

## May Feature: Julie Miller, MC, LPC, LISAC

Our mission depends on the dedication of our volunteers! These volunteers are busy and experienced mental health professionals who take time out of their day-to-day to provide aid and to educate communities. Every month we acknowledge one of these hard working volunteers and this month we are pleased to feature Julie Miller.



Julie Miller is a presenter, EMDR Institute Facilitator, EMDRIA Approved Consultant and Certified EMDR Therapist who has worked in both public and private practice settings. Her involvement with Trauma Recovery/HAP began during the formation of the Arizona Trauma Recovery Network. Julie has gone on to facilitate, provide consultation and eventually become a Part 1 trainer. In her own words: "I love helping others learn about EMDR therapy, especially therapists interested in utilizing the approach with their own clients. I love teaching and facilitating EMDR trainings as it is rewarding and fun! I enjoy working with the other faculty in trainings, and working with the trainees in consultation."

It was by chance that Julie was first introduced to EMDR therapy years ago. A friend had tried it and had found it extremely helpful. This inspired Julie to seek EMDR therapy to treat her own trauma caused by childhood dental work. She found that this therapy had eliminated her post traumatic stress and allowed her to move past the incident. As soon as Julie was able, she pursued EMDR therapy training. She has used it through the entirety of her career in mental health.

Julie is an active member of the Trauma Recovery Network, describing it as "very rewarding". She is a coordinator and founding member of the Arizona TRN. The Arizona TRN has provided disaster recovery and preparedness efforts locally, since the groups inception in 2010. Julie was one of the key organizers of a recent day-long conference that featured Congressman Ron Barber as a key note speaker. He shared his journey with trauma after being injured, along with former Congresswoman Gabby Giffords and eleven others, during the Tucson shooting that took the lives of six people in 2011. Julie was interviewed by two anchors on Channel 9 KGUN, which is the ABC affiliate in Arizona, to promote both the event and the good work of the Arizona TRN.

Because of her skill and outstanding recommendations, Julie was asked to join our rigorous Trainer Candidate Program. She participated in our two and a half day Part 1 training at the Sea Ranch with Francine Shapiro, PhD in 2014. It was an experience, she said, she will never forget. Since completing her training, she has participated in over 10 trainings in both a trainer and facilitator capacity. "Julie is willing to go above and beyond." says Training Team Liaison Andrea Savino as she pulled up the varied list of locations Julie had travelled in the last two years. She further noted a holiday weekend in which Julie had given up for a training in the past year. "I love the EMDR approach to psychotherapy, and I love to teach. When I teach EMDR therapy, either as a trainer or a facilitator, there's nothing more satisfying to me than seeing a trainee's eyes light up and 'get it.'" says Julie, making it no surprise that she is so active in our organization.

Julie is truly a multifaceted volunteer. To be involved in both our trainings and Trauma Recovery Network is no small time commitment and we are lucky when a volunteer is able to do so. Most importantly though, we are even more fortunate when that volunteer loves what they do. We value all levels of contribution no matter how big or small to our mission. If you have any interest in volunteer work please contact our office or visit our website.