



## January Feature: Roger Solomon, Ph.D.

Dr. Roger Solomon is a clinical psychologist who in his clinical work specializes in the treatment of trauma and grief. Roger first became involved with Trauma Recovery, EMDR Humanitarian Assistance Programs as a result of his successful work in trauma and his strong desire to be of help to others. In 1994, he and Dr. Theresa Rando, who is an authority on treating traumatic stress and grief, developed a three day program, using EMDR therapy, on processing and desensitizing the painful grief for survivors of spouses who had been killed in the line of duty. Because of the great need, there were requests from law enforcement agencies from all over the country who were interested in developing similar programs for their officers and families.

The basis of the program for officers is as follows: On day one, peers tell their own stories. On day two, they discuss how to recognize trauma and individual treatment. Day three is a lecture on coping, man's search for meaning and massage. They then break into small groups for discussion and connection.

During one such program, Dr. Solomon was actively participating in the South Carolina Law Enforcement Assistance Program's (LEAP) Post Critical Incident Seminar (PCIS). This seminar hosts law enforcement officers and their families, from all parts of the country, who have been involved in critical incidents. A

Connecticut State Trooper who was involved in the Sandy Hook shooting tragedy was a participant. After day one, he had experienced some relief with the use of tapping, which was the form of bi-lateral stimulation. They then switched to eye movements – which Roger considers to be the default for providing effective desensitization with EMDR therapy. The trooper began to remember all the police officers from all over the country, who arrived in their own vehicles, on their own time, to assist in the aftermath. He can now positively remember the incident as a demonstration of unity and a source of strength.

Dr. Solomon has provided clinical services and training to the Federal Bureau of Investigation, Secret Service, U.S. State Department, Diplomatic Security, Bureau of Alcohol, Tobacco, and Firearms, U.S. Department of Justice (U.S. Attorneys), and numerous state and local law enforcement organizations. He was instrumental in providing direct clinical services following such tragedies as Hurricane Katrina, September 11<sup>th</sup> terrorist attacks, the loss of the space Shuttle Columbia, and the Oklahoma City Bombing. He also is a volunteer for Concerns of Police Survivors (COPS), a support for survivors of officers killed in the line of duty.

Dr. Solomon is a member of the Senior Faculty of the EMDR Institute, is a former board member of Trauma Recovery/HAP and teaches EMDR therapy internationally. He is currently a consultant to the US Senate, providing direct services through the Senate Employee Assistance Program. He has also consulted to the trauma programs of NASA, several U.S. federal and state law enforcement agencies and the Polizia di Stato in Rome, Italy. He has published 42 articles on EMDR, trauma, grief, critical incident stress and police psychology.

*Roger has been a great resource to us at Trauma Recovery/HAP in addressing the treatment of those affected by traumatic grief, specifically those in law enforcement. We are very pleased to have Roger present "EMDR & Traumatic Grief" in Connecticut on April 22, 2016. More information to follow.*