

## **EMDR Intensives Psychotherapy and Coaching Research and Evidence of Efficacy**

Research and studies have shown that Eye Movement Desensitisation and Reprocessing therapy is incredibly effective at reducing symptoms of distress and enhancing the quality of life. New research shows it's increased effectiveness on high-functioning

1. A significant positive response and reduction in symptoms (82.9%) was obtained post-treatment for participants who experienced multiple traumas and disorders.

<https://doi.org/10.1080/20008198.2018.1487225>

2. EMDR is classified as a brief-psychotherapy. While everyone's journey is different, 80% to 90% of people report positive results within their first three sessions.

<https://www.thepermanentejournal.org/issues/2014/winter/5626-emdr.html>

3. According to the EMDR Research Foundation, EMDR has been clinically validated by more than 30 randomised, controlled studies (the gold standard for clinical studies).

<https://emdrfoundation.org/emdr-info/>

4. A randomised controlled trial with a seven-day intensive cognitive therapy for PTSD by Ehlers et al. (2014) showed that this treatment programme resulted in a level of symptom reduction similar to cognitive therapy conducted over 12 weekly sessions. A comparison between intensive cognitive therapy for PTSD and regular weekly treatment in a clinical setting suggested that the intensive format may lead to increased efficacy (Murray, El-Leithy, & Billings, 2017).

<https://pubmed.ncbi.nlm.nih.gov/24480899/>

5. After EMDR treatment, 4 out of 7 patients showed a loss in their initial diagnosis and a rapid/dramatic decline in the severity of symptoms.

<https://doi.org/10.1891/1933-3196.11.2.84>

6. Twenty-four randomised controlled trials support the positive effects of EMDR therapy in the treatment of emotional trauma and other adverse life experiences relevant to clinical practice. Seven of 10 studies reported EMDR therapy to be more rapid and/or more effective than trauma-focused cognitive behavioural therapy.

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

7. Several small studies have also found evidence that EMDR therapy is not only effective in the short term but that its effects can be maintained long term. One 2004 study evaluated people several months after they were given either "standard care" (SC) treatment for PTSD or EMDR therapy. During and immediately after treatment, they noticed that EMDR was significantly more efficient in reducing symptoms of PTSD. During the three- and six-month follow-ups, they also recognized that participants maintained these benefits long after the treatment had ended.

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

8. The intensive treatment provided a rapid resolution of trauma and equipped individuals with the skills to self-regulate all within 10 days! The intensive treatment resulted in a 76% elimination of trauma/distressing symptoms/negative experiences, with a 0% dropout rate.

<https://doi.org/10.3389/fpsyg.2018.01458>

9. There have been over thirty studies which have showed a positive outcome. Some studies showed 84-90% of single event trauma victims no longer had PTSD symptoms after three ninety minute EMDR sessions. Another study showed a 100% success rate for single event trauma victims.

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

10. Our meta-analysis of 12 studies on the effects of EMDR therapy on subjective distress revealed that the effect size was large. Wilson et al. [16] examined the effects of EMDR therapy on 62 police officers who had experienced traumatic events, and their results indicated that EMDR therapy significantly reduced subjective distress, with a large effect size (Cohen's  $d=2.07$ ).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4125321/>

11. Statistical testing showed that there is a significant difference between the scores of pre- and post EMDR therapy on PTSD. Statistical analysis is also supported by descriptive data, which indicated that the mean score of PTSD symptoms after EMDR therapy is significantly lower to the mean score before the EMDR therapy. Based on the Wilcoxon test, a Z-score of - 2.668 ( $p < .05$ ) is acquired which means that there is a significant difference between PTSD symptom scores before and after the EMDR therapy

<https://journal.ubaya.ac.id/index.php/jpa/article/view/EMDR%20Therapy%20for%20PTSD%20Respondents>

12. The objective of this study was to examine the intervention of EMDR therapy in handling PTSD respondents and using a one group pretest-posttest design. Descriptive data showed that mean scores before and after therapy are 30.88 and 15.77 respectively. This research concluded that EMDR therapy can work to decrease PTSD symptoms.

<https://journal.ubaya.ac.id/index.php/jpa/article/view/EMDR%20Therapy%20for%20PTSD%20Respondents>

13. Six randomised controlled trials (RCTs) investigated the efficacy of eye movement desensitisation and reprocessing (EMDR) therapy for adults with anxiety disorders over a span of 20 years (1997–2017). Three RCTs focused on panic disorder, with or without agoraphobia (PDA); two studies targeted specific phobias, whereas the dependent variable of another RCT was “self-esteem,” considered as a mediator factor for anxiety disorders. In four RCTs, EMDR therapy demonstrated a positive effect on panic and phobic symptoms.

<https://connect.springerpub.com/content/sgremdr/13/4/325>

14. Two randomised controlled trials (RCTs) have been conducted on 55 and 90 patients with OCD. One RCT showed that EMDR was superior to citalopram in reducing OCD symptoms, and the other found EMDR treatment and exposure and response prevention equally effective in decreasing symptoms, with results maintained at 6-month follow-up.

<https://connect.springerpub.com/content/sgremdr/13/4/33>

15. "Outcomes indicated that... participants shifted their negative view to a more positive one. Work performance was restored or enhanced... Findings suggest that EMDR is a promising adjunct to coaching for workplace performance enhancement."

<https://psycnet.apa.org/record/2007-00039-038>

16. Innovative EMDR treatment in the reduction of performance anxiety and enhancement of skillful performance in higher functioning clients.

<https://www.sciencedirect.com/science/article/abs/pii/S116290881200045X>

17. Coaching: Building evidenced-based practices describes the importance of psychological interventions and psychotherapeutic tools necessary to evolve the coaching

Shortened URL: <http://surl.li/byyjk>

18. EMDR's usage in reducing presentation anxiety

Shortened URL: <http://surl.li/byykc>

19. For evidence and research on the effectiveness of the Flash Technique

<https://flashtechnique.com/wp/research/>

20. Attachment Research for attachment styles of EMDR

"Following EMDR therapy, all three patients made positive changes in attachment status as measured by the AAI, and all three reported positive changes in emotions and relationships. This article provides an overview of the literature related to adult attachment categories and summarises the effect of adult attachment status on emotional and social functioning."

Shortened URL: <http://surl.li/byyjx>

21. Change in Adult Attachment Status Following Treatment With EMDR

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