PREPARED TO HELP.
TRAINED TO HEAL.

Breaking the cycle of suffering.

Trauma Recovery
EMDR HUMANITARIAN ASSISTANCE PROGRAMS

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www.trauma-recovery.org
GET INVOLVED.

Make a connection to Trauma Recovery and make a difference in your community and around the world.

Award for Clinical Excellence

In 2011, ISTSS, the International Society for Traumatic Stress Studies, presented Vanessa Kelly, PsyD, and Trauma Recovery its Sarah Haley Memorial Award for Clinical Excellence. This award is given to a clinician or group of clinicians in direct service to traumatized individuals. This written and/or verbal communication to the field must exemplify the work of Sarah Haley.
for treating patients in groups. Trauma Recovery has also developed programs for trained volunteers to provide pre-clinical support for trauma victims. When teachers, spiritual leaders, nurses and other paraprofessional caregivers learn the skills to help stabilize trauma victims, even more people can be served.

Trauma Recovery partners with national and international agencies, both governmental and NGO’s, to build capacity for effective trauma treatment through training, direct service and research. Trauma Recovery is conducting projects in over 25 countries, with funding from foundations, governments, project partners and individual donors.

There are so many ways to help.

We don’t know when or where the next disaster will strike. But we know there will be underserved communities of victims who will need help to fully recover and return to their normal lives.

You can become a trained EMDR clinician. Or you can make a connection between our organization and your agency. To find out more about our training program and schedule, visit www.trauma-recovery.org or call us at (203) 288-4450.

You can also make a tax-deductible, cash contribution to Trauma Recovery. Your support allows Trauma Recovery to continue their effort training and supporting clinicians at non-profit agencies throughout the United States. In addition, these funds enable community outreach, program coordination, local training workshops and much, much more.

Trauma Recovery networks have responded to events such as the Boston Marathon bombing, Sandy Hook Elementary School, Hurricane Sandy, Aurora, CO, and tornadoes in Joplin, MO, and Tuscaloosa, AL.

Trauma has many faces. And it’s a growing problem.

The children who were afraid to go to school after a terrible shooting incident; the couple who lost everything in Hurricane Sandy; the mild-mannered soldier who returned home with uncontrollable rage; the new father who suffered sexual abuse as a child. Trauma can have a lasting effect on anyone who experiences significantly disturbing events or sudden loss.

In fact, trauma is the most widespread and socially costly mental health issue in many poor nations worldwide, as well as under-served parts of the developed world. Severe stress can overload our brain’s capacity to process information. Consequences of this overload include depression, anxiety, fear, guilt, addiction, violence, poor job performance and poor parenting. Repetitive trauma can lower resistance to future trauma. Effects can be passed from one generation to the next creating a culture of violence, distrust, and chronic underperformance.
EMDR therapy is both effective and efficient.

Twenty-five years ago, Dr. Francine Shapiro observed that eye movements can reduce the intensity of disturbing thoughts. Since then, EMDR therapy has evolved through the contributions of therapists and researchers from around the world. While research into EMDR therapy is ongoing, today a set of standardized protocols are in place to maximize positive outcomes.

EMDR, or Eye Movement Desensitization and Reprocessing, is an evidence-based therapy for trauma (Post Traumatic Stress Disorder) and has been used successfully to treat many other stress-related conditions from phobias to grief to phantom limb pain. No one knows exactly how EMDR therapy works, but it seems to affect the way the brain processes information.

For the traumatized person, certain moments become ‘frozen in time.’ When memories of such moments are triggered, all of the associated emotional intensity floods back. These powerful memories can be triggered by sights, sounds, smells, or places. EMDR therapy uses eye movement in association with traumatic memories to help the brain cope and reduce anxiety. EMDR therapy appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep.

As many as twenty independent, controlled studies have looked at the effects of EMDR therapy and consistently found it to be effective in decreasing or eliminating post traumatic stress in most clients. EMDR therapy is both an efficient and an effective treatment. To access references and research about EMDR therapy, please visit the EMDR International Association’s website at: www.emdria.org.

The best response strategy to any traumatic event is preparation.

Whether we are talking about traumatic events close to home or somewhere around the world, a large single event or multiple traumatic stressors over time, the best way to respond is by first being prepared. Trauma Recovery “trains the trainer”, who in turn prepares therapists and helps build communities ready to address the results of traumatic events.

It can be difficult for clinicians to learn a new treatment in the midst of a disaster, or when confronted by clients with complex and often extended trauma symptoms. At Trauma Recovery, we develop networks of trained clinicians—who then train other clinicians in their own community. For example, here in the United States we have trained more than 10,000 clinicians at non-profit agencies. Trauma Recovery trained 100 clinicians in India shortly before the great Gujarat earthquake of 2001. Over several months these clinicians professionally and efficiently treated more than 16,000 survivors. In the intervening years we have continued to train local and regional practitioners in EMDR therapy. There are now more than 500 clinicians in India, providing therapy and ongoing training. This exponential growth of locally-trained EMDR clinicians has created a strong network ready to respond when catastrophe strikes.

In developing countries as well as underserved parts of the developed world clinicians are often scarce, while incidence of trauma can be quite high. Several protocols have been developed.