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# The Refugee Crisis in Europe & Implications for EMDR Therapists

Panel Presentation by Rolf C. Carriere

Annual Conference  
EMDR Europe  
Sunday 19 June 2016  
The Hague



Habeeb.com



# A Joint EMDR Effort?



AFP/Getty Images

## EMDR “SIGNATURE PROJECT”?







©API Karel Prinsloo



هل تبقون في منطقة الصراع وتخاطرون بحياتكم؟

هل تفرون وتواجهون خطر الاختطاف والاعتصاف والتعذيب أو ما هو أسوأ؟

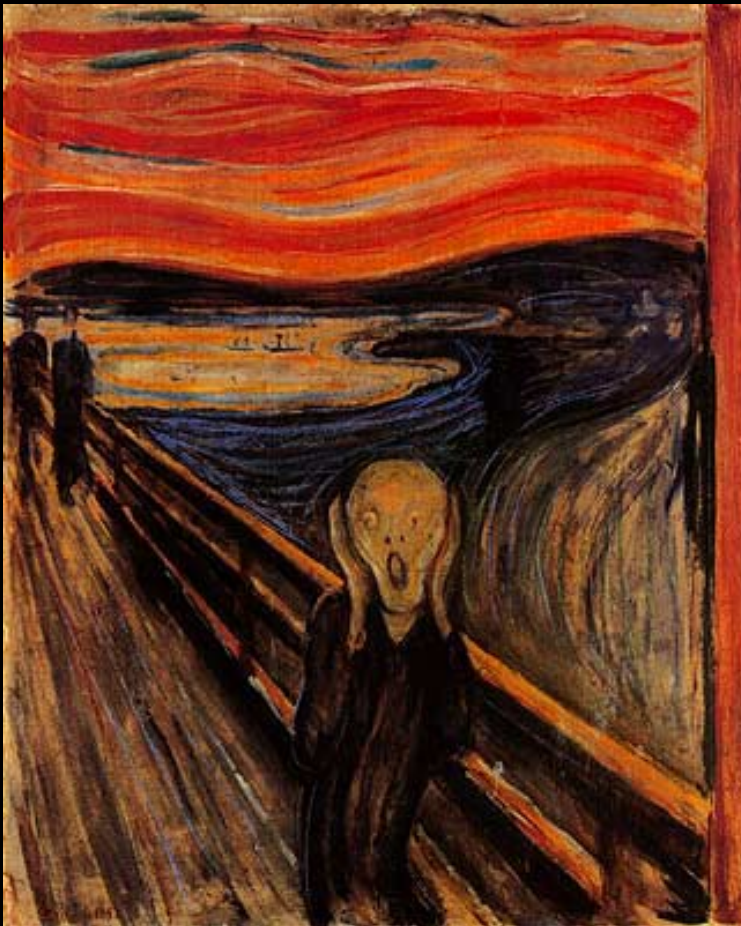
ماذا يمكنكم فعله؟

بالنسبة لكثير من اللاجئين، يكون الخيار بين شيء، فروع أو ما هو أسوأ من ذلك، لا أحد منا يختار أن يصبح لاجئاً. تقدم المفوضية السامية للأمم المتحدة لشؤون اللاجئين المساعدة لأولئك الذين أجبروا على الفرار للبحث عن الأمان واستعادة الأمل وإعادة بناء حياتهم. عائلة واحدة فرقتها الحروب ... رقم أكبر من أن يحتمل شاهدوا قصصهم وتعرفوا على كيفية تقديم المساعدة لهم على الموقع الإلكتروني باللغة العربية: [www.unhcr-arabic.org](http://www.unhcr-arabic.org) - لأن لديكم الخيار.



# What is the global burden of trauma?

Variations in PTSD rates:



©Edvard Munch, National Gallery, Oslo

China 0.3%

New Zealand 6.1%

Netherlands 7.4%

Northern Ireland 26%



# Guestimate of PTSD Worldwide

Fact:

Overall lifetime prevalence of PTSD in the USA is estimated at about 7%.

*Project USA prevalence  
on world population of 7 billion*

**∴ 500 million**  
**People with PTSD**

Order of magnitude...

Higher?

Lower?







Photo: ICRC

Biggest constraint  
to large-scale trauma treatment

Shortage of  
Mental Health Professionals



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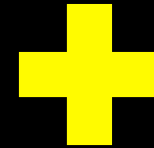
EMDREU

EMDRIA

HAPs

Other Regional EMDRs

EMDR Trauma Therapy



EMDR Psychotherapy

# THE EMDR ADVANTAGE

# Most of the World is Unaware



Trauma is not even mentioned  
in the UN's new Sustainable Development Agenda  
for the next 15 years.



# Advocacy and Demonstration towards

Ministries of Health

INGOs

NGOs

UN Institutions

Donor Agencies

Civil Society Organizations

Treatment of 500 million PTSD cases  
over 25 years

at the rate of 100 PTSD cases annually  
per mental health professional

Would require  
200 000 licensed therapists

How to bring  
stress and trauma therapies  
to the millions  
who need them *now*?



