



# HEALING FOR SURVIVORS

RESEARCH SUPPORTS THAT EARLY TREATMENT HELPS SURVIVORS DIGEST TRAUMA IN A MORE ADAPTIVE WAY, THUS MINIMIZING THE POTENTIAL FOR POSTTRAUMATIC SYMPTOMS LATER

## Greater Orlando Trauma Recovery Network

The Greater Orlando Trauma Recovery Network (TRN) is available to help survivors heal from the traumatic incidents that have impacted our community. Our local TRN consists of highly-trained, licensed and professional trauma therapists who use EMDR (Eye Movement Desensitization and Reprocessing) Therapy to help individuals process traumatic experiences.

Realizing that other community resources will be limited and may take considerable time to access, the local TRN offers **free EMDR treatment** to those directly involved in the tragedy as well as family and friends who are deeply affected.

Our clinicians are offering up to 5 hours of EMDR Therapy free of charge. TRN services can be accessed at any time from the present up to a year later, as symptoms may have a delayed onset. Referrals for additional services will be available if necessary, but many individuals will find symptoms will remit within the 5 hours allotted.

Anyone affected by recent tragedies in Orlando may access services by calling the TRN referral line at **321-233-6365** or by emailing [www.GreaterOrlandoTRN@gmail.com](mailto:www.GreaterOrlandoTRN@gmail.com).



## TRAUMA SYMPTOMS

Please seek assistance if you or a loved one are experiencing any of the following:

- ✓ Trouble falling or staying asleep
- ✓ Nightmares or bad dreams
- ✓ Changes in appetite
- ✓ Difficulty with focus or attention
- ✓ Intrusive remembering
- ✓ Sadness
- ✓ Anger or irritability
- ✓ Anxiety
- ✓ Avoidance of reminders of the trauma
- ✓ Emotional numbing
- ✓ Increased vigilance
- ✓ Increased startle response
- ✓ Changes in beliefs about self, others, and the world

### TO ACCESS SERVICES:

If you or a loved one were involved in or impacted by the recent shootings at *Pulse* nightclub or wish to refer someone, please call the TRN referral line at 321-233-6365, or send email to

[www.GreaterOrlandoTRN@gmail.com](mailto:www.GreaterOrlandoTRN@gmail.com)

or visit our website at

[www.goemdrian.org](http://www.goemdrian.org)

For additional information about EMDR, please visit the EMDR International Association at

[www.EMDRIA.org](http://www.EMDRIA.org)