

# ***JOURNAL OF EMDR PRACTICE AND RESEARCH***

## **INSTRUCTIONS FOR CASE STUDY/CASE SERIES**

*Louise Maxfield, Ph.D., Psychologist, Editor-in-Chief*

---

### **Please note the following two important policies:**

*The content of the article must relate directly to some aspect of EMDR therapy, such as theory, practice, outcomes, process, mechanisms, neurobiology, phenomenological experiences, etc.*

*Articles recommending modifications for EMDR phases 3-7, must provide rigorous research evidence to show that the modified protocol results in good outcomes.*

## **INSTRUCTIONS FOR WRITING YOUR RESEARCH ARTICLE**

### **Style**

Style guidelines follow on page 5 of this document. Note that the manuscript should be about 25-35 double-spaced pages in length (about 6000-8000 words), including references, figures, tables, author information, etc.

### **Tone**

Make sure to use a scientific and objective voice. Avoid giving any impression of bias. Do not state assumptions and theoretical conceptualizations as though they are facts.

### **Title**

The title should be no more than 15 words and should be simple, clear, and descriptive of content. Avoid “cute” or “clever” titles such as those used in magazines.

### **Abstract**

The abstract provides a brief comprehensive summary of content, mentioning problem, participants, design, results, and conclusions. It should be between 175 and 225 words. Also provide 4-6 key words/ terms for search engines and indexing purposes

### **Literature Review**

The literature review introduces your themes and shows the relevance of your hypotheses. It summarizes current related research and literature. (Please note: “Current” means recent, within the last 10 years, since 2013, except for seminal papers/books). All core concepts being discussed in the paper must be introduced here. Do not introduce new ideas in the Discussion. It is expected that you will have about 25 references. Please ensure that all the following are included in this section and please use headings for each section of the literature review. There should be at least one heading on each manuscript page.

- Introduce the problem/issue
- Introduce your research question or the study’s purpose at the beginning of the article.
- Explain/define unique terms, specific language, diagnoses, etc.
- Describe common and current ways that problem/ issue is treated/addressed
- If another treatment is being integrated with EMDR therapy, introduce that treatment and explain how it is commonly used

- Assume the reader of your article has no prior knowledge about EMDR therapy. Introduce EMDR, stating that it has established efficacy for PTSD with appropriate citations.
  - Add a brief description of AIP model if relevant (e.g., if AIP is referred to in the Case Description/s or theoretical discussions)
  - Provide a brief description of EMDR therapy (enough so that a naïve uninformed reader can understand the paper),
  - Introduce any EMDR term or concept that is referred to in the Case Description/s (e.g., SUD, VOC, interweave, NC, PC, installation).
- Summarize related EMDR publications. Focus your summary on the problem area being investigated in your paper. Do not summarize EMDR research unrelated to your topic.
- Do not summarize theories not related to your research. For example, neurobiological explanations are only needed in neurobiological papers.
- Articulate your research question. Highlight research related to the hypothesis which you are investigating in this paper. Build the conceptual foundation for your study. Explain the case conceptualization which has led to your investigation
- If your research uses or investigates a major variation in EMDR procedures, provide research support for the modification or for its rationale.

### **Method**

The Method section provides a brief comprehensive overview of the study methodology. Keep content brief. Please use headings for each section as indicated.

#### **Design (or Procedures)**

- Provide a summary of the overall design.
  - Example: “Participants attended three baseline assessment sessions over a period of one month. This was followed by ten weekly one hour treatment sessions, with some measures administered every two weeks before the treatment session. Post treatment assessments were conducted one week after the final session and follow-up assessments were done at three and six month periods.”
- Describe setting where data was collected.
- Describe time frame of the study.

#### **Participant/s**

- Explain who, why, and how the participant(s) was (were) selected for this study.
  - Example: “Participants were twelve consecutive female clients, referred to the author’s practice. Each had been diagnosed with major depressive disorder by an external assessor. The women were Caucasian, with a mean age of 42.3 years.”
- Explain inclusion/exclusion criteria.
- Add information re informed consent procedures.

#### **Treatment**

- Identify the therapist and his/her qualifications, credentials, and/or experience.
- State if and how treatment fidelity was evaluated/ assured.
- Provide a summary of the investigated treatment with sufficient detail that it can be replicated by readers.
  - Example: “The treatment provided standard EMDR procedures with one minor modification. Consistent with the theme of this investigation, all NC’s and PC’s

were focused on the clients' fear of rejection. Interweaves also maintained this same focus.”

