

emdr

eye movement desensitisation & reprocessing


impact


articles: 55


publications: 33

citations: 3210

evidence

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

“EMDR is akin to penicillin and clean water in its potential for transformational change in developing countries”

(Rolf Carriere, UNICEF Head of Health and Nutrition, India)

index

click to jump to research | search by keyword in pdf viewer

i. EMDR modulates mental health

[i. EMDR modulates emotions and heals PTSD](#) ++

[ii. EMDR modulates emotions and heals PTSD for war veterans](#) ++

[iii. EMDR modulates emotions and heals PTSD for refugees](#) ++

[iv. EMDR modulates emotions and heals trauma for Indigenous Youth](#) +

[v. Australian Government recommends EMDR for veterans with PTSD](#) +++

[vi. World Health Organisation and UNHCR recommend EMDR for acute stress & PTSD](#) +++

[vii. US Department of Veteran Affairs recommends EMDR](#) +++

[viii. Group, Online and Self Help EMDR transform trauma with general population and at risk communities including refugees and those suffering from the violence of war](#) ++

ii. mantra modulates DNA, empowering happiness


[vii. mantra, mindfulness and yoga modulate DNA, empowering happiness](#) +++

iii. sound and music modulate DNA, empowering happiness

[viii. sound and music modulates DNA, empowering happiness](#) +++

EMDR modulates mental health

i. EMDR modulates emotions and heals PTSD

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

"EMDR has been clinically validated by more than 30 randomized, controlled studies (the gold standard for clinical studies)."

[Google Scholar](#)

"The results from the post treatment measurement can be considered strong empirical indicators of the safety and effectiveness of prolonged exposure and EMDR. The six-month and twelve-month follow-up data have the potential of reliably providing documentation of the long-term effects of both treatments on the various outcome variables"

A multi-site single blind clinical study to compare the effects of prolonged exposure, eye movement desensitization and reprocessing and waiting list on patients with a current diagnosis of psychosis and co morbid post traumatic stress disorder: study protocol for the randomized controlled trial

Treating Trauma in Psychosis

BMC

<https://www.ncbi.nlm.nih.gov/m/pubmed/23702050/?i=3&from=/27148134/related>

randomised controlled trial, single blind

citations: 54

"This study supports the efficacy of brief EMDR treatment to produce substantial and sustained reduction of PTSD and depression in most victims of adult-onset trauma."

A randomized clinical trial of eye movement desensitization and reprocessing (EMDR), fluoxetine, and pill placebo in the treatment of posttraumatic stress disorder: treatment effects and long-term maintenance

Journal of Clinical Psychiatry

<https://www.ncbi.nlm.nih.gov/m/pubmed/17284128/>

randomised controlled trial

citations: 501



"EMDR and CBWT are brief, trauma-focused treatments that yielded equally large remission rates for PTSD and reductions in the severity of PTSD and comorbid difficulties in children and adolescents seeking treatment for PTSD tied to a single event."

Comparison of eye movement desensitization and reprocessing therapy, cognitive behavioral writing therapy, and wait-list in pediatric posttraumatic stress disorder following single-incident trauma: a multicenter randomized clinical trial

Journal of Childhood Psychology & Psychiatry

<https://www.ncbi.nlm.nih.gov/m/pubmed/28660669/?i=2&from=/16740177/related>

randomised controlled trial

citations: 33

"Trauma focused CBT and EMDR are effective and efficient in reducing Post Traumatic Stress Symptoms in children."

Trauma-focused cognitive behavioral therapy or eye movement desensitization and reprocessing: what works in children with posttraumatic stress symptoms? A randomized controlled trial

European Child Adolescence Psychiatry

<https://www.ncbi.nlm.nih.gov/m/pubmed/24965797/>

randomised controlled trial

citations: 148

"EMDR therapy provides physicians and other clinicians with an efficient approach to address psychological and physiologic symptoms stemming from adverse life experiences."

