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## Awake Mind EMDR Newsletter

### Fall 2012



Dear Julie,

This quarterly newsletter looks at resources and research related to **EMDR and military veterans**. Clinicians in the United States are facing increased numbers of veterans returning from active duty in Iraq and Afghanistan, and you may find yourself seeing more veterans and their families in your practice.

I've listed new dates for EMDR Basic Training and "Mindfulness, Meditation & EMDR" at the bottom of the newsletter.

Best to you in your work!  
Julie Greene

### EMDR and Military Veterans

#### Resources

##### News Articles

- **A Therapy for Veterans and Others with PTSD.** Oct. 17, 2011 by Lucy Nalpathanchil at yourpublicmedia.org ([link to article](#))
- **Shifting the Focus.** Boston Globe, July 11, 2011 by Jan Brogan ([link to article](#))
- **EMDR Treatment gives hope to soldiers with PTSD.** Fox 21 News.com April 14, 2010, by Cris Ornelas ([link to article](#))
- **Rules of Engagement.** Psychotherapy Networker Nov/Dec 2010, by Alison Lighthall. (Non-EMDR article on working with military clients) ([link to article](#))



##### Audio/Video Resources

- **CBS News clip** of military vet treated with EMDR after Santa Monica incident in July 2003 (potentially for clients to watch) ([link to video](#))
- **Steven Silver interview** with Jeffrey Kerekes, Feb. 6, 2006 ([link to interview](#))
- **"EMDR in the Military: Trauma, Attachment and Families":** Steven Silver audio recording of one day pre-conference workshop at 2012 EMDRIA Conference (\$60 CDs, \$40 download). ([link to EMDRIA audio site](#))

##### Books

- Silver, S.M. & Rogers, S. (2002). **Light in the Heart of Darkness: EMDR and the treatment of war and terrorism survivors.** New York, NY: W.W. Norton. ([link to Amazon](#))

##### EMDRIA Military Special Interest Group (SIG)

- For members of EMDRIA this Special Interest Group has a listserv for exchange of information regarding EMDR treatment of military clients. ([link](#))



[to EMDRIA](#)).

## Research

- Wesson, M. & Gould, M. (2009). **Intervening early with EMDR on military operations: A case study**. *Journal of EMDR Practice and Research*, 3, 91-97.
- Russell, M.C. (2006). **Treating combat-related stress disorders: A multiple case study utilizing eye movement desensitization and reprocessing (EMDR) with battlefield casualties from the Iraqi war**. *Military Psychology*, 18, 1-18.
- Carlson, J., Chemtob, C.M., Rusnak, K., Hedlund, N.L., & Muraoka, M.Y. (1998). **Eye movement desensitization and reprocessing (EMDR): Treatment for combat-related post-traumatic stress disorder**. *Journal of Traumatic Stress*, 11, 3-24.

After twelve treatment sessions 77.7% of the combat veterans no longer met criteria for PTSD. There were no dropouts and effects were maintained at 3 and 9 month followup.

- Silver, S.M., Brooks, A., & Obenchain, J. (1995). **Eye movement desensitization and reprocessing treatment of Vietnam war veterans with PTSD: Comparative effects with biofeedback and relaxation training**. *Journal of Traumatic Stress*, 8, 337-342.

Analysis of an inpatient veterans' PTSD program (n=100) found EMDR to be superior to biofeedback and relaxation training on seven of eight measures.

## Mindfulness, Meditation & EMDR

*Advanced EMDR Workshop - 12 EMDRIA credits with Julie Greene, LPC*

### Marina del Rey, California

February 2 - 3, 2013 (Saturday-Sunday)

[more info](#)

### Boulder, Colorado

May 31 - June 1, 2013 (Friday-Saturday)

[more info](#)



## Next EMDR Basic Training

*-- let your friends and colleagues know --*

### Boulder, CO

Level I April 5 -7, 2013

Level II September 20 - 22, 2013

[more info](#)

### Santa Fe, NM

Level I May 3 - 5, 2013

Level II October 4 - 6, 2013

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