The *Journal of EMDR Practice and Research* is a quarterly, peer-reviewed publication devoted to integrative, state-of-the-art papers about Eye Movement Desensitization and Reprocessing. It is a broadly conceived interdisciplinary journal that stimulates and communicates research and theory about EMDR, and their application to clinical practice. The journal publishes experimental studies; theoretical, review, and methodological articles; case studies; brief reports; and book reviews. Examples of research areas include: randomized clinical trials; treatment outcomes with specific populations; investigation of treatment processes; evaluation of the role of eye movements and bilateral stimulation; and contribution of individual factors and personality variables to treatment outcome and/or process. Articles address theoretical issues and clinical challenges to broaden clinicians’ understanding and skills; they discuss such complex issues as: strengths and weaknesses in the literature; impact of ethnicity and culture; and evaluation of client readiness for treatment.

**Manuscript Submission**
Submit manuscripts, in English, in MS Word format electronically at [www.editorialmanager.com/emdr](http://www.editorialmanager.com/emdr). Manuscripts will be acknowledged on receipt. Following preliminary review by the Editors, to ensure compliance with required elements, manuscripts will be peer-reviewed by members of the Editorial Board.

**Manuscript Style**
The following are guidelines for developing and submitting a manuscript. Manuscripts that do not conform to these guidelines will be returned to the author without review, and with recommendations for changes needed to complete the submission process.


2. Manuscripts are generally expected to be 20-25 pages in length and double-spaced throughout; however, longer manuscripts may be considered. Brief reports will be 10-15 pages in length.

3. The title page must include authors’ names, positions, titles, affiliations, full contact information (address, phone, fax, and e-mail). This information should not be included elsewhere in the manuscript, to ensure blind review.

4. The second page should contain the title of the paper and an abstract of no more than 125 words as well as 3 to 5 key words listed below the abstract. Key words should express the precise content of the manuscript, as they are used for indexing purposes.

5. All articles must contain a comprehensive literature review. For example, a manuscript describing EMDR treatment of a certain disorder would summarize the literature about the nature of that disorder, review research studies that investigated outcomes of other treatments, as well as studies that evaluated EMDR treatment of that disorder.

6. Articles that recommend a clinical approach that differs from EMDR’s standard protocol or its foundational Adaptive Information Processing model (Shapiro, 2001) should explain these differences.
7. In order to promote critical thinking and an unbiased approach for the dissemination of ideas, recent advances, and current research, all articles must take an objective, scientific stance, and a respectful tone.

8. It is recommended that Case Studies comply with the following format: (1) Literature review, (2) Introduction of the case, (3) Presenting problems, (4) Client history, (5) Assessment, (6) Case conceptualization, (7) Course of treatment, including assessment of progress and outcome, (8) Discussion of treatment implications, (9) Recommendations, and (10) References.

9. Photos and line art figures should be sent as tiff (300ppi) or eps (800ppi) files.

10. Contributors are responsible for obtaining written permission from copyright owners for illustrations, adaptations, or quotes of more than 300 words.

**Types of Articles**
The following descriptions summarize the types of articles published by the *Journal of EMDR Practice and Research*. Authors are encouraged to use this information to assist them in writing their article, and to ensure that their manuscript meets requirements. We recognize that sometimes authors’ manuscripts have dual purposes and may fall into more than one category; in such cases, the authors should ensure that their paper meets all requirements for each relevant category.

A summary chart can be found on the last page of this document.

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**Case Study/ Case Series**

**Purpose:**

- Presents research investigating areas such as:
  - the effectiveness of a specific application of EMDR
  - the effectiveness of EMDR with a specific population or problem
  - the effectiveness of a new EMDR protocol
  - EMDR’s mechanisms of action

**Treatment provided in the study:**

- Treatment can use standard EMDR procedures, or protocol variations. Procedural variations must explain how the procedure varies from standard EMDR.
- If there is a procedural variation, each treatment step must be clearly defined and replicable.
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

**Data collected in the study:**

- Administration of psychometric measures is expected (e.g., BDI, BAI, CAPS, PAI, IASC, TSI, BASC). Behavioral data, physiological, and qualitative data may also be collected.
- Where appropriate, diagnostic assessment is recommended.
- In clinical cases, it is recommended that measurement be conducted on several occasions, with baseline measures to show if the problem persists over time without treatment. However measurements at only pre and post may be acceptable if the clinical problem has a historical context and there is a follow-up report.
Results:

- Any claims for evidence arising from case study data must be framed according to standard scientific procedures, and generally would be considered at most only preliminary evidence.