- If the theoretical model differs from Shapiro's (2001) Adaptive Information Processing model, an explanation of the theoretical differences should be provided.

### **Measures**

- Provide a description of the psychometric measures, and their psychometric properties, with information about score interpretation.
- State your method and frequency of administration. Identify the assessor, and if relevant, his/her qualifications.
- It is expected that measures used in pre-treatment assessments will also be administered at post-treatment and follow-up. If this was not the case, provide an explanation.
- Explain all behavioral measures (e.g., log of child's tantrums) and their administration.
- If qualitative measures were used, explain how the interview was developed and administered, and what analysis was conducted.

### **Equipment**

- If any special equipment was used, describe it in this section. The term “equipment” does not refer to measures and test materials.

### **Statistical Analyses**

- Statistical analyses should follow standard practices. Describe them briefly.
- Describe method for secondary analyses.

## **Results**

### **Participant Flow**

- Describe flow of patients through the study. Give numbers of completers, numbers of drop-outs. Describe reasons for attrition. A flow chart is recommended if needed.

### **Baseline Data**

- Describe baseline and clinical characteristics. Use a table if appropriate.

### **Outcomes**

- Identify and explain any missing data.
- Provide outcomes for each statistical analysis. Include effect sizes (preferably Cohen's  $d$ ) and if possible, confidence intervals.
- Use a table or figure to present your outcomes, but do not present the same data in a figure and a table.

### **Harms**

- Describe any harms or side-effects suffered by participants.

## **Discussion**

The Discussion section summarizes, evaluates, interprets, and explains the treatment application. Include the following, if relevant and appropriate:

- Expand on concepts and ideas that were already introduced in the Literature Review
- Link to prior publications, research
- Describe the strengths and limitations of the presented material
- Use scientific objective language describing your results. Provide a thoughtful critical analysis of the outcome/s.
- Any claims for evidence arising from case study data must be framed according to standard scientific procedures.
- Explain why generalizations might or might not be considered.
- Discuss theoretical aspects
- Discuss practical consequences
- Explain when and how to use the recommended treatment.
- Explain indications and contra-indications, describing who might benefit and who should not be treated with the proposed treatment.
- Recommend future research with concrete ideas and practical designs to test proposed treatment.

### STYLE

1. Manuscripts must be professionally prepared in accordance with the *Publication Manual of the American Psychological Association*, 6th edition, 2009.  
<http://www.apastyle.org/manual/whats-new.aspx>  
A sample paper can be viewed at:  
<http://flash1r.apa.org/apastyle/basics/data/resources/sample-papers.pdf>
2. Page size should be “Letter” size (8.5 x 11 inches, 21.59 x 27.94 cm), with a one inch (2.54 cm) margin on all sides.
3. Font is Times Roman, size 12. Manuscripts are double-spaced, about 25-35 pages in length (about 6000-8000 words). Double-space everything, including references, quotations, tables, and figures.
4. Format with a left margin alignment (not justified). Each paragraph should have a first line-indent. There should be no spaces between paragraphs.
5. The first page must include authors’ names, affiliations, and full contact information (address, phone, fax, and e-mail). This information should not be included elsewhere in the manuscript, to ensure blind review.
6. The second page contains only the title of the paper, abstract, and key words. The title should be no more than 15 words. Abstracts are 175-2 words. List 4 to 6 key words/terms below the abstract.
7. The header on each page should contain the running head for the manuscript, and the page number. Number manuscript pages consecutively in the header on each page.
8. If possible, figures should be black, white, and grey scale. Photos and line art figures should be sent as tiff (300ppi) or eps (800ppi) or jpeg files. All illustrations (i.e., photographs, drawings, diagrams, and charts) should be numbered (with Arabic numerals) and referred to by number in the text (e.g., Figure 1). Figures should be placed after the References at the end of the manuscript.

9. Tables should be numbered (with Arabic numerals) and referred to by number in the text (e.g., Table 1). Each table should be typed on a separate sheet of paper, and placed after the References at the end of the manuscript. Center the title above the table; the title should be short. Type explanatory notes below the table.
10. References use a hanging indent and are formatted according to APA style. Instructions are accessible in many online sites. (Also, see APA sample paper in #1 above.)
11. Please use APA style headings for sections and subsections, **with at least one heading per manuscript page to guide the reader and provide organization.** Headings should be clear and descriptive – not the clever quotations sometimes used in book chapters.