

KNOWLEDGE TO HEAL...  
COMPASSION TO CARE.



**Trauma Recovery**  
EMDR HUMANITARIAN ASSISTANCE PROGRAMS

# ANNUAL REPORT 2020

July 1, 2019 - June 30, 2020





# MISSION STATEMENT

**To increase the capacity for effective treatment of psychological trauma in under-served communities anywhere in the world.**

Today our mission is reflected in:

- Training of clinicians in low-cost, in-person and virtual EMDR training workshops, and an expanding Distance Learning curriculum,
- A Trauma Recovery Network® (TRN®) comprised of hundreds of skilled volunteer clinicians prepared to serve their community in response to man-made or natural disasters,
- Focused international projects to establish sustainable, local EMDR training and treatment,
- Building treatment capability in developing countries worldwide.

## A MESSAGE OF THANKS

*Three Rules of Work: Out of clutter find simplicity. From discord find harmony. In the middle of difficulty lies opportunity.*

Albert Einstein

Fiscal 2020 seems a song, filled with high and low notes, tempos fast and slow, uplifting harmony and uncertain silences. Our community, united in the mission to heal trauma, managed to find harmony and opportunity amidst the pandemic and social discord. Together we celebrated each success and productively navigated loss and challenges.

## **Committed to Expanding Trauma Recovery**

While our 2020 was filled with challenges, the support of our community allowed Trauma Recovery/HAP to progress with the formation of new trainings and resources for therapists, new Trauma Recovery Networks, and the efforts of established local recovery from violence, hate and pandemic-related trauma at home and around the world.

Resilience and flexibility has enabled us to respond and evolve to meet our clinicians' needs for training, mentoring and resources. Our efforts could not have succeeded without the tireless commitment of our HAP community of clinicians, faculty and supporters. Together, our efforts healed trauma and restored people's hope. These challenging times have clearly demonstrated how vital the Board of Directors support is in navigating this ever-changing world. The Board has always been an integral support system to our initiatives.

On behalf of the Trauma Recovery/HAP Board of Directors and staff we wish to thank all those who supported Trauma Recovery/HAP's efforts throughout the year. Whether you serve through education, advocacy, crisis intervention or giving, the Board and staff are grateful for your unfailing generosity.

Sincerely,



Carol R. Martin  
Executive Director



William Stadtlander  
President Board of  
Directors

2,326  
individuals  
trained in  
EMDR therapy

Worked with  
74 agencies to  
host trainings

Delivered 81  
EMDR Part I  
and Part II  
trainings

# HIGHLIGHTS

- 2,326 individuals completed our EMDR Basic trainings from July 1, 2019 to June 30, 2020 through 78 in-person trainings and 3 virtual trainings. As of June 2020, after several months of suspended trainings to revamp our delivery method, we launched virtual Part I and Part II Basic EMDR trainings.
- In April 2020, Gary Quinn, MD, of The EMDR Institute of Israel worked with our faculty, consultants and TRN coordinators in a free, live session, training clinicians in a program he created on self-care during the pandemic.
- Established 14 new Trauma Recovery Networks (TRNs).
- In late summer 2019, The NorCal TRN experienced huge support in treating camp fire survivors, with 50 therapists working through the TRN. They treated over 500 fire survivors, documenting dramatic drops in IES-R scores among clients.
- In May 2020, the generous work of volunteer faculty and collaborators introduced a free Corona Response Package containing videos, tools and white paper instruction on tele-therapy best practices and treatment during Covid-19.
- We joined colleagues at the EMDR Asia conference held in January 2020, to support the launch of their “Faculty in Training” program to increase the number of local facilitators and trainers throughout Asia.