The Role of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Medicine: Addressing the Psychological and Physical Symptoms Stemming from Adverse Life Experiences

The Permanente Journal

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033/>

randomised controlled trial

citations: 217

Psychological and Brain Connectivity Changes Following Trauma-Focused CBT and EMDR Treatment in Single-Episode PTSD Patients

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00129/full>

semi-randomised controlled trial

citations: 4

Eye Movement Desensitization and Reprocessing Versus Treatment as Usual in the Treatment of Depression: A Randomized-Controlled Trial

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01384/full>

randomised controlled trial

citations: 7

How Does Eye Movement Desensitization and Reprocessing Therapy Work? A Systematic Review on Suggested Mechanisms of Action

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01395/full>

randomised controlled trial

citations: 24

"This study confirmed that EMDR therapy significantly reduces the symptoms of PTSD, depression, anxiety, and subjective distress in PTSD patients. The subgroup analysis indicated that a treatment duration of more than 60 min per session was a major contributing factor in the amelioration of anxiety and depression, and that a therapist with experience in conducting PTSD group therapy was a major contributing factor in the reduction of PTSD symptoms."

Efficacy of Eye-Movement Desensitization and Reprocessing for Patients with Posttraumatic-Stress Disorder: A Meta-Analysis of Randomized Controlled Trials

PLOS ONE

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0103676>

randomised controlled trial

citations: 135

Eye Movement Desensitization and Reprocessing for Posttraumatic Stress Disorder: A Pilot Blinded, Randomized Study of Stimulation Type

Psychotherapy and Psychosomatics

<https://www.karger.com/Article/Abstract/93950>

randomised controlled trial

citations: 84

ii. EMDR modulates emotions and heals PTSD for war veterans

GRADE	LEVEL OF EVIDENCE
 	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

"Given the predicted worldwide increase of depression and the limited success of Trauma As Usual, it is important to develop adjunctive therapy strategies. The present randomized study examined whether EMDR therapy produces a positive effect in the treatment of depression beyond TAU."

"the present study thus suggests that EMDR may improve treatment outcomes when added to Trauma As Usual"

Eye Movement Desensitization and Reprocessing Versus Treatment as Usual in the Treatment of Depression: A Randomized-Controlled Trial

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01384/full>

randomised controlled trial

citations: 7

"The intensive daily format and the weekly treatment approach both offer benefits for participating veterans."

Effective Treatment of Veterans With PTSD: Comparison Between Intensive Daily and Weekly EMDR Approaches

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01458/full>

randomised controlled trial

citations: 14

"Compared with the other conditions, significant treatment effects in the EMDR condition were obtained at post treatment on a number of self-report, psychometric, and standardized interview measures. Relative to the other treatment group, these effects were generally maintained at 3-month follow-up"

Eye movement desensitization and reprocessing (EMDR) treatment for combat-related posttraumatic stress disorder

Journal of Traumatic Stress

<https://www.ncbi.nlm.nih.gov/pubmed/9479673/>

randomised controlled trial

citations: 452

Efficacy of Eye-Movement Desensitization and Reprocessing for Patients with Posttraumatic-Stress Disorder: A Meta-Analysis of Randomized Controlled Trials

PLoS One

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0103676>

randomised controlled trial

citations: 135

Outcomes from eye movement desensitization and reprocessing in active-duty service members with posttraumatic stress disorder

Psychological Trauma

<https://www.ncbi.nlm.nih.gov/pubmed/26963955/>

randomised controlled trial

citations: 10

Psychological and Brain Connectivity Changes Following Trauma-Focused CBT and EMDR Treatment in Single-Episode PTSD Patients

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00129/full>

citations: 4

The Role of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Medicine: Addressing the Psychological and Physical Symptoms Stemming from Adverse Life Experiences

The Permanente Journal

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033/>

citations: 217

Responding to an identified need: A joint Department of Defense/Department of Veterans Affairs training program in eye movement desensitization and reprocessing (EMDR) for clinicians providing trauma services

Fracine Shapiro Library

<https://emdria.omeka.net/items/show/17354>



citations: 49

Eye movement desensitization and reprocessing (EMDR) in the treatment of war veterans
Journal of Clinical Psychology

<https://www.ncbi.nlm.nih.gov/pubmed/18612994/>

citations: 88

iii. EMDR modulates emotions and heals PTSD for refugees

GRADE	LEVEL OF EVIDENCE
 	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

“EMDR may be effective in reducing PTSD and depression symptoms among Syrian refugees with PTSD located in a refugee camp”

The efficacy of eye movement desensitization and reprocessing for post-traumatic stress disorder and depression among Syrian refugees: results of a randomized controlled trial

Psychological Medicine

<https://www.ncbi.nlm.nih.gov/pubmed/27353367/>

randomised controlled trial

citations: 84

“This study indicated that EMDR G-TEP effectively reduced PTSD symptoms among refugees living in a camp, after two treatment sessions conducted over a period of 3 days.”

