



Break the cycle of suffering.

After a disaster, the effects of exposure to emotional trauma can linger and interfere with a person's ability to return to normal life. Brief EMDR treatments can help to alleviate common symptoms, such as:

- Sleep disturbance
- Mood swings
- Anxiety
- Anger outbursts
- Depression
- Flashback of a crisis
- Disturbing dreams
- Lack of energy
- Lack of concentration
- Irritability
- Family conflict
- Fearfulness
- Difficulty focusing
- Confusion
- Easily distracted
- Overuse of medication
- Physiological signs of stress
- Impaired ability to work
- Feeling of being "spaced out"
- Increased use of alcohol or drugs
- Increase of other addictive behaviors
- Feeling of "nothing is the same"
- Intrusive memories of trauma
- Avoidance of reminders of the events

Get involved.

To join our local TRN chapter, please register as a Trauma Recovery Volunteer by contacting:

Trauma Recovery Network (TRN)



2911 Dixwell Avenue, Suite 201
Hamden, CT 06518
Phone: (203) 288-4450
Fax: (203) 288-4060

www.emdrhap.org



An integral part of our local emergency response plan.



No community is immune from trauma or the potential for a catastrophic event.

When disaster strikes, the effect on a community and its inhabitants is profound and a variety of responses are needed to address the hardship and suffering. First responders and local organizations deal with the most immediate physical needs of the community. The mental health needs, however, are often neglected.

A team of Trauma Recovery Network clinicians can work as an integral part of local emergency response. Comprised of local EMDR clinicians, at least one EMDRIA approved consultant, and a TRN coordinator, this team can effectively respond to trauma and provide mental health support in times of crisis.

Our TRN is available to respond to the mental health needs of this community after events such as:

- natural disasters
- man-made disasters
- widespread violence.



Why a TRN Chapter?

A Trauma Recovery Network is a local team of EMDR psychotherapists who volunteer to serve their community in times of great uncertainty and need. TRNs are organized and participants are trained before a disaster occurs.

Each TRN is linked to a national network of TRNs. While the national network of TRNs shares information and a common vision, each local TRN is tailored to meet the unique needs of their own community. Trauma Recovery, Inc.'s non-profit organizational stratus provides domestic and international structure, as well as essential guidance and support to local chapters in the form of:

- Training and associated educational materials
- Facilitate communication with local emergency management officials
- Serve as a central hub for information, feedback and assistance
- Provide homepage linkage, web support, and email through www.trauma-recovery.org

EMDR therapy is both effective and efficient.

In 1989, Dr. Francine Shapiro reported 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 on-going, 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 EMDR therapy appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep.



EMDR is endorsed by:

- American Psychiatric Association
- Department of Veterans Affairs
- Department of Defense
- World Health Organization
- U.S. Substance Abuse and Mental Health Services Administration