in combat veterans? *Behavioral Interventions*, 25(1), 1-19. <https://doi.org/10.1002/bin.295>
- Ahmadi, K., Hazrati, M., Ahmadizadeh, M., & Noohi, S. (2015). REM desensitization as a new therapeutic method for post-traumatic stress disorder: A randomized controlled trial. *Acta Medica Indonesiana*, 47(2), 111-119. <http://www.actamedindones.org/index.php/ijim/article/view/46>
- Bandelow, B., Koch, M., Zimmermann, P., Biesold, K., Wedekind, D., & Falkai, P. (2012). Posttraumatic stress disorder (PTSD) in the German armed forces: A retrospective study in inpatients of a Germany army hospital. *European Archives of Psychiatry and Clinical Neuroscience*, 262(1), 459-467. Open access: <https://doi.org/10.1007/s00406-012-0289-8>
- Boudewyns, P. A., Stwertka, S. A., Hyer, L. A., Albrecht, J. W. & Sperr, E. V. (1993). Eye movement desensitization and reprocessing: A pilot study. *Behavior Therapist*, 16, 30-33.
- Brickell, M., Russell, M. C., & Smith, R. B. (2015). The effectiveness of evidence-based treatments in treatment of active military personnel and their families. *Journal of EMDR Practice and Research*, 9(4), 198-208. Open access: <http://dx.doi.org/10.1891/1933-3196.9.4.198>
- Butler, O., Herr, K., Willmund, G., Gallinat, J., Kuhn, S., & Zimmerman, P. (2020). Trauma, treatment and Tetris: Video gaming increases hippocampal volume in male patients with combat-related posttraumatic stress disorder. *Journal of Psychiatry and Neuroscience*, 45(4), 279-287. Open access: <https://doi.org/10.1503/jpn.190027>
- Butler, O., Willmund, G., Gleich, T., Gallinat, J., Kuhn, S., & Zimmerman, P. (2018). Hippocampal gray matter increases following multimodal psychological treatment for combat-related posttraumatic stress disorder. *Brain and Behavior*, 8(5), e00956. Open access: <https://doi.org/10.1002/brb3.956>
- Carlson, J. G., Chemtob, C. M., Rusnak, K., & Hedlund, N. L. (1996). Eye movement desensitization and reprocessing for combat PTSD. *Psychotherapy: Theory, Research, Practice, Training*, 33(1), 104-113. <https://doi.org/10.1037/0033-3204.33.1.104>
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- Cook, J. M., Biyanova, T., & Coyne, J. C. (2009). Comparative case study of diffusion of eye movement desensitization and reprocessing in two clinical settings: Empirically supported treatment status is not enough. *Professional Psychology: Research and Practice*, 40, 518-524. <https://doi.org/10.1037/a0015144>
- Cukor, J., Olden, M., Lee, F., & Difede, J. (2010). Evidence-based treatments for PTSD, new directions, and special challenges. *Annals of the New York Academy of Sciences*, 1208(1), 82-89. <https://doi.org/10.1111/j.1749-6632.2010.05793.x>
- Deville, G. J., Spence, S. H., & Rapee, R. M. (1998). Statistical and reliable change with eye movement desensitization and reprocessing: Treating trauma within a veteran population. *Behavior Therapy*, 29(3), 435-355.

- Frappell-Cooke, W., & McCauley, M. (2019). Military psychological trauma and therapy: A review of EMDR treatment and supervision in the UK Ministry of Defense. *BMJ Military Health*, 165(2), 90-93. <http://dx.doi.org/10.1136/jramc-2018-001060>
- Friedman, M. J. (2006). Posttraumatic stress disorder among military returnees from Afghanistan and Iraq. *The American Journal of Psychiatry*, 163(4), 586-593. Open access: <https://doi.org/10.1176/ajp.2006.163.4.586>
- Graca, J. J., Palmer, G. A., & Occhietti, K. E. (2014). Psychotherapeutic interventions for symptom reduction in veterans with PTSD: An observational study in a residential clinical setting. *Journal of Loss and Trauma* 19(6), 558-567. <https://doi.org/10.1080/15325024.2013.810441>
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- Kitchiner, N. J., Lewis, C., Roberts, N. P., & Bisson, J. I. (2019). Active duty and ex-serving military personnel with post-traumatic stress disorder treated with psychological therapies: Systematic review and meta-analysis. *European Journal of Psychotraumatology*, 10(1):1684226. Open access: <https://doi.org/10.1080/20008198.2019.1684226>
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stress disorder under routine inpatient care conditions. *Military Medicine*, 182(5-6), e1672-e1680. Open access: <https://doi.org/10.7205/MILMED-D-16-00307>

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Books/Book Chapters:

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- Hurley, E. C. (2021). *A clinician's guide for treating active military and veteran populations with EMDR therapy*. New York, NY: Springer Publishing Co.
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Russell, M. C. & Figley, C. R. (2013). *Treating traumatic stress injuries in military personnel: An EMDR practitioner's guide*. New York: Routledge.

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Podcasts:

Jamison, A. L. (Host). (2022, May 3). PTSD Bytes #8: Treatments for PTSD 5: EMDR. VAntage Point Podcast. In VA Podcast Network. <https://blogs.va.gov/VAntage/102939/ptsd-bytes-8-treatments-for-ptsd-5-emdr/>

Other Articles/Webpage Articles/Blogs:

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<https://www.proquest.com/openview/47f34e42a35da4ba9ee1f2e579ba4952/1?pq->

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Shay, J. (2002). *Odysseus in America: Combat trauma and the trials of homecoming*. New York, NY: Scribner Publishing.

FREE RESOURCES: Education on Military Culture (Not EMDR Specific)

Goldenberg, M., Hamaoka, D. A., Santiago, P. N., & McCarroll, J. E. (2012). *Basic training: A primer on military life and culture for health care providers and trainees*. MedEdPORTAL [educational presentation], 8:9270. Open access: http://doi.org/10.15766/mep_2374-8265.9270

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