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Understanding the Development of Eye Movement Desensitization and Reprocessing Therapy for Children: Findings from a Bibliometric Study

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Bibliometric analysis is a quantitative method used to determine the development of a specific academic field, publication trends, the most influential authors, and key topics. Systematically analyzing research on the use of eye movement desensitization and reprocessing (EMDR) in children and adolescents is important for identifying the prominent themes in this area and revealing future research needs. Therefore, this study aims to systematically examine the academic development in this field by taking a bibliometric perspective on the existing literature regarding EMDR applications in children and adolescents. This study examines academic works in the fields of EMDR and child–adolescent mental health conducted between 1998 and 2024 by scanning for the keywords "EMDR", "children", and "child" using a bibliometric analysis approach. A total of 358 papers were found in the Scopus database and published between 1998 and early 2024, and only 223 of them were included in the analysis. The most cited authors, journals, organizations, countries, citation trends, key topics, and current growth were analyzed. The findings indicate that EMDR and child research are experiencing robust scientific growth and are receiving increasingly broader academic and clinical attention.

Introduction

Currently, one of the most notable applications among psychotherapeutic methods is eye movement desensitization and reprocessing (EMDR) therapy, which stands out due to its effectiveness in various psychological issues, particularly trauma-related disorders [1]. EMDR therapy is a psychotherapeutic method based on an 8-phase protocol aimed at reducing the negative emotional and cognitive burdens associated with traumatic memories, and it is widely used in adults as well as in children and adolescents [2–4]. The impact of EMDR on children and adolescents is particularly marked due to the influence of developmental factors on psychopathology [5].

Traumatic experiences during childhood and adolescence can affect an individual's psychological well-being in various ways later in life [6]. Therefore, early intervention is crucial. Although the general principles of EMDR are the same, some adaptations are needed when applied to children and adolescents due to developmental differences [7]. For EMDR therapy with children, the adult EMDR standard protocol [8] has been adapted to meet their developmental level with different sections for specific age groups (4–6, 6–8, 8–12, and 12–18 years) [9]. The differences between the developmental protocol and the adult EMDR standard protocol include the session's duration, parental inclusion, the method for determining the target memory, the presence of negative (NC) and positive cognition (PC), and more time for the preparation phase. The EMDR developmental protocol starts with history-taking (phase 1) and preparation (phase 2), which can be done with the child and/or their parents. Children often have fewer coping skills and resources than adults, so extra attention is needed during preparation. For instance, a child who is overwhelmed by intense emotions during an EMDR session might refuse to continue rather than openly express fear. In cases where children have limited coping resources, 2 or more sessions may be dedicated solely to resource placement. During the assessment phase (phase 3), when determining treatment targets, targets should be obtained from children and parents separately. Children who have difficulty imagining the image related to the event can be asked to draw a picture of the event. During phase 3, NC, PC, VoC (validity of cognition), emotion, SUD (subjective units of disturbance), and body sensations can often be obtained in children over 8. It is unlikely to obtain NC, PC, and VoC in children between the ages of 5 and 8. In children under the age of 5, it is sufficient to question the target moment, the feelings associated with it, and SUD in the form of major/minor. Emotion thermometers and emojis showing emotions can be used in young children. With younger children, a scale with happy and sad faces can be used or they can show the level of distress with their hands wider or closer together and point to the location in their body. During

the desensitization phase (phase 4), shorter bilateral stimulation (BLS) sets are applied to children. Again, the BLS type and speed should be changed more frequently in children. All BLS types can be used in children over the age of 6. For younger children, the therapist taps on the child's hands or knees (alternating left and right) instead of eye movements because eye tracking can be difficult for children under 6. The therapist can help them find PC based on the materials that emerge during therapy for children under 8 in phase 5, PC installation. During the closure phase, greater emphasis is placed on activities like games and safe/calm place exercises that promote relaxation. Overall, while the standard protocol can be applied in patients over 12 years of age, adaptations must be made in younger patients [10,11].

In recent years, studies examining the effects of EMDR on child and adolescent mental health have increased, demonstrating the method's positive impact on psychological resilience, trauma, anxiety disorders, and depression [12–15]. Research provides strong evidence that EMDR is especially effective in reducing symptoms of post-traumatic stress disorder (PTSD), anxiety disorders, and depressive symptoms [16,17]. However, questions regarding the orientations, focal areas, and methodological approaches of academic studies in this field have not been examined systematically.

Bibliometric analysis is a quantitative method used to determine the development of a specific academic field, publication trends, the most influential authors, and key topics [18]. Systematically analyzing research on the use of EMDR in children and adolescents is important for identifying the prominent themes in this area and revealing future research needs. Therefore, this study aims to systematically examine the academic development in this field by taking a bibliometric perspective on the existing literature regarding EMDR applications in children and adolescents.

This study examines academic works in the fields of EMDR and child–adolescent mental health conducted between 1998 and 2024 by scanning for the keywords "EMDR", "children", and "child" using a bibliometric analysis approach. The main objective of the study is to determine the total number of publications in this field, identify the most contributing authors, analyze citation trends, and highlight the prominent countries. To the best of our knowledge, this bibliometric analysis represents the first study to systematically address the role of EMDR in child and adolescent psychotherapy. By exploring the presence of EMDR in academic literature related to children and adolescents, the study aims to contribute to disciplines such as psychology, education, health services, and child development.

The findings from the bibliometric analysis can help in understanding studies conducted in different countries and, by highlighting the main trends in the field, potentially foster international collaboration. Additionally, it is expected to contribute to the development of new interdisciplinary research projects.