An Eye Movement Desensitization and Reprocessing (EMDR) Group Intervention for Syrian Refugees With Post-traumatic Stress Symptoms: Results of a Randomized Controlled Trial

Frontiers in Psychology

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00493/full>

randomised controlled trial

citations: 21

“The pilot RCT indicated that EMDR may be effective in reducing PTSD and depression symptoms among Syrian refugees located in a camp.”

EMDR for Syrian refugees with posttraumatic stress disorder symptoms: results of a pilot randomized controlled trial

European Journal for Psychotraumatology

<https://www.tandfonline.com/doi/abs/10.3402/ejpt.v6.27414>

randomised controlled trial

citations: 117

EMDR versus stabilisation in traumatised asylum seekers and refugees: results of a pilot study

European Journal for Psychotraumatology

<https://www.tandfonline.com/doi/abs/10.3402/ejpt.v2i0.5881>

randomised controlled trial

citations: 56

Evaluating the EMDR Group Traumatic Episode Protocol With Refugees: A Field Study

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sgremdr/11/3/129>

randomised controlled trial

citations: 17

EMDR With Traumatized Refugees: From Experience-Based to Evidence-Based Practice

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sgremdr/8/3/147>

randomised controlled trial

citations: 12

Light in the Heart of Darkness: EMDR and the Treatment of War and Terrorism Survivors

Canadian Child and Adolescent Psychiatry Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2533840/>

citations:

iv. EMDR modulates emotions and heals trauma for Indigenous Youth

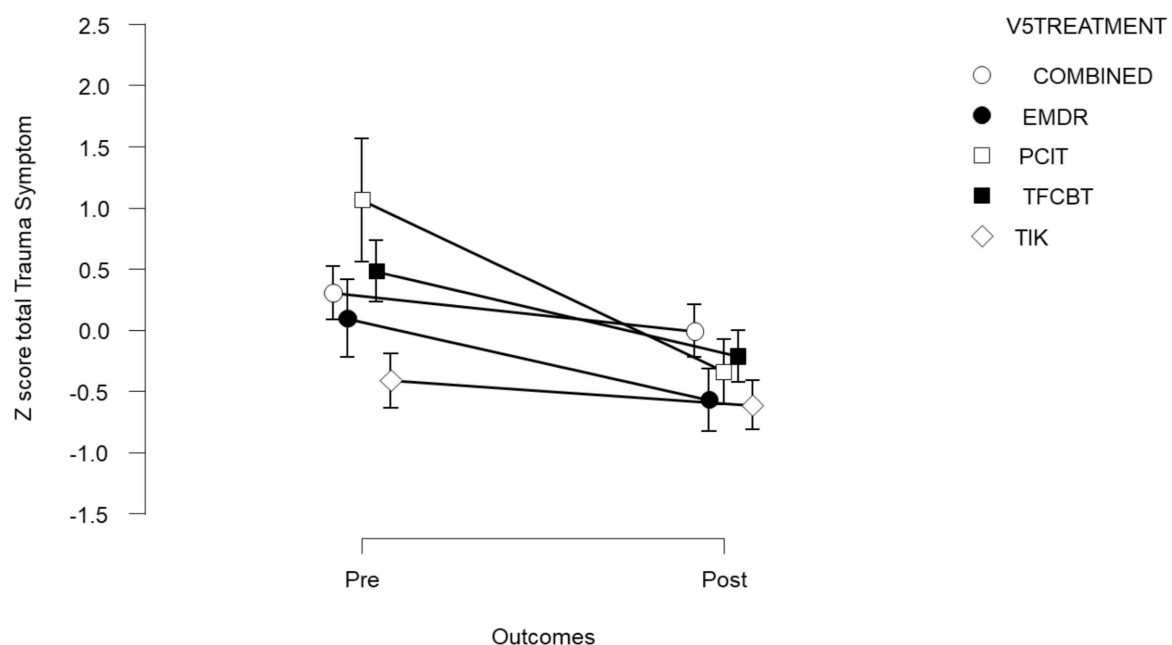
GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

