



## Together We Have Healed Trauma

Bessel Vander Kolk said, “hurt people, hurt people”. Our mission is to help clinicians heal hurt people with EMDR therapy. Throughout 2019, Trauma Recovery, EMDR Humanitarian Assistance Programs (HAP) has worked with many of you in numerous training sessions and TRN@s pro bono relief efforts to heal trauma’s

victims, and stop the cycle of hurting. Trainers, facilitators, consultants and clinicians have met in trainings across the United States and the globe to train in EMDR therapy and relieve trauma suffering. Together we have increased worldwide capacity to treat trauma, built community resilience and helped victims recover. EMDR clients say:

“I could not go back to school without extreme anguish and pain, then after we started I got through a whole Monday,” – **Mass Shooting Survivor**

“After the latest EMDR session, my reprocessing continued and I was able to resolve my blocked memories of my abuser, and have resolutions.” – **Sexual Abuse Survivor**

“It was a life changing experience but not in a negative way. I have learned so many lessons about myself and realized I can handle more than I thought I could. ... I am strong. I can find peace in the midst of chaos, the fire did not beat me, I beat it”. – **Camp Fire Survivor**

### Trauma Isn’t Planned, Can We Afford to Wait?

Many clinicians who’ve considered training in EMDR with Trauma Recovery, EMDR Humanitarian Assistance Programs have told us they delayed training, joining a TRN or supporting Trauma Recovery because it seemed like a lot of work, a commitment, and something they could put off. There was no urgent need. After witnessing the

devastating impact of trauma in their own community from man-made violence, natural disaster or working with victims of PTSD, they got involved. All wish they’d had the knowledge and experience with EMDR to treat PTSD and trauma and before disaster struck.



## Join Our Annual Appeal Today

Individuals experience traumatic events without warning, whether a house fire, sexual violence, or a hurricane. We cannot wait to build local treatment capacity. We've begun our 2019 Annual Appeal with [#GivingTuesday](#) and a [2-1 matching campaign](#). We need your support now to aid trauma victims in underserved communities. Whether you serve through financial giving, education, advocacy, or crisis intervention, your dedication and generosity are critical. Please help by mailing in a small gift or going to the website ([www.emdrhap.org](http://www.emdrhap.org)) and clicking the [DONATE button](#) in the top right corner. Your check or credit card contribution helps Trauma Recovery/HAPs team train clinicians and support the worldwide networks helping devastated trauma survivors recover. Together we can heal trauma. A client expressed it best:

"I think that having EMDR in every community is an absolute necessity to get people back to life and healing and being happy." -- **Mass Gun Violence Survivor**

[Won't you join our Annual Appeal today?](#)