Considering this information, the following research questions (RQs) were developed:

RQ-1: What are the current growth and citation trends of articles in the field of EMDR in children?

RQ-2: Who are the most cited authors in this field?

RQ-3: Which publications, journals, organizations, and countries receive the most citations?

RQ-4: What are the key topics and points of studies related to child/children and EMDR?

Methods

Study design

This study adopts a bibliometric analysis method, which is descriptive in nature. Knowledge, which forms the foundation of scientific studies, has served humanity's needs throughout history. With advancements in science, accessing knowledge has become much easier compared to the past. However, ensuring that the obtained knowledge is reliable, relevant, and up to date is crucial. Instead of working with collective information, working with classified data increases usability. At this point, bibliometric analysis becomes useful. Bibliometric analysis quantitatively presents bibliographic data. It uses an internet-based approach to reveal trends and developments in a particular field, analyze citations, identify countries' research intensities, and examine the ratio of articles, books, and journals, as well as related keywords within a specified time. Furthermore, bibliometric analysis identifies unexplored areas of a topic and highlights potential avenues for future research [19,20]. Since it included bibliometric analysis, an ethics committee decision was not required.

Data collection

The data collection process was conducted in 2 steps. The first step in bibliometric analysis involves selecting an appropriate database. For this study, Scopus was chosen due to its extensive coverage of academic literature. Scopus provides researchers with access to a wide range of journals, books, articles, and other scholarly publications, classified by parameters such as year, language, and type of publication [21]. Additionally, Scopus is considered the most powerful search engine in the field of social sciences [22] .The keywords "EMDR", "child", and "children" were used to identify the academic presence of these concepts in the literature.

In the second step, the filtered data were extracted from the database. Applying a year filter (1998–2024) reduced the dataset to 358 articles. Further refinement, including the selection of English-language publications and the application of additional filters for source type and publication stage, resulted in a final dataset of 223 articles.

Selection criteria: After identifying the key concepts, specific selection criteria were established:

- Language of publication: English
- Publication type: Articles published in peer-reviewed journals
- Subject areas: Studies focusing on EMDR, children, and child within the fields of psychology, psychiatry, and mental health
- Publication years: 1998–2024

Statistical analysis

To analyze the collected data, R Studio and VOSviewer were chosen. Using R Studio (Biblioshiny), data analysis begins by entering the commands library (bibliometrix) and (biblioshiny) to access the Biblioshiny interface. The data, downloaded in Excel format, are then uploaded to the interface. The bibliometric analysis was performed using these tools to generate metrics such as main information, annual publication and citation trends, 3-field plots, journals, authors, universities, countries, keywords, trending topics, thematic maps, and factor analysis. Figure 1 illustrates the bibliometric analysis process.

