



## Trauma Recovery for Nepal: First Training Efforts

After nearly a year of planning with EMDR Asia's president, Dr. Sushma Mehrotra, our Trauma Recovery for Nepal efforts have begun with the first EMDR therapy training of our ongoing project. The training was held in Kathmandu on June 1<sup>st</sup> through June 5<sup>th</sup>. The team was led by Dr. Parul Tank of EMDR Asia. It was comprised of EMDR therapy trained clinicians from India and Nepal. The World Health Organization and Transcultural Psychosocial Organization Nepal (TPO Nepal) have collaborated with our organizations, providing ground support such as a training location, food and communication with the prospective attendees.

On the first day of training, 38 participants attended a one-day workshop in Psychotraumatology and Stabilization. The attendees were paraprofessionals who are health workers. They came from various districts of Nepal and work actively with trauma victims. The participants were trained in stabilization exercises without Bilateral Stimulation. They learned how to identify individuals suffering from severe trauma who would need referrals to an EMDR therapy-trained clinician. Our team will connect the paraprofessionals with the participants of the EMDR Therapy Basic Training Part 1.

On days 2 - 5, the training team provided EMDR therapy training to 13 psychiatrists and 22 psychologists, who work with trauma victims in different regions throughout Nepal. The training was done in English

with the Trauma Recovery/HAP Part 1 Manual and Asian incidents used as examples. One participant was a leader within the Psychiatric Association of Nepal, the group that originally requested the training in response to the earthquake. He stated that the team was "brilliant and very knowledgeable". One member from the team particularly endeared himself with participants by picking up the dialect and quickly memorizing all of the participants' names. Most importantly, participants were enthusiastic, motivated and feel better qualified to provide EMDR therapy to those suffering in the wake of last year's tragedy. The team will begin Skype consultation the last week of July. Participants are expected to complete four sessions before the next training, anticipated to be in October.



We are focusing on several outcomes as a result of the training efforts. The representative from the Nepal Psychiatric Association, that participated in the training, will be making visits to the affected districts. He will work closely with participants located in each district and advocate for the use of EMDR therapy within each community. With the help of the paraprofessionals who attended the Psychotraumatology and Stabilization Training, we are working to create a needs assessment. Development of pre and post measure with Impact of Event or similar scales is being planned to measure the efficacy of EMDR therapy in a post disaster setting abroad. Our primary goal is to hold a Part 2 Training so that these participants can complete their EMDR Therapy Basic Training. If you would like to support our efforts for a second training please click [here](http://www.emdrhap.org).