



What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for trauma that was developed by Francine Shapiro, Ph.D. EMDR utilizes standardized protocols that incorporate elements from many different treatment approaches.

Research has shown that early EMDR intervention can prevent needless suffering from symptoms of Post Traumatic Stress Disorder (PTSD) and other post-disaster difficulties. EMDR helps with processing overwhelming experiences and the resulting beliefs, feelings, and body sensations, so that past events no longer interfere with life in the present.

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Northern New Jersey Trauma Recovery Network

*Helping and Healing
Trauma in
Our Communities*

Who We Are

Northern New Jersey Trauma Recovery Network (NNJ-TRN) is a local association of the [National Trauma Recovery Network](#), which is sponsored by [Trauma Recovery/EMDR Humanitarian Assistance Programs](#).

Our network of clinicians are prepared to provide pro bono trauma treatment to help relieve suffering and foster psychological recovery from traumatic experiences impacting Northern New Jersey. The therapists who volunteer with the NNJ-TRN have had specialized training and experience in providing early interventions after recent traumatic events, such as mass transportation accidents, community gun violence, and natural disasters.

Why We Volunteer

Our goal is to help individuals and the community as a whole to recover from disasters and other traumatic incidents that impact Northern New Jersey. We provide brief trauma treatment after basic needs are met, in the weeks and months after the incidents occur.

We volunteer our time because we want to help.

What We Do

We offer Eye Movement Desensitization and Reprocessing (EMDR), a well-researched treatment for trauma. Our team of highly skilled volunteers will provide services at no charge for up to three 90 minute sessions, to affected residents and first responders in Northern New Jersey. Early EMDR Interventions allow people to process a traumatic event as soon as possible after it occurs and has been proven to diminish physical, emotional, and mental distress associated with trauma and facilitate more rapid recovery.

How Do We Respond?

- Network with community organizations
- Create collaborative trauma recovery plans
- Activate our trained network of EMDR clinicians
- Accept referrals for evaluation and possible EMDR treatment



Early Brief EMDR Treatment can alleviate common trauma symptoms such as:

- Sleep Disturbance
- Anxiety
- Anger/Irritability
- Depression
- Flashbacks
- Disturbing Dreams
- Lack of Energy
- Lack of Concentration
- Family Conflict
- Fearfulness
- Confusion
- Overuse of Medications
- Physiological Signs of Stress
- Impaired ability at work and school
- Feeling of “nothing is the same”
- Increased use of alcohol and drugs
- Intrusive memories of the trauma
- Avoidance of reminders related to the event

<http://NNJTRN.org>