544 referrals accepted into the LINKS program

- 159 total assessment completers from October 2017 to August 2020.
- Data :77 Aboriginal and 82 non-Aboriginal children (aged between 3-16 years)
- Referral was voluntary and via caseworker
- Criteria:
 - child/young person 16yrs and under Instability in placement
 - increased need for respite
 - 2 or more placement changes in 6 mths

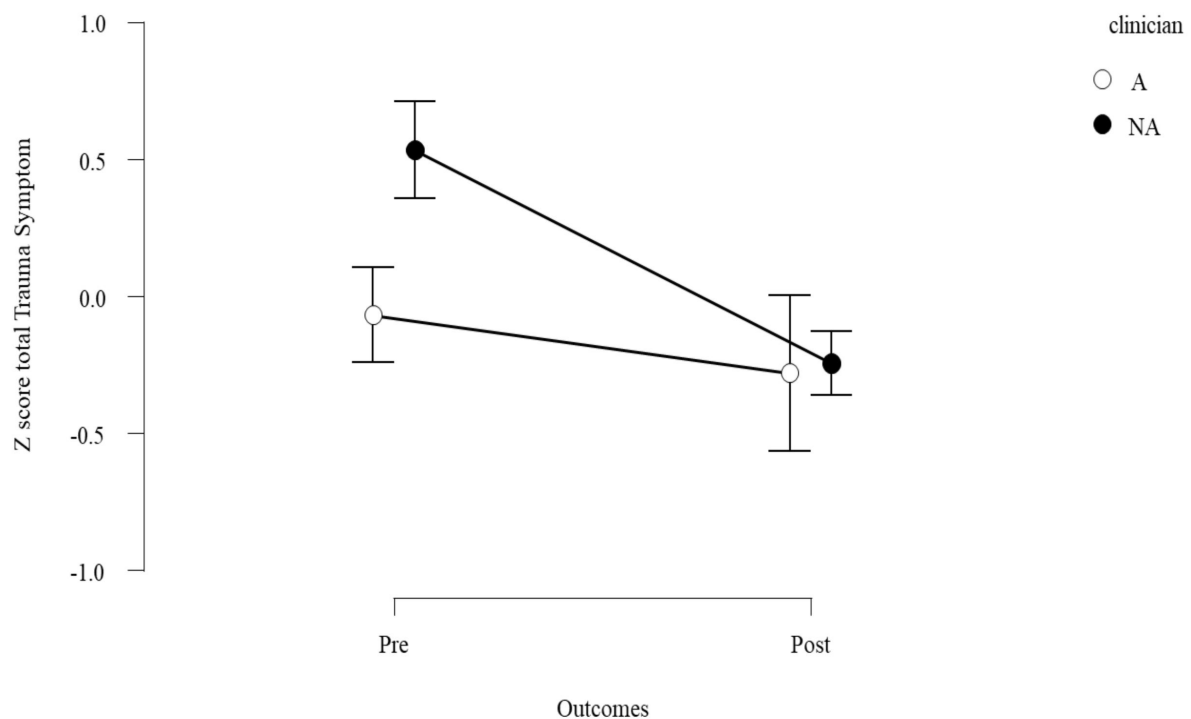
EMDR has equal largest reduction in trauma for Indigenous Youth

Figure 1
Outcomes TSCYC/TSCC Pre and Post for Aboriginal Children/Young People Across Five Treatments



Non Aboriginal Clinicians empower equal or greater reduction in trauma for Indigenous Youth

Figure 2
Outcomes TSCYC/TSCC Pre and Post for Aboriginal Children/Young People Across Culture of Clinician




The Efficacy of trauma-based therapies for Aboriginal children and young people in Out of Home Care. A Journey Through LINKS.

FACS NSW Government

https://www.facs.nsw.gov.au/_data/assets/pdf_file/0005/835457/Debbie-Haynesv2-.pdf

v. Australian Government recommends EMDR for veterans with PTSD

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

"Trauma-focussed cognitive behavioural therapy (TF-CBT), including exposure components and eye movement desensitisation and reprocessing (EMDR), is the most effective treatment for veterans with PTSD."