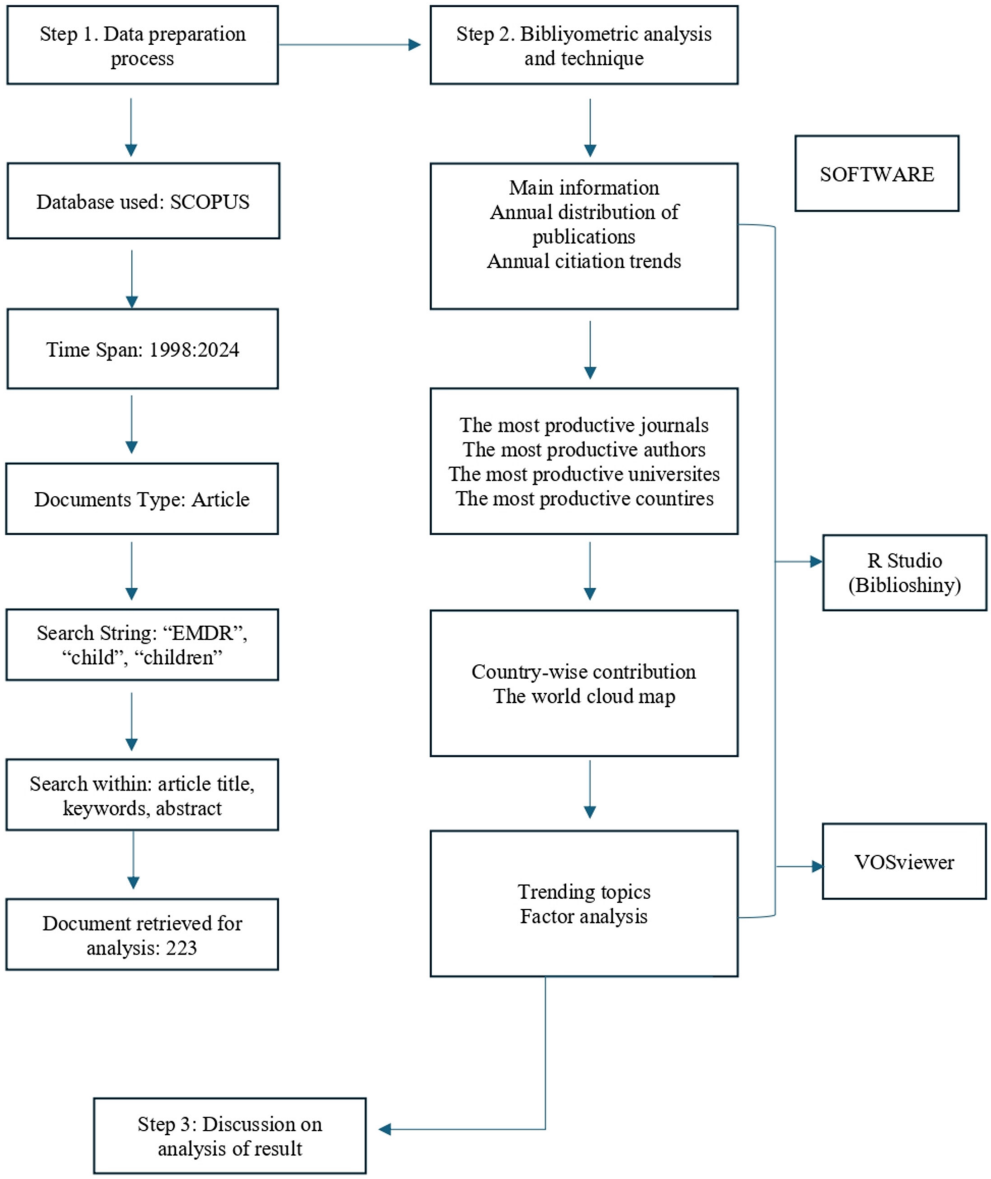

Fig. 1. Bibliometric analysis process.

Results

This section presents the bibliometric analysis results of academic research on EMDR and child studies.

Table 1 summarizes the key characteristics of the dataset related to EMDR and child research. The analyzed dataset includes 223 articles published between 1998 and 2024. The annual growth rate is 9.85%, indicating that this field has grown steadily over time. The average age of the articles is 8.43 years, suggesting that the majority of research has been published in recent years. The average number of citations per article is 22.21, demonstrating a high level of academic impact in the field. A total of 9,267 references have been used across all articles, indicating an ongoing and extensive academic discussion. Author analysis reveals that 632 authors have contributed to this field. The number of single-authored articles is 43, showing that most studies are conducted collaboratively. With an average of 3.73 authors per article, the findings support the trend of interdisciplinary and collective research. Additionally, the proportion of internationally co-authored articles is 21.97%, indicating that a substantial portion of research is conducted through global collaborations. This finding suggests that international partnerships in EMDR and child studies have been increasing, and that the topic is gaining global interest.

The annual scientific production in the field of EMDR and child studies has shown a steady increase over time, as illustrated in Fig. 2. Between 1998 and 2015, the number of published articles remained relatively low and exhibited fluctuations without a consistent upward trend. During this period, the number of articles per year ranged between 0 and 10, with some years witnessing no publications at all. A noticeable growth in research output began around 2016, with a noteworthy rise in the number of publications. The trend reached its peak in 2020, with over 30 articles published in a single year. Although a decline followed this peak, the number of articles remained higher than in the earlier years, indicating sustained interest in

Table 1. Main information about data

Description	Results
Timespan	1998:2024
Article	223
Annual growth rate %	9.85
Document average age	8.43
Average citations per doc	22.21
References	9,267
Author's keywords (DE)	528
Authors	632
Authors of single-authored docs	43
Co-authors per doc	3.73
International co-authorships %	21.97

the field. The most recent years suggest a stabilization in publication numbers, with an upward trajectory observed in 2024. These findings suggest that research on EMDR and child studies has gained considerable momentum, particularly in the last decade. The sharp increase in publications after 2016 could be attributed to growing awareness of EMDR as an effective intervention for children, increased interdisciplinary collaborations, or the expansion of global research networks in the field. The sustained growth also indicates that EMDR's application in child populations continues to be a relevant and evolving topic within psychological and clinical research.

The annual citation trends for research in EMDR and child studies demonstrate a fluctuating pattern over time, as illustrated in Fig. 3. In the early years (1998–2004), citation counts remained relatively low, generally between 2 and 4 citations per year. However, a notable increase occurred around 2005–2007, reaching its highest point at over 6 citations per year. This peak suggests that studies published during this period had a substantial impact on subsequent research. Following this peak, a decline in citation counts was observed, although intermittent increases occurred between 2012 and 2018. Several smaller peaks during this period indicate that certain publications received heightened attention within the academic community. The second-highest peak around 2017 suggests renewed interest in EMDR and child studies, possibly due to emerging research highlighting its effectiveness in pediatric populations. After 2018, citation numbers showed a decreasing trend, indicating that recent publications have not yet accumulated substantial citations. This decline could be due to the natural citation lag that occurs with newer research or a diversification of focus within the field. Despite the recent decline, the historical citation trends reflect periodic waves of increased scholarly engagement with EMDR and child studies, reinforcing the evolving nature of the research area.

Table 2 presents the most productive journals in the field of EMDR and child studies, ranked by the number of published articles. The *Journal of EMDR Practice and Research* is the leading publication venue, with 31 articles, indicating its central role in disseminating research related to EMDR interventions. Given that this journal specializes in EMDR, it serves as a primary platform for advancing knowledge in this area. The *European Journal of Psychotraumatology* follows with 11 articles, reflecting its focus on trauma-related studies and its relevance to EMDR research. The *European Journal of Trauma and Dissociation* has published 6 articles, emphasizing the journal's interest in trauma-related therapeutic approaches, including EMDR. Other journals contributing to the field include *Counselling and Psychotherapy Research* (5 articles), *Frontiers in Psychology* (4 articles), *Clinical Case Studies* (3 articles), and *Clinical Child Psychology and Psychiatry* (3 articles). The presence of these journals suggests that EMDR research in children is being explored not only in trauma-focused outlets but also in broader psychological and clinical research contexts.