Style:

- The paper can be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, treatment, procedure, etc), (3) Results, (4) Discussion, and (5) References.
- It can also be written using the case presentation style: 1) Literature review, (2) The case (Presenting problems, Client history, Pre-treatment assessment/diagnosis), (3) Treatment provided (Case conceptualization, Course of treatment, Progress, Outcome), (4) Discussion (Treatment implications, Recommendations, Limitations), and (5) References.

Some Single Case Examples:


Some Case Series Examples:


**Vignettes**

Purpose:

- Presents a short case that is of interest

Treatment provided in the case:

- Treatment uses standard EMDR procedures.

Data:

- If appropriate, SUD and VOC measures should be reported.
- No administration of psychometric measures is required, but if appropriate, diagnostic assessment is recommended.
- Behavioral data, including a description of the pre-existing nature of the problem and long-term follow-up is recommended

Results:

- Evidence collected in this manner is not considered sufficient for any generalized claim of treatment effectiveness.

Style:

- A brief report with a short current and adequate literature review
- The following format is preferred: (1) Literature review, (2) The case (Presenting problems, Client history, Pre-treatment assessment/diagnosis), (3) Treatment provided (Case conceptualization, Course of treatment, Progress, Outcome), (4) Discussion (Treatment implications, Recommendations, Limitations), and (5) References.

Some Vignette Examples:


Clinical Practice Articles

Purpose:

- Provides instruction on the application of EMDR
- The paper may examine application of the procedure (e.g., history taking, cognitive interweaves) or describe how to provide treatment to a specific population or presenting problem

Treatment Described:

- Treatment can use standard EMDR procedures, or minor protocol variations. Procedural variations must explain how the procedure varies from standard EMDR.
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.
- Clinical examples are used to illustrate the described treatment

Data:

- This is not a study, and no data is collected and reported.

Evidence:

- Any claims of effectiveness must derive from published research. No evidence derives from the author’s own anecdotal experiences or from clinical information shared in the article.

Style:

- Organization of the paper is determined by content. However the following organization is generally recommended: (1) Literature review summarizing (a) nature of presenting problem; (b) general treatment of presenting problem; (c) EMDR introduction; (d) EMDR treatment of presenting problem. (2) Description of proposed application; (3) Instruction in the application with clinical examples; (4) Discussion of related issues.

Some Examples of Clinical Practice Articles:


Clinical Q&A

Purpose:

• Answers a specific question related to clinical challenges and treatment application

Treatment Described:

• Treatment generally uses standard EMDR procedures.
• Clinical examples may be used to illustrate the described treatment

Data:

• This is not a study, and no data is collected and reported.

Evidence:

• Any claims of effectiveness must derive from research citations. No evidence derives from the author’s own anecdotal experiences or from information presented in the article.

Style:

• Organization of the short article is determined by content.
• A brief report with a short current and adequate literature review

Some Examples of Clinical Q&A’s:


Comparative Research Studies

Purpose:

- Compares two or more (treatment) conditions (e.g., EMDR versus exposure therapy; e.g., eye movements versus bilateral tones)
- Tests hypotheses to answer specific questions relating to areas such as:
  - the effectiveness of a specific application of EMDR
  - the effectiveness of EMDR with a specific population or problem
  - the effectiveness of a new EMDR protocol
  - EMDR’s mechanisms of action

Treatment provided in the study:

- Treatment conditions may be standard EMDR procedures, protocol variations, experimental procedures, other treatment procedures, or waitlist conditions, etc.
- Each treatment step must be clearly defined and replicable.
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

Data collected in the study:

- Administration of psychometric measures is expected (e.g., BDI, BAI, CAPS, PAI, IASC, TSI, BASC). Other data (e.g., behavioral, physiological, qualitative) may also be collected.
- Where appropriate, diagnostic assessment is recommended.
- Appropriate statistical analysis should be conducted.

