

FACULTY TRAINING AND CONTINUED EDUCATION (FTCE)

SHIPPENSBURG UNIVERSITY C-FEST — 2009 - 2010

TITLE PAGE

NAME: Tomoko Kudo Grabosky, Ph.D. DEPARTMENT: Counseling Services

EMAIL: tkgrab@ship.edu PHONE: x1481

TITLE OF PROJECT: **Attendance to the Eye Movement Desensitization and Reprocessing (EMDR) Basic Training Weekend 1**

AMOUNT REQUESTED: \$ 1248.79

DATES OF PROJECT (must occur between July 1, 2009 and Sept. 30, 2010): April 30, - May 2, 2010

BRIEF DESCRIPTION OF PROJECT (250 WORDS OR LESS):

The purpose of this project is to further expand my counseling skills to meet the challenging clinical demands facing today's college mental health and counseling staff. To achieve this goal, I propose to enroll in the Basic Training for Eye Movement Desensitization and Reprocessing (EMDR), offered by the EMDR Institute. EMDR is an empirically validated and complex approach to counseling that accelerates the treatment of issues related to past traumatic events and current life conditions. I believe that EMDR offers useful skills especially for clinicians at college counseling centers because of a) its effectiveness especially with Post Traumatic Stress Disorder (PTSD), b) its rapid results, and c) its broad clinical application. For instance, using EMDR in treating complicated PTSDs can meet today's clinical demands as increasing incidents of substance abuse, rape and sexual assault, and campus violence are reported while more combat veterans enroll in colleges following their service in the wars in Afghanistan and Iraq. Also, EMDR's efficacy and faster relief for symptoms make this approach ideal for college counseling centers that are often compelled to use a short-term approach due to limited resources and a large number of clients. Furthermore, EMDR has been used successfully for a variety of mental health issues common among current college students (e.g. grief, anxiety disorders, depression, eating disorders, body image disturbances, low self-esteem, personality disorders, public-speaking/test anxiety, and substance abuse). Because of these reasons, I propose to participate in EMDR Basic Training: Weekend 1.

Tomoko K. Grabosky, Ph.D. 4/20/2010
PROJECT DIRECTOR DATE

I have determined that this is an appropriate professional development activity for this faculty member, this request meets the stated guidelines, and this activity is consistent with department goals.

Philip Henry, Ph.D. 4/21/2010
DEPARTMENT CHAIR DATE

ATTACH YOUR PROPOSAL TO THIS COVER SHEET

Deliver seven (7) complete paper copies to Jill Turner, Office of the Provost, OM Box 10.
PROPOSALS DUE BY 12:00 NOON ON: 1 October 2009, 2 November 2009, 1 December 2009,
1 February 2010, 1 March 2010, 1 April 2010, 30 April 2010 (or until funds are depleted)
Late proposals will be considered with the following month's applications (except 30 April 2010)

CHECKLIST: Title page Project narrative Budget Attachments

PROJECT NARRATIVE

Background and Significance

Eye Movement Desensitization and Reprocessing (EMDR)

Eye Movement Desensitization and Reprocessing (EMDR) is an empirically validated and complex approach to counseling that accelerates the treatment of issues related to past traumatic events and current life conditions (i.e. loss and grief, rape and sexual assault, physical and emotional abuse, violence and crime, accidents, combat experience, and natural disasters). Many reviews of psychological treatment for PTSD validate the efficacy of EMDR (i.e. Bisson, Andrew, 2007; Bradley, Greene, Russ, Dutra, & Westen, 2005; Ponnaiah & Hollon, 2009; Russell, Silver, Rogers, Darnell, 2007; Seidler, & Wagner, 2006). The International Society for Traumatic Stress Studies (Foa, Keane, Friedman, Cohen, 2009), The Department of Veterans Affairs (2004), and the American Psychiatric Association (2004) have listed EMDR as efficacious in the treatment of PTSD. The use of EMDR to college counseling centers is also recommended by Sikes and Sikes (2003; 2005); they argued that because of its effectiveness, broad application, and rapid results, EMDR is an ideal approach that fits within the brief therapy model employed in college counseling centers. Furthermore, Salvatore (2009), in working with PTSD among veterans, recommended the use of EMDR especially for non-veteran therapists. He explained that EMDR is a valuable clinical tool for dealing effectively with veteran clients' lack of trust towards nonveteran therapists.

