



# Eye on the Target

Welcome to my new newsletter. You will find information about recent publications and research in EMDR, my consultations and upcoming trainings that might be of interest.  
-Tory Jones



### Childbirth Anxiety

Thirty women in Iran were treated with 90 minutes of EMDR on admission to a hospital for childbirth (EMDR n=15; control n=15). The Van Den Bergh Pregnancy-Related Questionnaire was given pre- & post-test (after birth). Anxiety was significantly reduced (p<.01)

Zolghadr, N., Khoshnazar, A., MoradiBaglooei, M., & Alimoradi, Z. (2019). The Effect of EMDR on Childbirth Anxiety of Women With Previous Stillbirth. *Journal of EMDR Practice and Research* 13(1).

[Read More](#)

### Case Formulation Tool

This tool helps look at the relationship between unprocessed traumatic experiences, reminders, intrusions, negative beliefs, symptoms and resilience for treatment planning or consultation.

Santos, Ines (2019). Case Formulation Tool. *Journal of EMDR Practice and Research* 13(3).



[Read More](#)

**Basic Consultation**

**Advanced/Certification Consultation**

October Basic Consultation Openings

Friday November 2 8:30 am to 10:00 am

Wednesday 2nd 11:15 am to 12:45 pm (Mountain Daylight Time)

## Trainings

**Basic EMDR**

Spokane Valley, WA  
Part 1: October 25-27  
Part 2: November 15-17

[Register](#)

**Advanced**

See Me, Feel Me, Heal Me EMDR Therapy, Mirror Neurons & Neural Synchrony  
October 29-30, Portland, OR

Treating First Responders & Military with EMDR Therapy: Foundations for Effective EMDR Treatment  
November 1-3, Tacoma, WA

Practical Strategies for Healing Serious Dissociation in Children & Adolescents  
November 1-2, Online

Flash Technique - Online

Play Therapy with EMDR: Techniques & Strategies to Utilize with Children & Teens  
November 20, Overland Park, KS

[EMDRIA Calendar](#)

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