



2020 EMDR Asia Conference – Humanitarian Aid and Trainer Training Initiatives

The theme of 2020 EMDR Asia, held in Bangkok, Thailand January 3 – 8th, was Empowering EMDR Asia: Reaching the Unreached. Empowering Asia's EMDR trained clinicians through shared knowledge was evident in both the educational content and the introduction of **Trauma Recovery/Asia**, a collaborative initiative with Trauma Recovery/HAP, focused on humanitarian aid through local clinicians, and a Trainer Training orientation to build standardized, accredited local training capacity.

The Case for Trauma Recovery/Asia and TRNs

Trauma Recovery's Carol Martin delivered a keynote speech to conference delegates celebrating Trauma Recovery/HAP's decade's long relationship with EMDR Asia, and HAP's commitment to supporting Trauma Recovery/Asia as it strives to reach the Unreached.

In her remarks, Martin shared lessons learned by HAP over years of EMDR training missions during both disaster recovery and non-crisis periods. She pointed out the difficulty, cost and fragile stability of training to build EMDR treatment capacity in the wake of disaster. She stressed the importance of building a local network of EMDR trained mental health professionals, and continuous training at the community level. These Trauma Recovery Networks (TRNs) create sustainable resilience and capacity to treat community-based trauma. Case studies from Asia and around the world illustrated that the TRN model, in collaboration with an organized local agency, has proven effective to reach under-served communities, and ensure continuous treatment, post-disaster. Martin concluded her remarks with a pledge from Trauma Recovery/HAP to continue providing technical and resource support to Trauma Recovery/Asia as it works to establish formal TRNs in Asia and to build the ranks of Asia training Faculty.



It is with pleasure we welcome Dr. Mehrotra, and Trauma Recovery/Asia leadership Mrinalini Purandare, Parul Tank, Shaheen Islam, Tri Iswardani, Janet Nethisinghe, as well as Indira Weerasinghe and the volunteers from **Trauma Recovery/Asia-India** Chintan Naik, Sukanya Ray Seema Hingorrany, Mary Mathew, Swetha Chincholkar, Hvovi Bhagwagar, Deepti Khemchandani, Sophia Peermohideen, Gincy Mathew, Tanvi Damle, Adithy, Lisha Chheda,

Harshika Jhaveri, Bijal thakker , Dr. Sharmila Banwat, Dhanya.V.S Seema DaghaSnehaJanaki Ramesh, Sheena Kalia , Ana Khan, SATHEESAKUMARAN NAIR, Sonali Deepak, Tanksale Kshitija Sawant Rakshanda Inam, Dr. Shazya Rashid, Stella Bhagwat, Aparna Jain, Dr Sr Agnes Anthony, Enakshi kapur, Seema Hingorrany, Pooja Gala, Nikita M Pinto, Sujatha Abraham, Syam K , Ravindran, Neerja Thergaonkar, Rebecca Davidar, Lakshmi Shankar, Saloni Sawnani, Namrata Joshi Aruna Chakravorty, Mrinalini Purandare, Usha Verma Srivastava, Harini Iyer, Vaishnavi Trivedi, karishma shah, Sushmitha Philipose, Dr Sreelal Aravindan, Lisha Chheda, Shalini Anant, Jenny Jacob Gandhi, Chilton George Fernandez, Dr. Jomon KJ, Dr Neerja Thergaonkar, Tripti Choudhary Vaid, Gayitiri Bhatt, Kshitija Sawant, Dr Sandheesh, Anupriya Das Singh, Deepti Gurav, Riya Jacob, SHARIKKA SHAM, Nithya Hariya Mohan, Marilyn Correa, Rupa ChaubalDhruvita Mehta, Kruti Shah, Priya Vaidya, Pallavi Belkheda, Chitra Munshi, Deepak Gupta and

Trauma Recovery/Asia-Bangladesh;

Shaheen Islam (Coordinator, TRN/HAP Bangladesh), Professor Shamim .F Karim, (President, EMDR Bangladesh), Mahjabeen Haque, Salim Chowdhury, Moqsud Malaque, Arifen J. Upama, Irfana Samia, Sabrina Mahmud, Fayaza Ahmed, Rezina Parvin, Naima Akter, Umme Kawser, Maksuda Begum, Dr. Rahena Begum, Goutam Karmaker, Busra Mahmuda, Md. Rakibul Hasan Mahin, Kohinure Begum, Farhana Ahmed Farhin, Khadiza Akter, Nuzhat Rahman, Anis Tarana, Saleh Siddique, Dr. Farzana Islam, and

Trauma Recovery/Asia-Sri Lanka volunteers:

Rev. Sr. Janet Nethisinghe, Ms. Indira Weerasinghe , Ms. Navindra Fernando, Dr. Kanthi Hettigoda, Mr. Navneth Mendis, Ms. Jananee Chandramohan , Ms. Sutharsshini Ramesh, Ms. Ushanandhini Mohanraj, Ms. Kushlani Munasinghe , Dr. Chamari Palika Ranasinghe, Ms. Joanne Senn, Rev. Fr. Dilanka Perera, Ms. Shiromi Fernando, Ms. Rekha Aththidiye

We realize this list incomplete. We look forward to recognizing members of Trauma Recovery Asia as we hear from them.

Thank you.



Building a Strong Foundation for Future Networks

To achieve its goal of uniform, quality EMDR trauma treatment, EMDR Asia's Training, Accreditation and Standards Committee launched a robust effort to train new EMDR trainers and consultants at the conference. Chaired by Sushma Mehrotra, Founder and past president of EMDR Asia, the committee welcomed eighteen Trainer candidates to a two-day orientation on EMDR Asia Trainer Training. Candidates

came from across Asia; including Bangladesh, Cambodia, Hong Kong, India, Indonesia, Sri Lanka, and Thailand.

This Trainer training is a step towards instilling EMDR therapy basic standards and uniform quality for future EMDR Basic training workshops in the region. Dr. Mehrotra stated the committee hopes, "EMDR Therapy Basic Trainings in Asia will be a collaborative effort for the standardizing of trainings and to accomplish the process of accreditation and certification for the Asian EMDR practitioners, consultants and trainers."

Once trained and certified, these trainers will nurture the base of EMDR trained mental health professionals in their home countries and plant the seeds for future TRNs. The Trainer Training process is based on criteria from Trauma Recovery/HAP trainers, and is being conducted by using EMDR Institute Manuals. While postponed during the pandemic, the training will resume under coordination by EMDR Asia's Training, Accreditation and Standards Committee, under the guidance of Trauma Recovery/HAP and Trauma Aid Europe.