EMDR SINGAPORE PRESENTS

Peer Learning Session and Dinner

Topic: Volunteer experience in Trauma Recovery/Humanitarian Assistance Program (USA)

Be inspired, enlightened and encouraged as Dr Sushma Mehrotra shares her experiences of being involved in disaster relief efforts using EMDR therapy – including Gujarat earthquake (2001); South Coast of India tsunami (2004); Nepal earthquake (2015) and Kashmir floods (2015).

30 AUGUST 2019 | 6.45 PM - 9.30 PM
VENUE: CANA, 55 WATERLOO ST, LEVEL 2, SINGAPORE 187954 (ST FLORA ROOM)

Registration
Enquiries: secretary.emdr.sg@gmail.com

COST
MEMBERS: $10
NON-MEMBERS: $20
Closing date: 20 Aug 2019

About the Speaker: Dr Sushma Mehrotra
Dr. Sushma Mehrotra (M.Phil and PhD in Clinical Psychology) was associated as a full time faculty member at SNDT Women’s University from 1990-2004. She started her career as an academician and continued to guide doctoral students till 2016. She has worked in the arena of mental health and public health not only in India but in other Asian countries and has been instrumental in pioneering systems that have impacted reach and service provision. She has several academic researches to her credit besides contributing to the chapters in 2 books. She is a trainer for EMDR Therapy in India, Bangladesh, Sri Lanka and Philippines, and is the founding President of EMDR Asia as well as EMDR Association India. While, currently in private practice, she actively volunteers for disaster relief efforts such as the earthquake in Nepal and the floods in Kashmir, in 2015. She is also on the technical advisory group of the Global Initiative for Stress and Trauma Treatment (GIST-T) project.

In 2016, she was presented with the Liz Snyker Award by Trauma Recovery/HAP for her voluntary contribution to promote and apply EMDR therapy in India and Asian Countries. She shared the award with Dr Rosalie Thomas.

For more of her story, go to https://emdria.omeka.net/items/show/7674

Dr. Sushma Mehrotra, Clinical Psychologist, PhD
Trauma Recovery, EMDR Humanitarian Assistance Programs (HAP)

“Trauma Recovery, EMDR Humanitarian Assistance Programs (Trauma Recovery/HAP), USA” began in 1995 - named then as “EMDR Humanitarian Assistance Programs (HAP)” - in response to the bombing in Oklahoma City, USA - 100 clinicians trained in EMDR therapy volunteered in rotation to provide pro bono treatment to victims and front-line responders. A programme evaluation showed that over 80% achieved beneficial treatment effects within three sessions, in agreement with the results of a randomised study published the same year (Wilson, Becker & Tinker, 1995).

The positive outcomes of post-disaster interventions as the result of Trauma Recovery/HAP have been published in several peer-reviewed articles. For instance, during a Trauma Recovery/HAP project following a hurricane in Mexico, an EMDR group treatment protocol was developed (Jarero et al., 1999) that has now been used worldwide with great success. Rapid treatment effects have been demonstrated after 1-4 sessions in interventions throughout Latin America, in Italy, and in the Palestinian territories (e.g. Adruiz et al., 2009; Fernandez, Gallinari, & Lorenzetti, 2004; Jarero et al., 2006, 2010; Zaghrount-Hodali et al., 2008).

Recipient of the 2011 International Society for Traumatic Stress Studies Sarah Haley Memorial Award for Clinical Excellence.

On February 7, 2014 the UN Committee on Non-Governmental Organizations recommended that the UN Economic and Social Council grant EMDR Humanitarian Assistance Programs Special Consultative Status.

Subsequent to the response in 1995, free trainings in EMDR therapy were offered and provided to 290 clinicians in collaboration with local agencies. The feedback was so positive that the above non-profit organisation was established. Since then it has coordinated projects throughout the U.S. and internationally in more than 30 countries, including Bangladesh (1998 floods). Soon after, our speaker, Dr Sushma Mehrotra, successfully arranged with Trauma Recovery/HAP to run basic trainings in India.

(Information adapted from www.emdrhap.org/content/hap-history/)