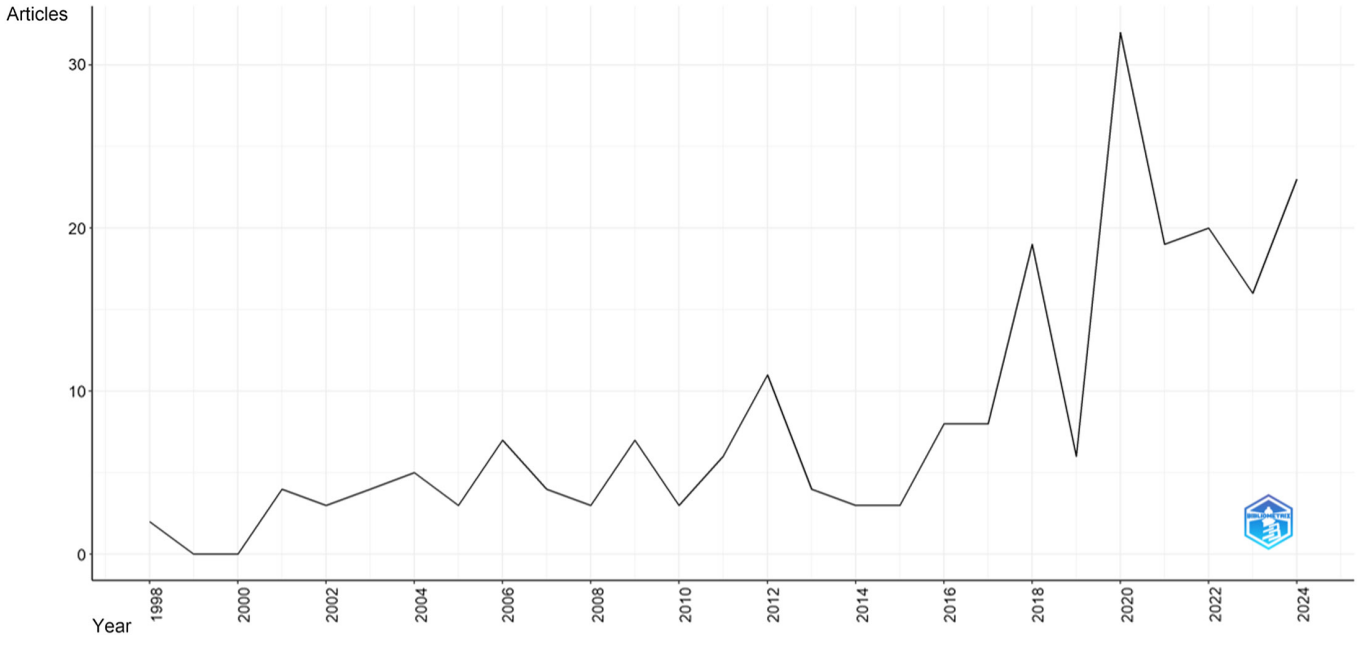

Fig. 2. The annual scientific production.

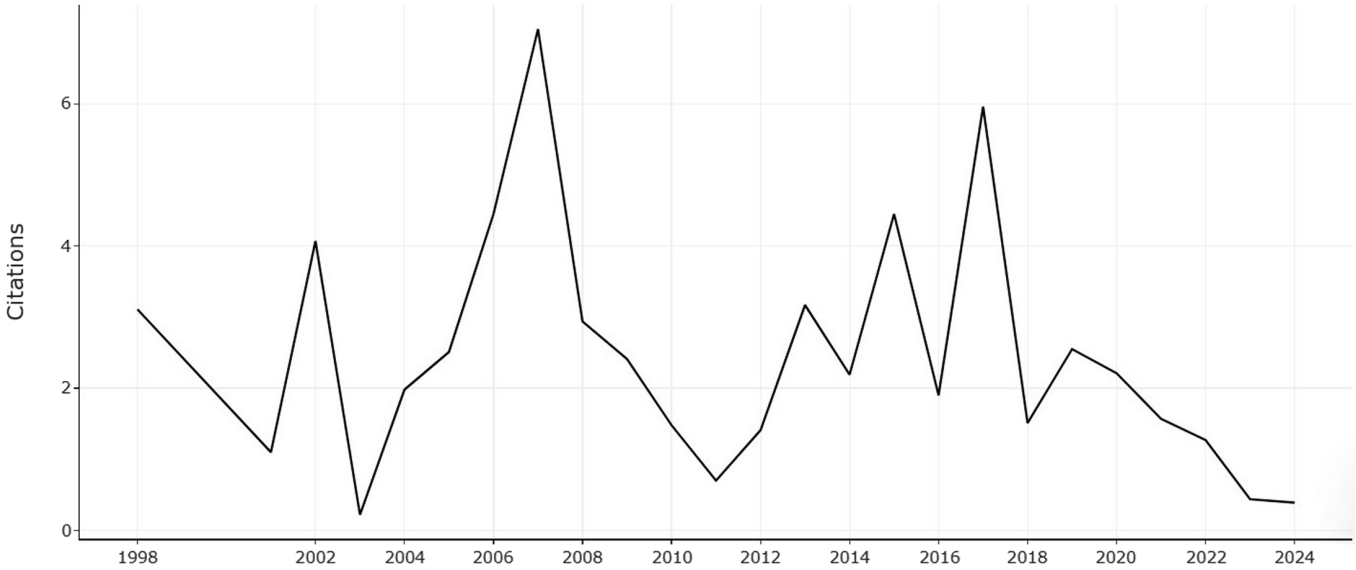

Fig. 3. Annual citation trends.

