

NorCal TRN

Mission:

We are committed to strengthening and supporting Nor Cal communities after a natural or man-made disaster by offering EMDR therapy for post-traumatic stress. Our highly skilled team of volunteer EMDR therapists will provide up to 5 pro-bono EMDR sessions at no charge to affected community members, first responders, and healthcare workers

Region served:

Greater Sacramento and Foothills, Chico and Redding, San Francisco Bay Regions.

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Break the cycle of suffering.

After a disaster or a violent crime, 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 alleviate common symptoms, such as:

- Sleep disturbance
- Mood swings
- Anxiety
- Anger outbursts
- Depression
- Flashback of a crisis
- Disturbing dreams
- Impaired ability to work
- Increased use of alcohol or drugs
- Avoidance of reminders of the event(s)

Get Involved

To join a local TRN[®] association, please register as a Trauma Recovery/HAP Volunteer on our website. If you are interested in forming a new local association within your community please contact our office.

Contact Us

Main Office: 2911 Dixwell Ave.,
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www.emdrhap.org

Trauma Recovery Network[®]

PREPARED TO HELP. TRAINED TO HEAL.



An effective response to local trauma
using EMDR therapy.

KNOWLEDGE TO HEAL...
COMPASSION TO CARE.


Trauma Recovery
EMDR HUMANITARIAN ASSISTANCE PROGRAMS

Be Prepared When Tragedy Strikes

We never know where or in what form tragedy will strike. Be it a natural disaster or a violent crime, the effect on a community and its inhabitants is profound.

After a disaster, first responders and local organizations deal with the most immediate physical needs of the community. The mental health needs, however, are often neglected.

Trauma Recovery, EMDR Humanitarian Assistance Programs (Trauma Recovery/HAP) was founded over 25 years ago, in the wake of the devastating bombing in Oklahoma City, to increase the capacity for effective treatment of psychological trauma for underserved populations throughout this country and other parts of the world.

The Trauma Recovery Network (TRN) is comprised of local groups of volunteers called associations, overseen nationally by Trauma Recovery/HAP. Each volunteer can serve as an integral part of a local emergency response. Comprised of local EMDR clinicians; an association can effectively respond to trauma and provide pro bono mental health support in times of crisis.

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

- *Natural disasters*
- *Man-made disasters*
- *Homicide & violent crimes*



Why the Trauma Recovery Network?

A local TRN association is comprised of EMDR psychotherapists volunteering to serve their community in times of great uncertainty and need. These volunteers are organized and trained before a disaster occurs. As a part of Trauma Recovery/HAP, local associations can host and participate in additional trainings, specialty trainings and offer pro bono assistance to those in need. Each local team is a part of our national network.

While the national network shares information and a common vision, each local team is tailored to meet the unique needs of their community. Trauma Recovery/HAP's nonprofit status provides domestic and international structure, as well as essential guidance and support to local groups by:

- Providing training & associated educational materials
- Facilitating communication with local emergency management officials
- Serving as a central hub for information, feedback & assistance
- Providing custom websites & email through Trauma Recovery/HAP

EMDR Therapy is effective, efficient and research validated.

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. EMDR therapy is innovative and 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

TRN disaster response examples:

- Parkland School Shooting – Parkland, FL
- 2017 Las Vegas Shooting – Las Vegas, NV
- Hurricane Maria – Puerto Rico
- Hurricane Michael - Florida Panhandle
- California Wild Fires - Paradise, CA
- Survivors of Violent Crimes – New Haven, CT