- The HAP supported mission to Puerto Rico, which began in 2018 with EMDR training in response to Hurricane Maria, reported over 1,000 Puerto Ricans had received pro-bono EMDR therapy from HAP trained volunteers.
- Trauma Recovery/HAP volunteers collaborated with Dr. Maldonado Pérez, a local Puerto Rican clinician trained by HAP, who created and implemented an award winning treatment program for suicide prevention, sexual abuse and gender violence. The program was incorporated into an Emotion Management Club in all of Puerto Rico's public schools.
- Sushma Mehrotra, Ph.D. clinical psychologist and consultant psychologist with over 30 years of experience, joined our Board of Directors.
- Rosalie Thomas, RN, Ph.D., and licensed psychologist became HAP's Senior Clinical Consultant.

## CHALLENGES

- We lost our founder Francine Shapiro, Ph.D. in August 2019. Her passing blew high the flames of passion for EMDR and treating trauma in the underserved in our community.
- As the pandemic surged, we were forced to cancel over 40 on-site training sessions in the second quarter, and began the process of adapting our operations and our faculty to virtual trainings.
- Training cancellations were a major shock to our operating income, requiring a detailed refinement of our operating cost structure.

Delivered 7  
trainings  
internationally,  
in 5 different  
countries

14 new  
Trauma  
Recovery  
Networks  
formed

Over 1,500  
active  
volunteers



# PROGRAMS & SERVICES

## EMDR Trainings

Trauma Recovery/HAP offers low cost basic EMDR training both on-site and in virtual, online classes for non-profit and public sector agencies.

We offer advanced training in Recent Traumatic Episode Protocol (R-TEP), Group Traumatic Episode Protocol (G-TEP), and Traumatology & Stabilization.

Our Distance Learning Curriculum features over 15 on-demand courses, including our newest program *Best Practices: Teletherapy EMDR* created to assist clinicians transitioning to online sessions due to the COVID-19 pandemic.

By June 2020, staff completed the monumental task of launching our trainings virtually for the first time in Trauma Recovery/HAP history.

## Volunteers

Trauma Recovery/HAP relies on over 1,500 volunteers to deliver our trainings in EMDR therapy worldwide. Volunteers are mental health professionals who generously give their time, expertise and passion to further the mission of Trauma Recovery/HAP.



## Trauma Recovery Network<sup>®</sup> - TRN<sup>®</sup>

Trauma Recovery Networks formed from the repeated need to bring mental health clinicians to the scene of natural and man-made disasters where serious psychological trauma afflicts survivors and first responders. Our TRNs serve their community through a comprehensive program of preparation, mitigation, rescue and response.

In FY2020, we established 14 new TRNs, for a total of 62 TRNs plus an additional 400 at-large TRN members. Through these networks, clinicians provide countless hours of pro bono mental health services.

### International

Since 2018, Trauma Recovery/HAP has supported reduced-cost Basic EMDR trainings, as well as the formation of TRNs, in other countries around the world. We provided training most recently in India, Sri Lanka, Singapore, Indonesia, and the Ukraine.



# OUR DONORS

*The success of our mission depends on the generosity of our donors. We are grateful for their continued support and willingness to give.*

## LEADERS | \$1,000 - \$2,999

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Lynn Buhler  
Louis Gitlin  
Carol & Hank Glaser  
Robert Grigore  
Maria Perez-Hedges  
Stephen Howard

Stephen Hyatt  
Kenneth Miller  
Kathleen Scott  
Robin Swain  
William Stadtlander  
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## SUSTAINERS | \$250 - \$999

Abigail Amundson  
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Monica Blum  
Sharon Brennan  
Bill Brislin  
Richard & Lucie Bourdon  
Douglas Brown  
Neal DeLaurentis  
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David Stringham  
Deborah Thomas  
Carol Vollrath  
Larry Welin  
Monica Wisco  
Janet Wright



# SUPPORTERS | \$100 - 249

Dominique Barritt-McBride

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Lawrence Compagnoni

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Naaman Lauderdale

Noreen Legare

Jennifer Lendl

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Jeff Martin

Michael & Gail McCormick

Andrew McLaren

Margaret Moore

Linda Newbill

Ceil Renaud

Jennifer Scanlon

Patricia Henry-Schneider

David Sherwood

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Christine Smith

Mary Jo Smrekar

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Kathryn Theobald

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Ann Waldon

James Randy Webb

Jan Wheeler

Judith Ulrich

Susan H Zeichner



# BENEFACTORS AND FOUNDATIONS

Cynthia Carr  
 Roberta Dunton  
 Maudie & Graham Ritchie  
 Larry & Susan Shrier  
 The Kathleen Brown Fund  
 Thomas H. Hamilton Foundation