College Students' Vulnerability to Posttraumatic Stress Disorder (PTSD)

Research with college students indicates that 67 – 86% of students experience or witness at least one traumatic event (such as physical or sexual abuse, death, accident, natural disasters, etc) (Bernat, Ronfeldt, Calhoun, & Arias, 1998; Marx & Sloan, 2002; 2003; Scarpa, 2001; Sloan & Marx, 2004). In addition, a substantial portion of these college students also report psychological disturbance resulting from that event (Lauterbach & Vrana, 2001). Bernat, et, al (1998) have estimated that 12% of students who are exposed to traumatic events will develop Posttraumatic Stress Disorder (PTSD), an anxiety disorder characterized by re-experiencing of an extremely traumatic event accompanied by symptoms of increased arousal and by avoidance of stimuli associated with the trauma (American Psychiatric Association, 2000). The PTSD symptoms cause significant distress or impairment in social, academic, and or other important areas of functioning. Further, PTSD is associated with increased rates of Major Depressive Disorder, Bipolar Disorder, Substance-Related Disorders, and a variety of Anxiety Disorders (American Psychiatric Association, 2000).

Traumatic Sexual Experience and PTSD

Thus far, the issues of traumatic sexual experience have received the most research attention in the college population. Many college students (especially women) have a history of trauma or experience a traumatic event while in college. Surveys showed that between 20 and 32% of college students report a history of childhood sexual abuse (Fox and Gilbert, 1994; Messman-Moore, Long, & Siegfried, 2000). Studies with college students indicated that 5.2% (70 of 1395)

of college women reported sexual abuse or assault by a dating partner while in college (Harned, 2004). The prevalence rate of PTSD among survivors of rape is the highest, ranging between 1/3 and more than half, along with those who have experienced combat and captivity (American Psychiatric Association, 2000).

Student Veterans & PTSD

A significant increase of the student veteran population is expected to continue as more and more veterans return from their service in combat zone and take advantage of the Post 911 GI Bill to obtain higher education. Student veterans are another group on today's college campuses that present a considerable high risk of PTSD as well as other trauma-related issues. Helmer, Rossignol, Blatt, Agarwal, Teichman, and Lange (2007) reported that as high as 50 percent of Iraq and Afghanistan veterans returns with PTSD. Yet, most veterans are hesitant to ask for help with PTSD symptoms out of shame or fear that it will negatively affect their career advancement (Salvatore, 2009). Even when veterans seek counseling, they typically dislike talking to nonveterans about their combat experience (Salvatore, 2009).

Summary

Given college students' vulnerability to PTSD, high incidents of sexual trauma experience among college students, and an increasing number of student veterans on today's campus, I believe it is important to provide clinical services that meet the demands and challenges facing today's college mental health climate and counseling. Because of EMDR's evidence-based effectiveness for the treatment of PTSD, rapid results, and a wide applicability, I propose to expand my clinical skills by participating in the Basic Training Weekend 1 for EMDR, offered by the EMDR Institute.

Description of the Project

Basic Training Weekend 1 will consist of 10 hours of lecture, discussion, live/videotaped demonstration, Q&A, and 10 hours of supervised practice. Topics to be covered will include: a) EMDR's history, model, methodology and mechanisms of action, b) EMDR case conceptualization and treatment planning, and c) EMDR 8 Phase Standard Protocol.

