



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

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

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

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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