# FINANCIAL HIGHLIGHTS

## INCOME:

Product sales	\$44,950
Program services	1,152,978
Program services-donated	3,158,970
Donations	1,101,193
Other	107,133

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<b>Total Income:</b>	<b>\$5,565,224</b>
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## EXPENSES:

Program costs	\$1,420,731
Program costs-donated	3,158,970
General, management	51,541

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<b>Total Expenses:</b>	<b>\$4,631,242</b>
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# HAP FACULTY MEMBERS

## EMDR Trainers:

George Abbott, Ph.D.  
William Brislin  
Leslie Brown  
Judy Cabeceiras  
Donald Degraffenried  
Rachel Erwin  
Rebecca Kase  
Cheryl Kenn  
Priscilla Marquis  
Claire Mauer  
Julie Miller  
April Minjarez

Peggy Moore  
Katy Murray  
Ted Olejnik  
Lori Pereira  
Alexandria Polles  
Betsy Prince  
Jan Schaad  
Deborah Silveria  
Jill Strunk  
Bernadette Talia  
Rosalie Thomas  
James Webbt

## EMDR Facilitators:

Lou Ann Baylock  
Kate Becker  
Christine Bergman  
Suzanne Borstein  
Marion Brown  
Andra Bruce  
Christeli Brunner  
Jenna Burton  
Lori Cao

Jennifer Cecil  
Lloyd Cloud  
Peg Correia  
Anastasia Doulis  
Stephanie Drieze  
Stacy Eggsware  
Kathy Eichelberger  
Susan Engel  
Holly Forman-Patel



## EMDR Facilitators continued:

Karen Forte  
Shelly Foster  
Joan Freeman  
Jonna Fries  
Laurie Furman  
Peggy Gale  
Cocoy Garcia  
Patty Giffin  
Andrea Goldberg  
Deborah Goodwin  
Ryan Grant  
Richard Greete  
Leanne Harper  
Reginald Harris  
Laura Henson  
Pennisue Hignell  
Marcia Holland  
Kyle Hood  
Kelly Hurley  
Jennifer Jones  
Josie Juhasz  
Amy Kahn  
Cheryl Kenn  
Rhonda Kildea  
Paula Krentzel  
Marjorie Lamphear  
Lisa Larosa-Salvi  
Candise Leininger  
Jennifer Lendl

Gretchen Leu  
Debra Littrell  
Roger Ludwig  
Barbara Lutz  
Tabatha Maiorano  
Isaac Manis  
Kyndel Marcroft  
Susan Marcus  
Mary Jo McHaney  
Reginald McRae  
April Minjarez  
Linda Mixon  
Alfredo Munoz  
Joset Munro  
Desiree Murray  
Elaine Nelson  
Mark Odland  
David Ogren  
Kelly O'Horo  
Elaine Ortman  
Linda Ouellette  
John Paradiso  
Carla Parola  
Hope Payson  
Merrill Powers  
Jarilen Preston  
Connie Pyburn  
Jesse Rappaport

## EMDR Facilitators continued:

Sheri Rezak-Irons  
Gemma Rivera  
Cheryl Rogers  
Rachel Rosa  
Julie Rosen  
Cherilyn Rowland  
Petrie Dorinna Ruh  
Kathleen Scott  
Herminia Shea-Martinez  
David Sherwood  
Elisabeth Slatt  
Sadie Smith

Elaine Soto  
Charlene Spears  
Melinda Sullivan  
Laurie Tetreault  
Rosalie Thomas  
Jorge Torres-Saenz  
Timothy Vermillion  
Cindy White  
Crystal Wildes  
Janet Wilson  
Monica Wiscot

