

## EMDR Humanitarian Assistance Programs (HAP)

## Fairfield County Trauma Recovery Network (TRN)



**The HAP Fairfield TRN** is a team of Fairfield County licensed, seasoned trauma therapists, trained in EMDR treatment and disaster response.

Your Fairfield County TRN is here to serve the community in the following ways:

**\*Local Disaster:** Screen clients, provide trauma treatment sessions and arrange for continued care as needed.

**\*Our Primary Function:** To serve first responders and to provide them with trauma treatment care: Fire, Police, EMS, Mental Health Clinicians, Teachers, Clergy and Town Government Officials.

**\*Disaster Elsewhere:** Send individuals or teams to disaster stricken location, coordinate efforts with HAP and work with other TRNs on the scene.

**\*Public Education:** Outreach to clinical agencies, vulnerable populations, first-responders and others about trauma and treatment.

**\*Local Networking:** Outreach to local emergency management organizations and participate with the Emergency Services Network.

**\*TRN Networking:** Coordinate with other TRNs nationally to share best practices.

## EMDR THERAPY AND INTERVENTION FOLLOWING TRAUMATIC EVENTS

- In Newtown/Sandy Hook, The HAP Fairfield County Trauma Recovery Network of EMDR clinicians has been providing treatment and training to mental health clinicians, families, teachers, and first responders directly impacted by the shooting.
- To date, EMDR (Eye Movement Desensitization and Reprocessing) has helped millions of people of all ages relieve many types of psychological stress.
- The sooner one can provide treatment after a trauma, the better and more quickly one can resume optimal functioning. Prevents future problems with concentration, behavioral and emotional regulation, unexplained physical symptoms, isolation, and excessive guilt.
- Secondary symptoms often develop after a trauma because of high levels of anxiety and uncertainty. Compared to other forms of treatment, -e.g. trauma-focused cognitive behavioral therapy which tend to be very context-specific - EMDR helps to generalize treatment gains to other situations, requires no homework, is thorough, brief, and clients continue to get better beyond the treatment period.
- EMDR is recommended by many professional organizations, i.e. SAMHSA's National Registry of Evidence-based Programs and Practices, Department of Veterans Affairs & Department of Defense, Israeli National Council for Mental Health, the World Health Organization along with many others. Please see attached materials.
- Research has shown that post-trauma symptoms are significantly reduced with immediate treatment. TRN clinicians are trained by HAP in emergency early intervention protocols. This helps to build resiliency and can buffer against later development of PTSD symptoms.

### Fairfield County TRN Clinicians

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