Table 2. The most productive journals

Sources	Articles
Journal of EMDR Practice and Research	31
European Journal of Psychotraumatology	11
European Journal of Trauma and Dissociation	6
Counselling and Psychotherapy Research	5
Frontiers in Psychology	4
Clinical Case Studies	3
Clinical Child Psychology and Psychiatry	3

Table 3. The most productive authors

Authors	Number of documents
A. De Jongh	16
C. De Roos	11
Rjl Lindauer	10
L. Mevissen	6
R. Greenwald	5
I. Jarero	5
A. Rubin	5

Table 3 presents the most productive authors in the field of EMDR and child studies, ranked by the number of published documents. Among the leading contributors, A. De Jongh stands out as the most prolific author, with 16 publications, indicating their substantial influence on the development of EMDR research, particularly in child populations. Following De Jongh, C. De Roos has published 11 articles, while Rjl Lindauer has contributed 10 publications. These authors are among the key figures shaping the discourse on EMDR applications for children, likely exploring aspects such as trauma treatment, intervention efficacy, and clinical adaptations of EMDR. Other notable contributors include L. Mevissen (6 articles), R. Greenwald (5 articles), I. Jarero (5 articles), and A. Rubin (5 articles). The presence of these authors suggests a combination of both foundational researchers and emerging scholars contributing to the field.

Table 4 presents the most productive universities contributing to research in EMDR and child studies. The University of Amsterdam emerges as the leading institution, with 56 articles, indicating its central role in advancing EMDR research. This dominance suggests that the university has a strong research focus on trauma treatment and psychotherapy, particularly in pediatric populations. The Erasmus MC-Sophia Children's Hospital follows with 18 articles, highlighting its contributions to clinical applications of EMDR in child and adolescent mental health. Given its hospital setting, much of the research from this institution likely focuses on applied EMDR interventions in clinical practice. The Dimence Mental Health Group (12 articles) and Leiden University (10 articles) also contribute

Table 4. The most productive universities

Affiliation	Articles
University of Amsterdam	56
Erasmus Mc-Sophia Children's Hospital	18
Dimence Mental Health Group	12
Leiden University	10
University of Florence	7
California School of Professional Psychology at Alliant International	6

substantially to the field, emphasizing the involvement of both academic and clinical institutions in EMDR research. The presence of the University of Florence (7 articles) and the California School of Professional Psychology at Alliant International (6 articles) reflects international contributions beyond the Netherlands, demonstrating global interest in EMDR applications for children.

Figure 4 illustrates the country-wise distribution of scientific publications in the field of EMDR and child studies, categorized by single-country publications (SCPs) and multiple-country publications (MCPs). The Netherlands emerges as the most productive country, with the highest number of publications, the majority of which are single-country studies. This finding aligns with the strong presence of Dutch institutions such as the University of Amsterdam and Erasmus MC-Sophia Children's Hospital in EMDR research. The United States follows closely, with a high number of publications, many of which are multi-country collaborations. This suggests that EMDR research in the United States is more integrated into international networks compared to the Netherlands. The United Kingdom, Australia, and Italy also contribute meaningfully to the field, with a balanced mix of national and international collaborations.

Countries such as France, Germany, Turkey, and Mexico show moderate research output, with both domestic and collaborative efforts. Notably, Turkey has a smaller share of multi-country collaborations compared to Western European nations, indicating a greater focus on national research initiatives. Other countries, including Bosnia, Canada, Israel, Spain, Iran, Ireland, Argentina, China, Greece, Japan, and New Zealand, contribute to the field with a smaller number of publications. However, their involvement in international collaborations suggests a growing global interest in EMDR applications for children.

Figure 5 presents a word cloud generated from the most frequently used keywords in research related to EMDR and child studies. The prominence of specific terms provides insights into the primary research focus areas within this field. The most dominant keywords include "posttraumatic stress disorder", "treatment outcome", and "eye movement desensitization and reprocessing", indicating that much of the research emphasizes EMDR as an intervention for PTSD and its effectiveness in treating trauma-related symptoms. Terms such as "child", "adolescent", "male", "female", and "humans" suggest that studies frequently examine different age groups and gender differences in EMDR applications. The presence of "behavior therapy", "cognitive behavioral therapy", "psychotherapy", and "cognitive therapy" highlights the integration of EMDR within broader therapeutic approaches. Additionally, keywords like "stress disorders", "controlled study", "randomized controlled trial", and "child abuse" suggest a focus on methodological rigor, with many studies employing experimental designs to assess treatment efficacy. The inclusion of "depression" and "violence" further indicates that EMDR research extends beyond PTSD to address other psychological conditions and trauma-related experiences.

Table 5 presents the trending topics in EMDR and child studies based on keyword frequency and their emergence across different time periods. The term "child" appears most frequently (134 times) and has been consistently relevant since 2012, with peaks in 2020 and 2022, reinforcing the ongoing focus on children as the primary population in EMDR research. The phrase "eye movement desensitization and reprocessing" appears in 2 separate entries, with frequencies of 60 and 44, indicating its central role in research. The topic gained momentum in 2018 and has remained relevant through 2023, reflecting the continuous exploration of EMDR techniques and their

