

EMDRIA CONFERENCE

MINNEAPOLIS, MN

AUGUST 27, 2016

PRESENTATION OF THE EMDRIA RESEARCH AWARD

EMDRIA's research award is given each year for one outstanding research study or to a researcher who has an outstanding body of work.

It is my great privilege tonight to present the award to Dr Ignacio – or Nacho – Jarero for his impressive body of EMDR research. He has published more than 2 dozen studies which investigated the effects of EMDR therapy.

Now although he is a prolific researcher, Dr Jarero considers himself just a field worker. And it is true that he provides EMDR therapy and conducts research in the field – and often in a real field, not a laboratory, not an office, but often under trees, in tents, or borrowed spaces.

Most often his work is conducted immediately after some kind of disaster – a natural disaster, technological disaster, or human massacre - and often in compromised or dangerous locations far from his home in Mexico City.

I find this so inspiring. How many of us dismiss the idea of conducting our own research in our air conditioned offices, saying that it is just too difficult?

Dr. Jarero is relentless and fearless, determined and brilliant, and most importantly, he combines his generous humanitarian spirit with empirical rigor.

Dr. Jarero has creatively adapted EMDR therapy so that it can be applied after recent traumatic events. And he consistently and rigorously tests his applications to ensure their effectiveness, and then disseminates this knowledge so that the material can be widely used around the world.

How many of you have heard of the butterfly hug? The butterfly hug is a self-administered bilateral stimulation which is combined with art therapy in the EMDR integrative Group Treatment Protocol. This protocol was developed to administer all eight phases of individual EMDR therapy in group settings to large numbers of individuals – adults and children in disaster settings, adult patients with cancer, and children with complex PTSD.

Dr. Jarero has developed and tested other individual treatment protocols, including the EMDR PRECI, EMDR protocol for recent critical incidents and ongoing traumatic stress; and EMDR-PROPARGA, which is the EMDR Individual Protocol for Paraprofessional use. Both of these have solid preliminary evidence.

Dr. Jarero has conducted more than 24 studies.

He shows an impressive commitment to EMDR therapy, and to the expansion of knowledge, empiricism, and the relief of human suffering. These core elements are evident in his impressive body of work.

It gives me great pleasure to present EMDRIA's research award to Dr. Nacho Jarero.

Dr. Louise Maxfield.

EMDR Journal of Practice and Research Editor in Chief.