

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 Stadlander  
President Board of  
Directors

# HIGHLIGHTS

2,326  
individuals  
trained in  
EMDR therapy

Worked with  
74 agencies to  
host trainings

Delivered 81  
EMDR Part I  
and Part II  
trainings

- 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 teletherapy 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.

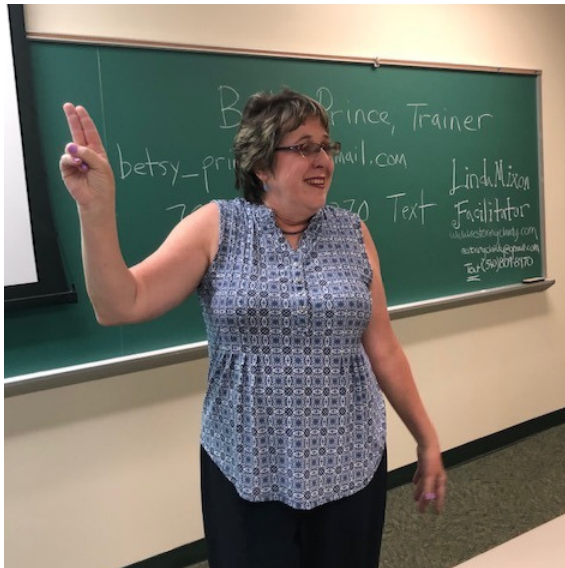
## CHALLENGES

- 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

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

Stephen Hyatt  
Kenneth Miller  
Kathleen Scott  
Robin Swain  
William Stadtlander  
Jamie Vavaroutsos

## SUSTAINERS | \$250 - \$999

Abigail Amundson  
Barbara Ellen Andrews  
Lisa Bellecci  
Monica Blum  
Sharon Brennan  
Bill Brislin  
Richard & Lucie Bourdon  
Douglas Brown  
Neal DeLaurentis  
Network for Good  
Eva Flood  
Virginia Fullarton  
Greg Garavanian  
Sharon Grant  
Lisa Handler  
Karen Harber  
Rachel Kraft

Reverend Kathryn R. Leclere  
Howard Z. Lorber  
Terran Olson  
Barbara A. Parrett  
Elizabeth Prete  
Howard Reitman  
Zona Scheiner  
Marie M. Shaw  
Karen Stacey  
Christina Stimmann  
Melanie Stoudt  
David Stringham  
Deborah Thomas  
Carol Vollrath  
Larry Welin  
Monica Wisco  
Janet Wright



# SUPPORTERS | \$100 - 249

Dominique Barritt-McBride

A. Kate Becker

Wendy Buchanan

John Cardinali

Sandra Clark

Lawrence Compagnoni

Kathleen Corbett

Gayle Cordes

Doug & Joan Cybela

Brian Deal

Elizabeth Deal

Elizabeth A. Duddy Navaretta

Cynthia Edwards

Marc Eichelberger

Robert Gelbach

Irene Giessl

Dailey Grainger

Judith Greenberger

Brian Gong

Jaclyn Hagl

Helen Hill

Flo Holt

Ruth Hooper

Timothy Hull

Angella Jernigan

Sheila Jewett

Rhonda Kekela

Frances Klaff

Dustin Klare

Deborah Korn

Naaman Lauderdale

Noreen Legare

Jennifer Lendl

Kathleen Lewandowski

Rebecca Lieberman

Colette Linnihan

Priscilla Lippincott

Carol Martin

Jeff Martin

Michael & Gail McCormick

Andrew McLaren

Margaret Moore

Linda Newbill

Ceil Renaud

Jennifer Scanlon

Patricia Henry-Schneider

David Sherwood

Jocelyne Shiromoto

Christine Smith

Mary Jo Smrekar

Sierra Foothills Chapter of CAMFT

Elaine Soto

Jennifer Tattersall

Kathryn Theobald

David C Wade

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

---

**Total Income:** **\$5,565,224**

## EXPENSES:

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

---

**Total Expenses:** **\$4,631,242**



# 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	Gretchen Leu
Shelly Foster	Debra Littrell
Joan Freeman	Roger Ludwig
Jonna Fries	Barbara Lutz
Laurie Furman	Tabatha Maiorano
Peggy Gale	Isaac Manis
Cocoy Garcia	Kyndel Marcroft
Patty Giffin	Susan Marcus
Andrea Goldberg	Mary Jo McHaney
Deborah Goodwin	Reginald McRae
Ryan Grant	April Minjarez
Richard Greete	Linda Mixon
Leanne Harper	Alfredo Munoz
Reginald Harris	Joset Munro
Laura Henson	Desiree Murray
Pennisue Hignell	Elaine Nelson
Marcia Holland	Mark Odland
Kyle Hood	David Ogren
Kelly Hurley	Kelly O'Horo
Jennifer Jones	Elaine Ortman
Josie Juhasz	Linda Ouellette
Amy Kahn	John Paradiso
Cheryl Kenn	Carla Parola
Rhonda Kildea	Hope Payson
Paula Krentzel	Merrill Powers
Marjorie Lamphear	Jarilen Preston
Lisa Larosa-Salvi	Connie Pyburn
Candise Leininger	Jesse Rappaport
Jennifer Lendl	



## **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 Direzka  
Dr. Deepak Gupta  
Ms. Vera Handojo  
Dr. Shamim Karim  
Ms. Connie Kristanto  
Dr. Sushma Mehrotra  
Ms. Nithya Mohan  
Dr. Chitra Munshi

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



# BOARD OF DIRECTORS & STAFF

## Board of Directors

- William Stadtlander, President
- Susan Shrier, Vice President
- Roberta Dunton, Treasurer
- Carolyn McNally, Secretary
- Cynthia Carr
- Howard Lorber
- Brian Gong
- Kenneth Miller
- Sushma Mehrotra

## Staff

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



KNOWLEDGE TO HEAL...  
COMPASSION TO CARE.



# Trauma Recovery

EMDR HUMANITARIAN ASSISTANCE PROGRAMS

2911 Dixwell Avenue, Ste. 201  
Hamden, CT 06518

Phone: (203) 288-4450  
info@emdrhap.org

[www.emdrhap.org](http://www.emdrhap.org)