



Nepal Update:

Trauma Recovery/HAP plans support in Nepal.

"I know from our helpers and partners in Nepal and from our students, that many are traumatized, panic-stricken and still in shock. Because of the wide spread damage schools are closed. We hope that in several

weeks school will be reopened.

EMDR would be such a wonderful way to help everyone. I'm so grateful that Trauma Recovery is interested in

bringing EMDR therapy to Nepal." So wrote Heike Kunze, Director of Kinderhilfe, Nepal, in an e-mail asking for help from Trauma Recovery/ HAP.



In the following weeks, volunteers and staff from Trauma Recovery/HAP, along with Sushma Mehrotra, President of EMDR, Asia, and the Derek Farrell, President of Europe HAP, have been working to develop a plan for providing the people of Nepal, especially the children, the psychological support and training so necessary to rebuilding lives.

"In the past year, we have worked together on several project, in the Philippines and again in Kashmir," notes Carol. "Sushma has had impressive results working through the schools in Kashmir and we hope to replicate and expand on that success in Nepal."

We were also contacted by the Psychiatric Association of Nepal who is requesting that 90 Nepalese psychiatrists in Kathmandu be trained in EMDR therapy. The plan going forward is for a team of experienced clinicians, most of whom are a part of the EMDR Asia group that went to Kashmir and earlier to Thailand, to visit Nepal five or six times over the next year.

Each visit will consist of several parts: the training of EMDR therapy for psychiatrists and other mental health professionals with ongoing consultation

and supervision; mental health assessment and intervention for those who are struggling with the effects of trauma; and training for paraprofessionals based on a successful model from Thailand.

Of course, our goal is to develop a local group of trained Nepalese clinicians who can provide EMDR therapy once the initial crisis has been met and a complementary group of paraprofessionals.

After the immediate issues of shelter and safety are addressed, Trauma Recovery is scheduled to begin its therapy interventions and trainings in September.

Our most important task now is to find much needed resources for Nepal and its citizens.