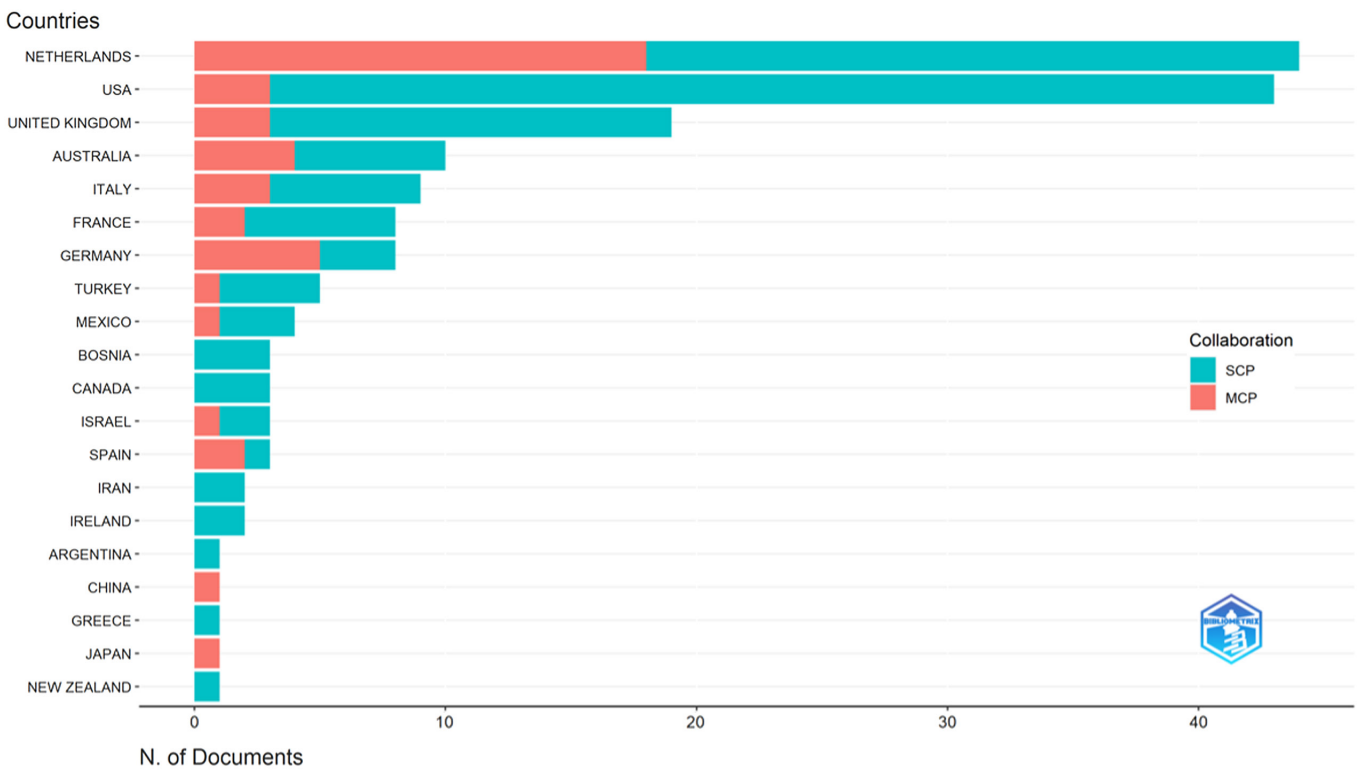

Fig. 4. Country-wise contribution to EMDR and child studies. SCP: Single Country Publications; MCP: Multiple Country Publications.

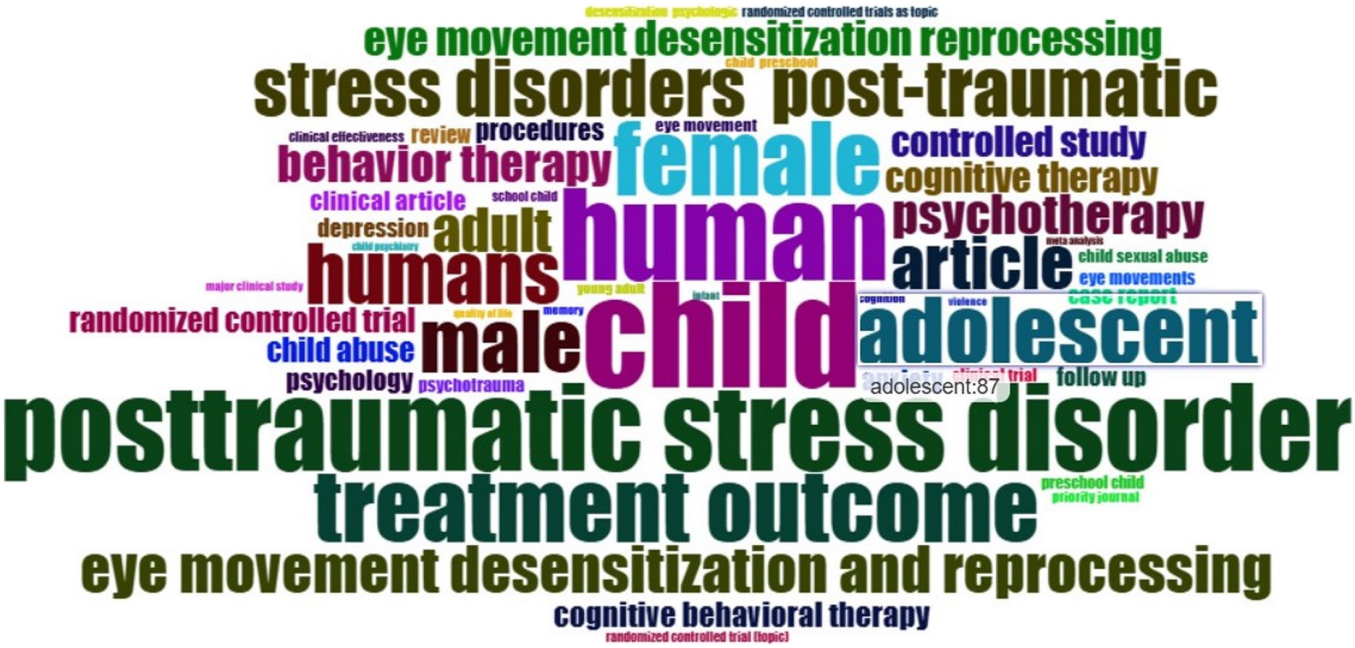

Fig. 5. The world cloud map.

