



EMDRIA CONFERENCE 2024
CHANGING LIVES

Practical Applications of Research

This discussion focused on practical applications of research in clinical practice, featuring Sarah Schubert, Derek Farrell, Jennifer Fee, and Viviana Urdaneta for the EMDRIA 2024 virtual conference. Key points included the importance of engaging with research efficiently, using platforms like Google Scholar, ResearchGate, and the EMDRIA Library. The conversation discussed the importance of collecting pre- and post-treatment data to assess client outcomes. The panel highlighted the need for clinicians to understand and apply treatment guidelines, emphasizing the value of qualitative research and case studies. The panel stressed the importance of integrating research into clinical practice, maintaining fidelity to EMDR protocols, and the role of supervision and consultation in fostering research knowledge exchange. This panel was recorded as part of the 2024 Virtual EMDRIA Conference.

Summary of practical ideas to translate research into clinical Practice

- Explore online platforms like Google Scholar, ResearchGate, and the EMDRIA Library.
- Discuss research papers with colleagues to get familiar with it.
- Incorporate standardized measures like: the Adverse Childhood Experiences and the Benevolent Childhood Experiences.
- Use freely available measures such as the GAD-7, PHQ-9, and International Trauma Questionnaire to assess anxiety, depression, and trauma in clients.
- Engage in peer groups or consultation sessions to regularly discuss research literature and its application to clinical work.
- Incorporate video recording of sessions into clinical practice and use it for self-reflection and consultation to understand theoretical and practical decision-making.

Participants in the Panel:

- Sarah Schubert is a clinical psychologist specializing in trauma treatment using EMDR therapy and integrating mind-body approaches. Sarah is a clinical psychologist, consultant, and trainer with 15 years of experience working with children, adolescents, and adults. She is one of the editors of *The Oxford Handbook of EMDR*.
- Derek Farrell is a professor in trauma psychology, EMDR Europe Accredited Senior trainer, and president of Trauma Aid Europe and the Trauma Response Network Ireland (TRNi). He is of the editors of *The Oxford Handbook of EMDR*.

- Jennifer Fee is a psychologist and part of the EMDR International Association (EMDRIA) staff as Professional Practice Content Specialist, working with Viviana in the content team.
- Viviana Urdaneta, the Chief of Clinical Affairs at EMDRIA, moderates the discussion and emphasizes the importance of integrating research into clinical practice.

Outline of the Conversation:

Engaging with Research Literature Efficiently

- Discussed the challenges of engaging with research, emphasizing the importance of online platforms like Google Scholar, ResearchGate, and Connected Papers.
- Highlighted the value of peer groups in discussing and presenting papers, suggesting that reading literature for 10 minutes a day can be beneficial.
- Suggested collecting meaningful data or measures, such as Adverse Childhood Experiences (ACES) and Benevolent Childhood Experiences (BCES), to build a common language around adversity.

Using Measures and Collecting Data

- Recommended using internationally recognized measures like the Generalized Anxiety Disorder (GAD-7) and Patient Health Questionnaire (PHQ-9) for consistency.
- Emphasized the importance of using freely available measures to avoid financial barriers for clinicians.
- Discussed the International Trauma Questionnaire (ITQ) as a gold standard for measuring trauma, PTSD, and complex PTSD.
- Mentioned the Novo Psych platform in Australia, which offers free measures for trauma, depression, anxiety, and dissociation.

Centralized Resources and Research Knowledge Exchange

- Introduced the EMDR library and other resources available for clinicians to access information.
- Discussed the importance of having a centralized place for people to look for information and connect with others.
- Emphasized the need for collaboration between clinicians and researchers, highlighting the importance of understanding both roles.

Critically Evaluating Research Studies

- Discussed the importance of critically evaluating research studies to determine their applicability to clinical practice.
- Suggested starting with treatment guidelines and considering the international and national standards for treatment.
- Emphasized the need to integrate clinical experience and practice-based evidence with research findings.

- Randomized control trials (RCTs) are essential for informing policy and decision-making at the governmental and international levels.

Ethical Considerations in Research

- Emphasized the importance of conducting research ethically, including obtaining informed consent and ensuring cultural sensitivity.
- Discussed the need for clinicians to collect data with integrity and respect for clients' privacy.
- Highlighted the importance of understanding the limitations of RCTs and the need for qualitative research and case studies.
- Emphasized the value of lived experiences and the importance of capturing stories in research.

Integrating Research into Clinical Practice

- Discussed the importance of integrating research into clinical practice and the need for clinicians to be curious about the research behind their interventions.
- Suggested using videos of clinical sessions to observe and reflect on clinical practice, ensuring fidelity to the EMDR protocol.
- Emphasized the importance of clinicians to be curious, ask questions, and seek advice from colleagues and researchers.
- Emphasizes the importance of maintaining a balance between theoretical knowledge and practical application in clinical practice.

Supervision and Consultation in Research

- Suggested using AI platforms to summarize research papers and break down complex information into simple messages.
- Emphasized the importance of consultation and supervision in enhancing research knowledge exchange and improving clinical practice.
- Highlighted the value of watching clinical sessions and having critical conversations with consultees to understand their clinical thinking and decision-making.

Final Thoughts and Takeaways

- Emphasis on the importance of curiosity, continuous professional development, authenticity, asking questions, and seeking advice.
- The meeting concludes with a reminder of the importance of integrating research into clinical practice and the value of ongoing learning and collaboration.