

OUR MISSION

Our mission is three-fold:

Develop and maintain an organized and well-prepared county-wide referral network of licensed, EMDR trained clinicians available to provide assistance during any natural or man-made disaster affecting the Westchester County community.

Provide training and information to the Westchester community and leadership about the psychological effects of trauma and the benefits of early EMDR interventions to prevent PTSD and restore psychological well-being.

Coordinate with local First Responder Organizations and Emergency Response Teams to provide post-trauma support.

WHAT IS A TRAUMA RECOVERY NETWORK?

Nearly every year, community emergencies strike localities and whole regions, with attendant property damage, injury and loss of life. Among the serious harms resulting from these events is psychological trauma, affecting both survivors and the emergency responders who come to their aid.

Trauma Recovery Networks (TRNs) emerged at the time of the 1995 terrorist bombing of the Oklahoma City Federal Building. Since then, disasters such as 9/11 and Hurricanes Katrina and Rita have inspired TRNs to develop nationwide.

Trauma Recovery Networks have responded to community crises across the country. TRN teams have assisted communities with pro bono psychological support following the Columbine School shootings, Hurricane Sandy, the Sandy Hook Elementary School shootings, the Boston Marathon bombing, the Arizona and San Diego wildfires, and the Orlando Nightclub shootings.

WESTCHESTER COUNTY TRAUMA RECOVERY NETWORK

PHONE: 914-775-8446

**Email: westchestertrn@emdrhap
Website: www.trnwestchester.org**

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WHO WE ARE

The Westchester County Trauma Recovery Network (Westchester TRN) is a volunteer association affiliated with our nationwide umbrella organization, the EMDRIA Humanitarian Assistance Programs (EMDRIA HAP). We are a community of licensed, EMDR trained professionals devoted to preventing PTSD and other psychological effects of trauma caused by man-made or natural disasters affecting the Westchester County community.

HOW WE SERVE OUR COMMUNITY

- Provide referrals for short term no-cost EMDR treatment and, if needed, referrals for longer term treatment
- Educate the community about the effects of trauma and the importance of early treatment
- Collaborate with local First Responder organizations and Emergency Response teams
- Provide First Responders with post-trauma support

WHAT IS EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a type of psychotherapy that provides effective and rapid treatment of trauma. Research has consistently shown that early EMDR intervention can alleviate suffering from post-traumatic symptoms. EMDR is designated as an effective treatment by the American Psychiatric Association, the World Health Organization (WHO), the U.S. Department of Veterans Affairs and Department of Defense, the U.S. Department of Health and Human Services (HHS) and many other international health agencies. Early treatment with EMDR has been proven to greatly reduce the emotional, physical, and social distress associated with trauma. Left untreated, these symptoms may intensify and contribute to further problems in one’s daily life. EMDR therapy has been found to improve coping and resilience, reduce the likelihood of longer-term damage, and promote relief and healing.

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## SYMPTOMS OF TRAUMA THAT CAN BE REDUCED OR ELIMINATED

- Feeling anxious, keyed up, on edge, or fatigued
- Sleep problems / nightmares
- Angry outbursts or aggression
- Panic attacks
- Depression
- Poor concentration or focus
- Feelings of guilt
- On constant alert for danger
- Feeling emotionally numb
- Flashbacks – reliving the trauma as if it were happening again
- Having unwanted thoughts about the event
- Staying away from people, places or activities that are reminders of the event
- Being easily startled
- Isolating from friends, family, and colleagues
- Increased drug or alcohol use
- Difficulty functioning at work, school, or in relationships