Table 5. Trending topics

Term	Frequency	Year (Q1)	Year (Q2)	Year (Q3)
Child	134	2012	2020	2022
Eye movement desensitization and reprocessing	60	2020	2022	2023
Eye movement desensitization reprocessing	44	2018	2021	2023
Cognitive behavioral therapy	32	2020	2022	2024
Procedures	27	2018	2021	2023
Follow-up	24	2020	2022	2023
Infant	11	2022	2023	2024
Therapy	6	2024	2024	2024
Emotion regulation	5	2022	2023	2023
Age	5	2018	2020	2022

efficacy. "Cognitive behavioral therapy" (32 occurrences) has also been trending, particularly from 2020 to 2024, suggesting an increased focus on integrating EMDR with other therapeutic modalities. Similarly, "procedures" and "follow-up" have remained relevant from 2018 onward, highlighting the growing emphasis on structured EMDR interventions and long-term treatment outcomes. Newer research trends include "infant" (since 2022), "therapy" (since 2024), and "emotion regulation", which has been gaining attention since 2022, emphasizing emerging areas of interest in EMDR applications for younger populations and emotional processing.

Figure 6 presents a factor analysis of key terms related to EMDR and child studies. The analysis provides insight into how different research topics are grouped and interrelated within the field.

The *x* axis (dim 1: 38.83%) and *y* axis (dim 2: 21.28%) represent the 2 principal dimensions explaining the variance in keyword distribution. The placement of terms in different quadrants suggests conceptual clusters in EMDR research.

In the upper-left quadrant, terms such as "meta-analysis", "randomized controlled trials as a topic", and "child, preschool" indicate a cluster focused on research methodology and younger age groups. This suggests a growing interest in early childhood EMDR applications and systematic reviews of existing studies. The upper-right quadrant includes terms like "psychological aspect", "cognitive therapy", and "psychotherapy", reflecting a conceptual focus on cognitive and psychological mechanisms within EMDR. The lower-left quadrant features terms such as "psychology", "cognitive behavioral therapy", and "stress disorders, post-traumatic", indicating a connection between EMDR and broader psychological frameworks, including cognitive behavioral therapy and trauma treatment. The lower-right quadrant contains keywords related to study design and clinical research, such as "controlled study", "randomized controlled trial",

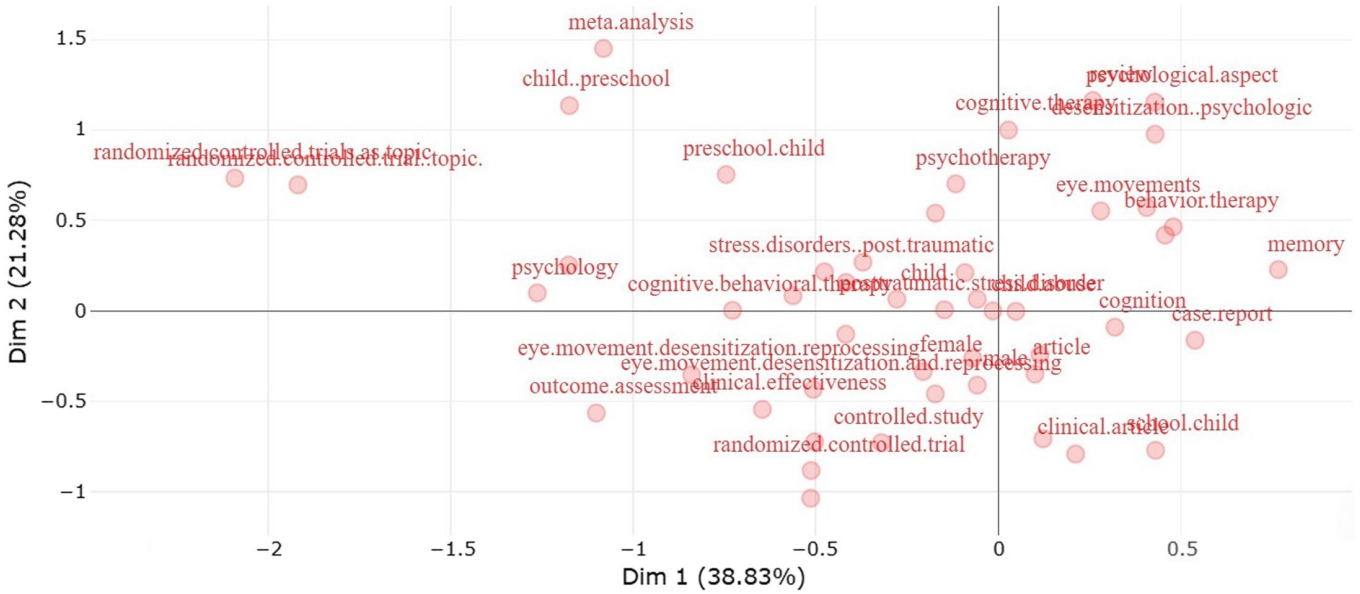

Fig. 6. The factor analysis.

and "clinical article, child", emphasizing the field's commitment to empirical validation and evidence-based practice.

