

Future & Current Response Efforts



Responders survey damage from the recent earthquake in Nepal

For all of us at Trauma Recovery, it is heartbreaking to think about the devastating earthquake and its impact on the people of Nepal.

This 7.8 magnitude earthquake has claimed the lives of more than 7,000 people and left double that amount injured. Today, the international relief organizations are on the ground, providing medical care, water, food and trying to provide the stability that will keep people safe.

But once the relief volunteers leave, the impact of the devastation will be felt by those who are left behind. The trauma of what has happened will begin to take root and for many, it will be a far more difficult recovery process. That is when the therapy clinicians trained by Trauma Recovery will begin their work.

Dr. Sushma Mehrotra, President of EMDR Asia, understands what will be needed in Nepal in the months ahead. She has been the lead coordinator with HAP support, training the therapists in Kashmir, after devastating flooding



this past fall. Disastrous floods pummeled many of Kashmir's districts caused by torrential rainfall in September 2014. Over 2,600 villages were reported to be affected in Jammu and Kashmir, out of which 390 villages in Kashmir were completely submerged. In the words of Sushma,:

“The River Jhelum had crossed the danger point while therapy clinicians were there with limited options and lack of disaster management in the valley. The school where we worked is close to the banks of the river. Two of its four stories were under water for over 2 weeks. There were 13 of us with extensive experience who trained 17 mental health professionals from the area. Four were designated to the Delhi Public School which had 5,000 children. The work was intense, but after 10 days of training, we were able hand over the work to the local therapists in the area.”



Dr. Sushma Mehrotra (left) during first group training

We know that today there is chaos in Nepal and the focus is on restoring basic human needs. It may not yet be time for mental health intervention, but we know it will soon be a priority. And when it is, Trauma Recovery trained therapists will be there.