Results:

- Claims for evidence arising must be framed according to standard scientific procedures.

Style:

- The paper should be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, treatment, procedure, etc), (3) Results, (4) Discussion, and (5) References.

Some Examples of Comparative Research Studies:


**Other Research Studies**

**Purpose:**
- Collects information to answer specific questions
- Uses scientific methodology to explore areas such as:
  - Experiences of EMDR clients
  - Experiences of participants in EMDR trainings
  - Experiences of EMDR clinicians

**Data collected in the study:**
- Survey data, qualitative data. Other data (e.g., behavioral, psychometric) may also be collected.
- Appropriate statistical analysis should be conducted.

**Results:**
- Claims for evidence arising must be framed according to standard scientific procedures.

**Style:**
- The paper should be written up as a research study: (1) Literature review, (2) Method (with subsections on participants, measures, procedure, etc), (3) Results, (4) Discussion, and (5) References.

**Some Examples of Other Research Studies:**


**Review Articles**

**Purpose:**

- Provides a summary of a specific body of literature with the purpose of integrating and synthesizing the findings

**Treatment provided in the study:**

- None

**Data collected in the study:**

- Examines the findings in published material
- A meta-analysis or other statistical analysis could be conducted

**Style:**

- Organization of the review article is determined by content.

**Some Examples of Review Articles:**


Theoretical Contributions

Purpose:

- Discusses theoretical considerations; proposes a theoretical perspective
- If the theoretical model differs from Shapiro’s (2001) Adaptive Information Processing model, an explanation of the differences should be provided.

Treatment provided in the study:

- None

Data collected in the study:

- Examines the findings in published material

Style:

- Organization of the article is determined by content.

Some Examples of Theoretical Contributions:


Other Contributions

The Journal has occasionally published other contributions. Authors are encouraged to contact the editor to ascertain if the proposed article might be of interest to the Journal as we are always open to worthwhile exceptions. Please note that the Journal does not publish opinion papers.

Some Examples of Other Contributions:

- A minor revision of a valuable published chapter:

- An interview:

- Articles with a unique purpose:
## Description of Types of Articles

Summary Chart:

<table>
<thead>
<tr>
<th>Type of Paper</th>
<th>Purpose</th>
<th>Number of Participants</th>
<th>Number of Conditions</th>
<th>Treatment Provided</th>
<th>Data collected</th>
<th>Statistical Analysis</th>
<th>Makes Claim re Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comparison Research Study</td>
<td>Test hypothesis, compare conditions</td>
<td>16 or more</td>
<td>2 or more</td>
<td>Experimental condition/s</td>
<td>Psychometric data Physiological data Qualitative data Behavioral data *</td>
<td>Yes</td>
<td>Yes, if appropriate</td>
</tr>
<tr>
<td>Single Case Study</td>
<td>Evaluate treatment</td>
<td>1</td>
<td>1 or more</td>
<td>Standard EMDR or variation</td>
<td>Psychometric data Physiological data Qualitative data Behavioral data *</td>
<td>Not required</td>
<td>Yes, if appropriate for the case only</td>
</tr>
<tr>
<td>Case Series</td>
<td>Evaluate treatment</td>
<td>2 or more</td>
<td>1 or more</td>
<td>Standard EMDR or variation</td>
<td>Psychometric data Physiological data Qualitative data Behavioral data *</td>
<td>Recommended</td>
<td>Yes, if appropriate with limitations</td>
</tr>
<tr>
<td>Vignette</td>
<td>Share a Case</td>
<td>1 or more</td>
<td>1</td>
<td>Standard EMDR</td>
<td>SUD, VOC, Behavioral data *</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>Clinical instruction</td>
<td>0</td>
<td>0</td>
<td>Standard EMDR or minor variation</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Clinical Q&amp;A</td>
<td>Answer a clinical question</td>
<td>0</td>
<td>0</td>
<td>Standard EMDR</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
<tr>
<td>Review Paper</td>
<td>Synthesize literature</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>Findings in literature</td>
<td>Possible</td>
<td>Yes, if appropriate</td>
</tr>
<tr>
<td>Theoretical Paper</td>
<td>Propose a theory</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
</tr>
</tbody>
</table>

Note: * If appropriate, diagnosis is recommended