



EMDR therapy is at the heart of my practice.

An interview with Betsy Prince, L.C.S.W.

Betsy Prince, L.C.S.W., was introduced to EMDR therapy while working at a nonprofit agency in New Jersey. “I was a year out of graduate school” Betsy shared, “and everyone in this particular organization was trained in EMDR therapy. I remember thinking that this was the most amazing process I’d ever seen. EMDR therapy was not a treatment covered in my graduate studies, so this was my first exposure and it made an incredible impact on me.”

“The first agency specialized in helping survivors of child abuse. My first impression of EMDR therapy was how amazing it would be to quickly help people in emotional pain heal from their past. EMDR therapy just seemed to have all the pieces of a model that would work for these patients,” Betsy said.

“I thought EMDR therapy was the most extraordinary process, so when I went into private practice, I sought out EMDR consultation for about 5 years. It is very powerful to see people healing and growing as a result

of EMDR therapy, and so I slowly built my practice around an EMDR therapy focus,” said Betsy.

“Those therapy successes inspired me to participate in multiple specialty trainings offered around the country. I attend the EMDRIA conference each year. Following the tragedy of 09/11/2001, I co-founded the New Jersey Trauma Recovery Network and we worked together with Trauma Recovery/HAP to organize it. Although we were small then, I’m proud to say that we were able to offer help to some of the 9/11 victim’s families.”

Betsy is an EMDRIA Approved Consultant, now works for the EMDR Institute as a Facilitator, is a Trainer for Trauma Recovery/HAP and is one of two Executive Trainers for EMDR R-TEP (Recent Traumatic Episode Protocol). She is also one of the four Regional Coordinators in NJ, along with Sheila Bender, Victoria Britt, and Maria Masciandro. Betsy is very committed to EMDR therapy as a treatment modality.

Betsy continues, “I went through my train-the-trainer sessions in 2012. I remember so clearly what an amazing experience it was to learn with Dr. Francine Shapiro. We were each given a different assignment to teach to Dr. Shapiro, and the excitement of teaching EMDR therapy back to Dr. Shapiro was a very special & transformative experience. We were given suggestions and course corrections along the way so we could improve our skills. Currently, Deany Laliotis has taken over the train-the-trainers program. I value Deany’s expertise and although she has big shoes to fill, she does an outstanding job and Trauma Recovery/HAP is lucky to have her!”

“Beyond the classes,” Betsy recalls, “I gained so much from the other therapists in our training group. We had lots of time together to study, talk, and share information. It was an awesome experience to be with other EMDR therapists who were generous and focused. Every one of us just wants to help as many people as possible.”

In her role as a Trauma Recovery/HAP Trainer, Betsy states, “Our training classes are typically on the smaller side. Some attendees are a little skeptical, but most are simply eager to learn a new comprehensive therapy to help their clients. People are always impressed that our trainers and facilitators are volunteers, and that we believe in EMDR therapy so much that we will give our

time to help others learn. Some are surprised that I've been specializing in EMDR therapy for 18 years because the process is all so new to them. It has been my experience that by the end of the second day, when the class has had a chance to process one of their own memories, everyone is fully onboard and impressed with EMDR therapy. It can truly be a 'WOW' moment. It is great to see this reaction in both our attendees that have had years of experience as therapists and those who are very newly trained therapists.

"Additionally, each of our trainings has its own personality and meaning. I get to meet amazing therapists wherever I go. When we taught in Canada, the people were so warm and welcoming. In Pensacola FL, we taught therapists who work with military families. And in Arizona, the agency we trained, worked in the Native American community. Each training environment is unique, with different needs, participants, and character, but the outcomes are the same."

When asked why she gives so much time and money, Betsy didn't hesitate, "First of all, I'm impressed by all the work that goes into the fidelity of the training. In my training and in the trainings I participate in, there's a great deal of effort in making sure we train according to Dr. Francine Shapiro's model. Then there's all the good that comes from it. As a single therapist, I can only see one patient at a time. But when I train 18 new EMDR therapists, I feel like I'm helping to make the world a better place! And because we train at many agencies that treat under-served communities, clients are getting help that would otherwise have no access to EMDR therapy."

"As a volunteer, I do not receive any money for what I do," Betsy concludes, "but truly, my experiences are so profound, I feel blessed to be part of the team to teach EMDR therapy around the country."