Open Arms Mental Health FAQs

Australian Government Department of Veteran Affairs

https://www.openarms.gov.au/sites/default/files/2020-01/webinar_9_mental_health_faqs_panelist.pdf

citations:

*"Psychological interventions for adults with PTSD. Strong recommendation FOR EMDR
For adults with PTSD, we recommend eye movement desensitisation and reprocessing (EMDR)."*


Australian Guidelines for PTSD

Australian Government National Research and Medical Council with Phoenix Australia

<https://www.phoenixaustralia.org/australian-guidelines-for-ptsd/>

citations:

vi. World Health Organisation and UNHCR recommend EMDR for acute stress & PTSD

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

"EMDR is an advanced psychological intervention for stress and PTSD.

Like CBT-T, EMDR aims to reduce subjective distress and strengthen adaptive beliefs related to the traumatic event. Unlike CBT-T, EMDR does not involve (a) detailed descriptions of the event, (b) direct challenging of beliefs, (c) extended exposure or (d) homework."


Assessment and Management of Conditions Specifically related to Stress

World Health Organisation and UNHCR

https://apps.who.int/iris/bitstream/handle/10665/85623/9789241505932_eng.pdf

citations:

vii. US Department of Veteran Affairs recommends EMDR

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

“trauma-focused psychotherapy (including Eye Movement Desensitization and Reprocessing) is one of the most effective types of treatment for PTSD.”

“EMDR can help you process upsetting memories, thoughts, and feelings related to the trauma. By processing these experiences, you can get relief from PTSD symptoms.”

Eye Movement Desensitization and Reprocessing (EMDR) for PTSD

National Center for PTSD, US Department of Veteran Affairs

https://www.ptsd.va.gov/understand_tx/emdr.asp

citations:

viii. Group, Online and Self Help EMDR transform trauma with general population and at risk communities including refugees and those suffering from the violence of war

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

"This study indicated that EMDR G-TEP effectively reduced PTSD symptoms among refugees living in a camp, after two treatment sessions conducted over a period of 3 days"

An Eye Movement Desensitization and Reprocessing (EMDR) Group Intervention for Syrian Refugees With Post-traumatic Stress Symptoms: Results of a Randomized Controlled Trial

Frontiers In Psychology

https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00493/full?&utm_source=Email_to_authors_&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers_in_Psychology&id=335721

randomised controlled trial
citations: 64

"The randomized controlled trial (RCT) indicated that STEP may be effective in increasing general self-efficacy and reducing symptoms of depression, anxiety, and stress among Mental Health clinicians in the context of COVID-19."

Randomized Controlled Trial: Self-Care Traumatic Episode Protocol (STEP), Computerized EMDR Treatment of COVID-19 Related Stress

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sgremdr/early/2021/03/10/emdr-d-20-00047.abstract>

randomised controlled trial
citations: 10

"The intervention group had significant pre-post improvement on all but one subscale, while the waitlist group showed significant increase in state anxiety on the STAIC. In conclusion, posttraumatic stress was found to be high in children during the COVID-19 outbreak period, and EMDR-derived self-help intervention appeared to be an effective psychosocial intervention tool."

Use of EMDR-Derived Self-Help Intervention in Children in the Period of COVID-19: A Randomized-Controlled Study

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sgremdr/early/2021/02/17/emdr-d-20-00054.abstract>

randomised controlled trial | citations: 10



“Overall, group EMDR interventions significantly reduce PTSD, depression and anxiety symptoms at posttreatment compared with pretreatment or control groups.”

Group eye movement desensitization and reprocessing interventions in adults and children: A systematic review of randomized and nonrandomized trials

Clinical Psychology & Psychotherapy

<https://onlinelibrary.wiley.com/doi/full/10.1002/cpp.2549>

randomised controlled trial

citations: 8

“Analyses showed that online EMDR therapy was effective in reducing the PTSD level in all groups.”

The effect of the online eye movement desensitization and reprocessing early intervention protocol (EMDR R-TEP) for the risk groups with post-traumatic stress symptoms during the COVID-19 pandemic

Frontiers In Psychology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9559741/>

citations:

“EMDR delivered via the internet can be an effective treatment for clients experiencing mental health issues.”

