## Trauma Recovery- A Humanitarian Assistance Program (HAP) of EMDR Asia-An Introduction:

EMDR Asia was established in 2008. The history of EMDR therapy in Asia began with the natural disasters, starting with the devastating floods in Bangladesh during 1998 and the earthquakes in India in 2001. This was followed by the tsunami in 2004-2005, which struck India, Thailand, Sri Lanka, Indonesia, the earthquake in Pakistan in 2006, and the earthquake in Sichuan in 2011. The tsunami in Japan in 2011 and floods in Kashmir in 2014, earthquake in Nepal in 2015, devastating floods in in 2017 Kerala and terror attacks in Sri Lanka in 2019 are among the other humanitarian crises in which EMDR treatment was provided to survivors by the volunteers of EMDR community in Asia. In a unique way the development of EMDR also happened through EMDR basic/standard training for the local mental health professionals. There was no formal establishment of a body known as “Trauma Recovery Network”, instead an informal network was formed of EMDR trained volunteers.

Drawing inspiration from Trauma Aid Germany and Trauma Recovery/HAP –USA, formation of TR/HAP in Asia with multi -dimensional roles has been initiated, the role of this organization is to collaborate with various countries especially for disaster response.

Dr. Carol Martin arrived in Mumbai in 2019 to attend EMDR Asia meeting with the Board members Trauma Recovery/HAP from USA in Mumbai, where she presented the knowhow of initiating Trauma Recovery Network (TRN) in Asia in collaboration with TR/HAP of USA.

We have developed the blue print of Trauma Recovery/HAP for Asia and still in an infancy phase to roll out the formal structure. However, each of the EMDR Asia members initiate the unified disaster response with their team and volunteers. During COVID -19 in April 2020 we all of the came together and Dr. Gary Quinn developed the protocols for the Self Care Protocols- Coronavirus (CRP-C). The volunteers received the training and in mass scale the intervention was provided to the infected and affected population suffering from COVID infection.

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