

Table 1

*Means and Standard Deviations for PTSD and BDI Scores before and after Six Sessions**

Treatment	Pre	Post
PTSD Scores		
PE	34.56 (8.06)	15.78** (9.16)
EMDR	26.58 (11.56)	9.10** (11.22)
BDI Scores		
PE	27.00 (10.84)	10.67** (3.13)
EMDR	17.20 (8.60)	5.50** (4.35)

Note. $n = 19$ (PE $n = 9$, EMDR $n = 10$). ** $p < .01$.

*Sessions included one for evaluation, two for preparation, and three active treatment sessions with PE or EMDR.