

International Treatment Guidelines that support Eye Movement Desensitization and Reprocessing (EMDR) therapy

World Health Organization (2013); SAMHSA's National Registry of Evidence-based Programs and Practices (2011); Department of Veterans Affairs & Department of Defense (2010); California Evidence-Based Clearinghouse for Child Welfare (2010); Practice Guidelines of the International Society for Traumatic Stress Studies (ISTSS) (2009); London: National Institute for Clinical Excellence (2005); Therapy Advisor NIMH sponsored website (2004-11); French National Institute of Health and Medical Research INSERM (2004); American Psychiatric Association (2004); Northern Ireland Department of Health, Social Services and Public Safety CREST (2003); Dutch National Steering Committee Guidelines Mental Health Care (2003); (Israeli) National Council for Mental Health (2002); United Kingdom Department of Health (2001).

Meta-analyses with findings that support EMDR therapy - 8 studies

Journals include: Journal of Clinical Psychiatry (2013); Cochrane Database of Systematic Reviews (2013); Journal of Behavior Therapy & Experimental Psychiatry (2013); Clinical Psychology Review (2009); Psychological Medicine (2006); American Journal of Psychiatry (2005); Journal of Clinical Psychology (2002); Journal of Consulting and Clinical Psychology (2001).

Randomized Clinical Trials with findings that support EMDR therapy - 34 studies

Journals include: Journal of Clinical Psychiatry; Journal of Traumatic Stress; Journal of Clinical Psychology; Psychological Research; European Child & Adolescent Psychiatry; Clinical Child Psychology and Psychiatry; European Journal of Psychotraumatology; Social Work Research; Research on Social Work Practice; Nordic Journal of Psychiatry; Clinical Psychology and Psychotherapy; Psychotherapy; International Journal of Stress Management; British Journal of Psychiatry; Psychiatry Research; Journal of Clinical Psychology and Psychotherapy; Bulletin of the Menninger Clinic; Behavior Therapy; Journal of EMDR Practice and Research; Journal of Aggression, Maltreatment, and Trauma; Journal of Consulting and Clinical Psychology; Journal of Behavior Therapy & Experimental Psychiatry.

Other research with findings that support EMDR Therapy:

Non-Randomized Studies - 21 studies

Adaptive Information Processing and EMDR Procedures - 43 studies

Mechanism of Action – 19 studies

Randomized Studies Regarding Eye Movements - 24 studies

Additional Psychophysiological and Neurobiological Evaluations of EMDR Treatment – 23 studies

Treatment of Military Personnel – 14 studies

Eye Movement Desensitization and Reprocessing (EMDR) Evaluated Clinical Applications

Positive therapeutic results with EMDR have been reported with the following populations:

1. Combat veterans from the Iraq Wars, the Afganistan War, the Vietnam War, the Korean War, and World War II who were formerly treatment resistant and who no longer experience flashbacks, nightmares, and other PTSD sequelae (15 articles).
2. Persons with phobias, panic disorder, obsessive compulsive disorder and generalized anxiety disorder who revealed a reduction of fear and symptoms (26 articles).
3. Crime victims, police officers, fire fighters, and field workers who are no longer disturbed by the aftereffects of violent assaults and/or the stressful nature of their work (14 articles).
4. People relieved of excessive grief due to the loss of a loved one or to line-of-duty deaths, such as engineers no longer devastated with guilt because their train unavoidably killed pedestrians (9 articles).
5. Children and adolescents healed of the symptoms, including depression, caused by disturbing life experiences (41 articles).
6. Sexual assault victims who are now able to lead normal lives and have intimate relationships (13 articles).
7. Victims of natural and manmade disasters able to resume normal lives (15 articles).
8. Accident, surgery, and burn victims who were once emotionally or physically debilitated and who are now able to resume productive lives (7 articles).
9. Victims of family, marital and sexual dysfunction who are now able to maintain healthy relationships (20 articles).
10. Clients at all stages of chemical dependency, sexual deviation/addiction, and pathological gamblers, who now show stable recovery and a decreased tendency to relapse (14 articles).
11. People with dissociative disorders who progress at a rate more rapid than that achieved by traditional treatment (11 articles).
12. People with performance anxiety or deficits in school, business, performing arts, and sports that have benefited from EMDR as a tool to help enhance performance (7 articles).
13. People with somatic problems/somatoform disorders, including migraines, chronic pain, phantom limb pain, chronic eczema, gastrointestinal problems, Chronic Fatigue Syndrome, psychogenic seizures, eating disorders, and negative body image, who have attained relief of suffering (29 articles).
14. Adults and adolescents successfully treated for diagnosed depression (10 articles).
15. Clients with acute trauma and wide variety of PTSD and trauma-based personality issues who experience substantial benefit from EMDR (58 articles).