



Trauma Recovery for Nepal

The 7.8 magnitude quake on April 25, 2015 that struck Nepal and the 7.3 magnitude aftershock that followed on May 12, devastated the region.

Thousands died, tens of thousands were injured and millions were displaced. There have been extensive relief efforts focused on the immediate physical needs that were so dire. Now as those efforts are starting to phase out and leave the region, the people of Nepal need our support.

The World Health Organization has identified an emergency such as the earthquake, as a “potent risk factor for mental health problems and psychological trauma”. Millions were affected by this disaster. Trauma left untreated can cause a wide range of issues, some even life threatening.

EMDR therapy is one out of only two psychotherapies recommended by the WHO for treating trauma. We want to bring this treatment to Nepal.

We have been working for some time to bring this trauma treatment to Nepal after the Nepal Psychiatric Association asked for our help. Help with providing mental health counseling to an already vulnerable population and help with establishing trauma informed therapy in the region. We have teamed up with the president of EMDR Asia, Dr. Sushma Mehrotra, and are

coordinating our efforts with the World Health Organization for this April and beyond.

Sushma and her team will train clinicians and local helpers in EMDR therapy and traumatology, in addition to providing pro bono treatment services. This will be done in a multiple day two-part training- split to accommodate those with more or less experience. This will allow a larger group to be trained in a relatively short period of time. We are aiming to train about 40 professionals from various locations throughout 14 districts. Our goal in training these clinicians and local helpers is so that trauma informed therapy will be readily available to victims of this horrific tragedy not only now, but well into the future.



To aid with funding this work, we have created a crowdfunding for trauma recovery in Nepal. Please visit our [website](#) to learn more about how you can donate or fundraise on behalf of Nepal. You can set your own fundraising goal, customize your page and share the ability to help with friends and family who might be interested in the cause. Join us in our efforts to provide the building blocks for the road to healing in Nepal. [Click here to create your fundraiser page or donate.](#)