An evaluation of eye movement desensitization and reprocessing therapy delivered remotely during the Covid-19 pandemic

BMC Psychiatry

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8581955/>

citations: 8

“Testing EMDR, the results suggest that intensive, trauma-focused treatment of severe or Complex PTSD delivered via home-based telehealth is feasible, safe and effective, and can be a viable alternative to face-to-face delivered intensive trauma-focused treatment.”

Safety and effectiveness of intensive treatment for complex PTSD delivered via home-based telehealth

European Journal of Psychotraumatology

<https://www.tandfonline.com/doi/full/10.1080/20008198.2020.1860346>

citations: 8



"Results revealed that both treatments reduced anxiety by 30%, and traumatic and depressive symptoms by 55%. Present findings indicate the internet-based EMDR and CBT as equally effective brief treatments."

COVID-19, Isolation, Quarantine: On the Efficacy of Internet-Based Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive-Behavioral Therapy (CBT) for Ongoing Trauma

[Brain Sciences](#)

citations: 15

"it offers an excellent template for the future development of efficacious low-intensity EMDR interventions. Developing safe, easy-to-use, affordable, and readily available low-intensity interventions will make effective EMDR treatment available to many millions of people around the world."

Low-Intensity Interventions and EMDR Therapy

Journal of EMDR Practice & Research

<https://connect.springerpub.com/content/sgremdr/early/2021/03/31/emdr-d-21-00009.abstract>

citations: 7

"The results show that EMDR G-TEP is effective on depression (BDI) and PTSD symptoms (MINI & IES-R)"

Early EMDR Interventions with Syrian Refugees in Turkey R-TEP and G-TEP

EMDR Europe Conference

<https://www.ifemdr.fr/wp-content/uploads/2014/10/asena-yurtsever.pdf>

citations: 9

"These results provide preliminary evidence that it might be effective to treat groups of traumatized refugees with EMDR G-TEP."

Evaluating the EMDR Group Traumatic Episode Protocol With Refugees: A Field Study

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sgremdr/11/3/129.abstract>

citations: 49

the epigenetics of happiness - phase i-iii clinical study
[Internet of Happiness \[IOH\]](#) | double blind, randomised controlled research | [return to index](#)



"Repeated measures comparisons of PTSD symptoms, anxiety, and depression revealed significant differences between pretest and posttest, with most results maintained at follow-up."

The Effects of the EMDR Group Traumatic Episode Protocol With Cancer Survivors

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sqremdr/12/3/105.abstract>

citations: 15

"Participants showed improvements in all outcome measures, an increase in parental self-esteem and a reduction in mental health symptoms. Findings also suggest that remote interventions are promising as a scalable approach for displaced families."

"Online delivery gave me privacy and distance from others": feasibility trial and qualitative evaluation of an online intervention for refugees and asylum seekers; LTP + EMDR G-TEP

Counselling and Psychotherapy Research

<https://onlinelibrary.wiley.com/doi/full/10.1002/capr.12580>

citations:

"A statistically significant reduction was observed on total burnout, and personal and work-related subscales; and a significant improvement in subjective units of distress. EMDR G-TEP has the potential to offer a novel method to improve staff wellbeing within mental health settings."

Effects of EMDR Group Traumatic Episode Protocol on Burnout Within IAPT HealthCare Professionals: A Feasibility and Acceptability Study

Journal of EMDR Practice and Research

<https://connect.springerpub.com/content/sqremdr/early/2022/08/22/emdr-2022-0029.abstract>

citations:

"Face to face, online and group EMDR sessions - this study provides evidence for the efficacy of EMDR in reducing traumatic stress symptom severity for residential OoHC staff."

Early intervention for residential out-of-home care staff using eye movement desensitization and reprocessing (EMDR).

Psychological Trauma

<https://psycnet.apa.org/record/2023-31127-001>

citations:

the epigenetics of happiness - phase i-iii clinical study
[Internet of Happiness \[IOH\]](#) | double blind, randomised controlled research | [return to index](#)



"The results indicated significantly reduced symptoms of PTSD, depression, anxiety, distress and disability between pre-treatment and 3 month follow-up."

Self-administered EMDR therapy: potential solution for expanding the availability of psychotherapy for PTSD or unregulated recipe for disaster?

[BJ Psych Open](#)

citations: 8
