

Introducing EMDR therapy to physicians and other professionals

© Katy Murray, MSW, LICSW

Q: “Are there any resources you suggest I use when introducing EMDR therapy to my client’s physician?”

A: There are several resources that you may want to consider. Through these direct links you can download printable (pdf) documents that you may share with colleagues and referring professionals.

- Here is an article by Dr. Francine Shapiro: “*The Role of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Medicine: Addressing the Psychological and Physical Symptoms Stemming from Adverse Life Experience*” *Permanente Journal/ Winter 2014/ Volume 18 No. 1* pp. 71-77. <http://dx.doi.org/10.7812/TPP/13-098>.

The full text pdf of the article is available for free at:

<http://www.thepermanentejournal.org/files/Winter2014/EyeMovementDesensitization.pdf>

- Another brief article written by Dr. Shapiro: “*Putting a Human Face on AIP*” is also worthwhile, and is available through the EMDR International Association website: www.emdria.org. A direct link to the article can be found at: <http://www.emdria.org/displaycommon.cfm?an=1&subarticlenbr=732>
- “*A Patient’s Personal Case Study of Adverse Childhood Experiences*” is an anonymous letter from a patient that was first published in the *Permanente Journal/ Winter 2002/ Volume 6 No. 1* pp. 48-51. Download this compelling account through EMDRIA at: <http://www.emdria.org/associations/12049/files/Dear%20Doctor.pdf>
- EMDRIA sells a brochure that introduces EMDR to professionals. It may be purchased by following the link to the store at www.emdria.org. Here is a direct link to the brochure: <http://www.emdria.org/associations/12049/files/Professional%20Brochure.pdf>
- A list of research covering the depth and breadth of research support for EMDR therapy can be convincing to share. The following 33 page annotated bibliography on EMDR and related research can be found through the EMDR Research Foundation: <http://emdrresearchfoundation.org/wp-content/uploads/2012/12/EMDR-Research-2014.pdf>. Be sure to check back at the EMDR Research Foundation for updates at www.emdrresearchfoundation.org.

Warmly,

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