30th ANNIVERSARY | Trauma Recovery EMDR HUMANITARIAN ASSISTANCE PROGRAMS®

Our Mission

To increase the capacity for effective treatment of psychological trauma in underserved communities anywhere in the world.

Today, that mission is reflected in:

- Hundreds of low-cost training workshops and expanding online curriculum
- Educational outreach and advanced training
- Preparation of clinicians and online infrastructure for the Trauma Recovery Network®
- Focused national and international projects to establish sustainable EMDR
- Efforts to strengthen treatment capacity in developing countries
- Collaboration with researchers to share knowledge and findings worldwide

Our Vision

To empower every individual affected by trauma to heal, thrive, and build lasting resilience through connection, evidence-based care, and human compassion — leading a global movement for lasting change.

Our Values

- Excellence: evidence based, quality, professional, consistent
- Humility: to lead with curiosity & to be open to other perspectives and experiences.
- Compassion: kindness & empathy
- Integrity: trust, honesty, & transparency
- Community: collaboration & bridge building

Our Culture

- We support one another while maintaining healthy boundaries.
- We approach each other with trust and assume positive intent.
- We believe it's possible to have fun while working hard and addressing challenging topics.
- We prioritize self-care, understanding that we must tend to our own well-being in order to effectively support others.