Expected Outcomes

1. I will practice the EMDR approach with selected clients for a minimum of 20 to 30 sessions while obtaining at least five hours of clinical consultation by EMDR Institute Approved Consultants.
2. The completion of the on-going supervised clinical practice will qualify me to attend Basic Training: Weekend 2 in October 2010, leading me to complete the second phase of the basic training program and to earn 20 hours of continuing education credits to maintain my license for Licensed Professional Counselor (LPC) as well as my certifications for Nationally Certified Counselor (NCC) and Approved Clinical Supervisor (ACS).

3. I will be eligible to a) apply for membership in EMDR International Association, b) be listed in the EMDR International Association's directory and on the EMDR International Association's website for referrals, c) apply for EMDRIA Certification in EMDR after completing all necessary requirements, and d) attend advanced training in EMDR.

Project Timeline

The Basic Training: Weekend 1 is scheduled from April 30 – May 2, 2010, in Philadelphia.

Professional Development Explanations

As described above, college students' vulnerability to PTSD, high incidents of sexual trauma experienced among college students, and an increasing number of student veterans on campus are significant issues affecting Shippensburg University. To effectively deal with these issues, I have served on the Rape Educators and Contacts Coordinator (REACT) Committee, in the Division of Student Affairs, providing my support, knowledge, and skills in the promotion and creation of a safe campus climate, the coordination of supportive and effective responses to rape and sexual assault survivors, and recruitment and training of the REACT peer educators. I consistently provide crisis service to protect both the physical and emotional well-being of rape and sexual assault survivors. I also participate in a variety of sexual harassment/assault prevention programs on campus. I have attended a variety of seminars and workshops to enhance my clinical knowledge in college student mental health and treatment issues for anxiety disorders. Currently, I am studying more about specific issues affecting student veterans and PTSD issues specific to soldiers returning from the wars in Iraq and Afghanistan, through participating in continuing education programs offered by the Department of Veterans Affairs. To create a "Veteran Friendly" environment at Shippensburg University, I am collaborating with the VA center in Harrisburg to provide training for the Counseling Center staff and for student support staff. I also work closely with the president of the Shippensburg University Student Veteran Association to create resources and programs for student veterans at our campus.

My attendance at the EMDR training will enhance my ability to a) work with complicated trauma-related issues effectively and b) to educate and train staff and faculty about how to deal with populations affected by trauma (i.e. sexual assault survivors, student veterans, victims of violence and crime, refugees, etc). In the future, I plan to conduct an outcome research study to investigate the effectiveness of EMDR specific to college student populations. I also hope to collaborate with the Department of Counseling and Student Personnel program and/or Department of Social Work to propose a Trauma Counseling Certificate Program at Shippensburg University. Furthermore, I plan to continue my training in EMDR to become an Approved Consultant and Trainer. I hope to offer an EMDR training program both in the United States and Japan and to conduct cross-cultural research.

REFERENCES

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DETAILED BUDGET

Training Program Fee	\$765.00
Required Textbooks	
<i>EMDR: The Breakthrough "Eye Movement" Therapy for Overcoming Anxiety, Stress, and Trauma</i> by Francine Shapiro	\$ 12.92
<i>Handbook of EMDR and Family Therapy Processes</i> by Francine Shapiro	\$ 46.13
<i>Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 2nd Edition</i> by Francine Shapiro	\$ 47.14
Transportation	
Personal Car mileage (Round trip from Carlisle, PA to Amtrak Middletown Station: 67.4 mile x \$.5)	\$ 33.70
PA Turnpike Toll fee (Round trip from 226-Carlisle to 247-Harrisburg East: \$ 1.65 x 2)	\$ 3.30
Amtrak Tickets fee	
4/30/2010 Middletown Station - Philadelphia 30 th Street Station	\$ 18.90
5/2/2010 Philadelphia 30 th Street Station – Middletown Station	\$ 22.50
SEPTA Train Fee (30 th Station to Lombard-South: \$2.00 x 2)	\$ 4.00
Hotels (\$95.00 x 2 nights + 15.20 tax)	\$ 205.20
Meals (\$ 30.00 x 3 day)	\$ 90.00
TOTAL	\$ 1248.79