## R-TEP/G-TEP Trainers:

Karen Alter-Reid  
William Brislin  
Maria Masciandaro

Regina Morrow Robinson  
Julia Russomanno

## R-TEP/G-TEP Facilitators:

Mary Jo McHaney  
Rebecca Rosenblumt

*\* These are names that were provided to us. We regularly update this list on our website.  
Please let us know if your name belongs on this list by emailing  
Anna Steel at [asteel@emdrhap.org](mailto:asteel@emdrhap.org).*

# HAP FACULTY MEMBERS

## International Trainers

Dr. Dushyant Bhadlikar  
Dr. Masaya Ichii  
Dr. Daeho Kim  
Dr. Jae Hyun Kim  
Dr. Jun Ki Kim  
Dr. Nam Hee Kim  
Dr. Seok Hyeon Kim  
Dr. Fang Li

Dr. Sushma Mehrotra  
Dr. Ann Parichawan  
Dr. Tri Iswardani Sadatun  
Dr. Atara Sivan  
Dr. Khadija Tahir  
Dr. Parul Tank  
Dr. Sombat Tapanya

## International Consultants

Dr. Dushyant Bhadlikar  
Ms. Hvovi Bhagwatwar  
Dr. Yulia Direzkia  
Dr. Deepak Gupta  
Ms. Vera Handojo  
Dr. Shamim Karim  
Ms. Connie Kristanto  
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Dr. Usha V Srivastava  
Mr. Nathanael Sumampouw  
Dr. Tri Swasono Hadi  
Dr. Parul Tank  
Dr. Linda Wan-Koh  
Dr. Matthew Woo



# TRAUMA RECOVERY NETWORKS

*The following Trauma Recovery Networks (TRNs) are established and committed to providing pro bono clinical therapy to individuals in their communities as of FY2020. There are also more than 400 at-large members throughout the U.S.*

Albuquerque Area, NM TRN	NorCal San Francisco TRN
Arizona TRN	Northeast Arkansas TRN
Atlanta GA Area TRN	Northern Arkansas TRN
Bay County Florida TRN	Northern Colorado TRN
Be the Change Global Wellness, WI TRN	Oakland East Bay TRN
Boise, ID TRN	Ohio, Northern Kentucky & Eastern Indiana TRN
Boston Area TRN	Ontario Canada TRN
Buckeye Trauma Response Network,	Orange County TRN
Columbus OH TRN	Orlando, FL TRN
Central Arkansas TRN	Pikes Peak Region CO TRN
Central Oregon TRN	Portland Metro TRN
Denver Colorado TRN	PR, Vieques & Culebra TRN
Florida Keys TRN	Riverside County TRN
Frederick, MD TRN	Rockland County TRN
Greater Chicago, IL TRN	Roseburg OR Area TRN
Greater Hartford CT TRN	San Diego TRN
Greater New Haven CT TRN	Santa Barbara County TRN
Greater San Juan TRN	Southeast Florida TRN
Greater St. Louis, MO TRN	Southeastern CT TRN
Heart of Texas TRN	Southern Nevada TRN
Heartland Kansas TRN	Southern New Hampshire TRN
Houston TX TRN	Southwest Washington TRN
Indiana TRN	Tallahassee, FL Area TRN
Litchfield County CT TRN	TC Metro TRN
Long Island NY TRN	Tennessee TRN
Louisiana TRN	Triangle Area NC TRN
Louisville Metro KY TRN	Ukraine TRN
Minneapolis TRN	Vermont TRN
MI-Tri County TRN	Westchester County TRN
New York City TRN	Western Mass TRN
NorCal Sacramento TRN	Western New York TRN
	Western Washington TRN

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- Carol Martin, *Executive Director*
- Neal DeLaurenti, *Deputy Director*
- Donald F. deGraffenried, *Program & Community Development*
- Elaine Howard, *Training Coordinator*
- Stephanie Lohret, *Administration, Training Team*
- Anna Steel, *Administrative Associate*





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