Discussion

The bibliometric analysis conducted in this study demonstrates that academic productivity in the fields of EMDR and child studies has steadily increased over the years. The publication of 223 articles between 1998 and 2024, along with an annual growth rate of 9.85%, indicates that this area is garnering growing academic interest. In particular, the rapid increase observed after 2016 shows that awareness of the use of EMDR for children has risen, and research in this field has expanded globally. Similar to this study, Bogolyubova and Lovakov [23] show that EMDR therapy research in adults is a rapidly developing and expanding field, evidenced by the continued growth in the number of publications each year since 2005.

Citation analyses indicate that academic interest in EMDR and child research increased during certain periods, with citation rates rising in some years due to the publication of essential studies. The citation increases observed in 2005–2007 and in 2017 suggest that the works published during these periods had a notable impact on the field. However, the decline in citation numbers after 2018 may indicate that relatively new studies have not yet received sufficient citations or that research has evolved in different directions. Future research should investigate whether this decline results from the shorter citation window available for recent publications or if it reflects a shift in research focus within EMDR studies on children. Such an investigation could offer deeper insights into the evolving dynamics of the field and help guide future academic efforts.

When examining the most productive journals, it is observed that the *Journal of EMDR Practice and Research* is the journal with the highest number of publications, with 31 articles. This finding indicates that journals dedicated to EMDR play a critical role in the development of the field. However, EMDR studies are also published in trauma and psychotherapy-focused journals such as the *European Journal of Psychotraumatology* and the *European Journal of Trauma and Dissociation*. This demonstrates that EMDR research is not limited to specialized EMDR journals but is embraced by a broader academic community. These findings indicate that while the *Journal of EMDR Practice and Research* has served as a key platform for EMDR-specific studies, the publication of EMDR research in broader trauma and psychotherapy journals underscores its growing interdisciplinary relevance. The increased acceptance rate to more general journals may also be related to the increased clinical acceptance of EMDR.

Analyses of the literature indicate that the field of EMDR in children is primarily guided by specific researchers. A. De Jongh (who has published 16 articles) and C. De Roos (with 11 articles) are identified as the most productive authors in this area. This suggests that the field is centered around these leading experts, who have conducted important pioneering studies on the application of EMDR with children. Nevertheless, the participation of a diverse range of researchers in the field also underscores the importance of interdisciplinary collaboration and academic diversity.

When evaluated by universities, Amsterdam University is found to be the leader with 56 articles. This demonstrates the strong academic contribution of the Netherlands in EMDR research and its pioneering role in the field. The notable contributions of clinical centers, such as Erasmus MC-Sophia Children's Hospital, further indicate that EMDR not only is an academic subject but also is implemented and evaluated in clinical settings.

When analyzed by country, it is observed that the Netherlands has the highest number of publications, whereas the United States leads in multinational collaborations. This finding indicates that the Netherlands exhibits a strong academic output on a national level, while the United States is more integrated into international research efforts. Considering that Turkey demonstrates moderate productivity but is less involved in international collaborations, it can be argued that EMDR research in Turkey should be further developed within an international context.

Keyword analyses indicate that the most studied topics in EMDR research revolve around PTSD treatment outcomes and the child population. This finding emphasizes that the effect of EMDR on children and its treatment efficacy are the

primary focal points in the field. Additionally, the prominence of concepts such as behavior therapy cognitive behavioral therapy and psychotherapy reveals that EMDR is considered alongside other therapeutic methods and that integrated approaches are becoming increasingly important. In the analysis of trending topics, it is observed that the term "child" is the most frequently used and one of the earliest emerging topics. Additionally, concepts such as cognitive behavioral therapy and procedures are increasingly being studied. In recent years, topics like "infant" and "emotion regulation" have also entered the research agenda, indicating a growing interest in the use of EMDR across broader age groups and in various psychological processes.

Factor analysis shows that EMDR and child research are structured around 4 main axes:

1. Research methodologies (meta-analyses, randomized controlled trials)
2. Cognitive and psychological mechanisms (cognitive therapy, psychotherapy, stress disorders)
3. Clinical applications and treatment protocols (controlled studies, clinical efficacy)
4. Age-specific research (infant, preschool children, adolescent)

This finding indicates a growing interest in the use of EMDR across different age groups, methodological approaches, and clinical applications.

Limitations

Although there are some limitations, this bibliometric analysis represents the first study to systematically address the role of EMDR in child and adolescent psychotherapy. First, the Scopus database was the only one used to generate bibliometric data for the analysis. As a result, it is possible that some existing publications from other major databases could have been missed. Second, publications in languages other than English were not included in the analysis, which may have led to a biased representation of the field. Third, the search was conducted using the keywords "EMDR", "children", and "child". This limited set of terms may exclude important studies published with other related terms or synonyms.

Conclusions

This study has revealed that scientific output in the field of EMDR and child studies has grown substantially over the years, with this growth accelerating particularly over the last decade. Citation trends indicate that academic interest in the field has increased during certain periods and that the application of EMDR in children is gaining wider acceptance. In conclusion, the findings indicate that EMDR and child research are experiencing robust scientific growth and are receiving increasingly broader academic and clinical attention. Future research that focuses on a wider methodological diversity and different age groups through interdisciplinary collaborations will further support the development of the field.

In light of these findings, the following recommendations can be made:

- EMDR research should receive greater support through increased international collaborations.
- More research should be conducted on EMDR applications in infants and young age groups, with the integration of new topics such as emotion regulation.
- There is a need for additional studies evaluating the long-term effects and follow-up processes of EMDR.
- Considering that most existing research is conducted in Western countries, cross-cultural studies examining the efficacy of EMDR in different cultural contexts should be expanded.

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Competing interests: The authors declare that they have no competing interests.

Data Availability

All data relevant to this work are available within the article.

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