# We Need To Build New Capacities

New paraprofessional and volunteer models,  
as exist in fields like:

Health

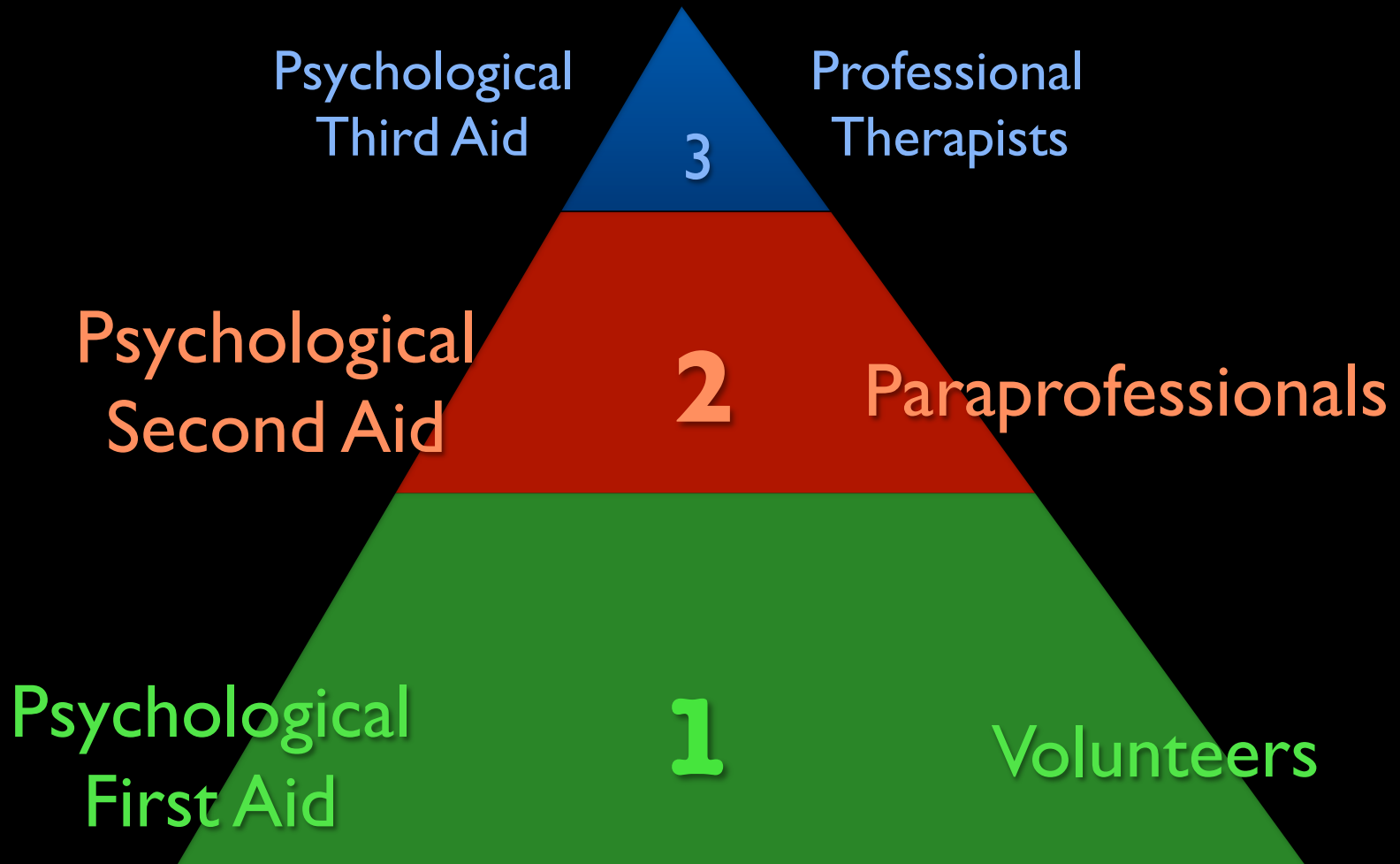
Law

Teaching

Social Service

But Not Yet In Mental Health

# The Referral Pyramid



*This manual has been endorsed by...*

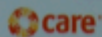
Action Contre la Faim



American Red Cross



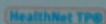
CARE Austria



Church of Sweden



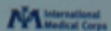
HealthNet TPO



International Committee  
of the Red Cross



International Medical Corps



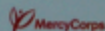
International Organization  
for Migration



Medicos del Mundo



Mercy Corps



NGO Forum for Health



Office of the United Nations High  
Commissioner for Human Rights



Plan International



Regional Psychosocial Support  
Initiative - REPSSI



Terre des Hommes



UNICEF



United Nations Department  
of Management



United Nations Department  
of Safety and Security



United Nations High  
Commissioner for Refugees



War Child

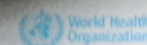


Safety  
Support  
Comfort  
Care  
Hope



9 789241 548205

*Psychological first aid:* Guide for field workers

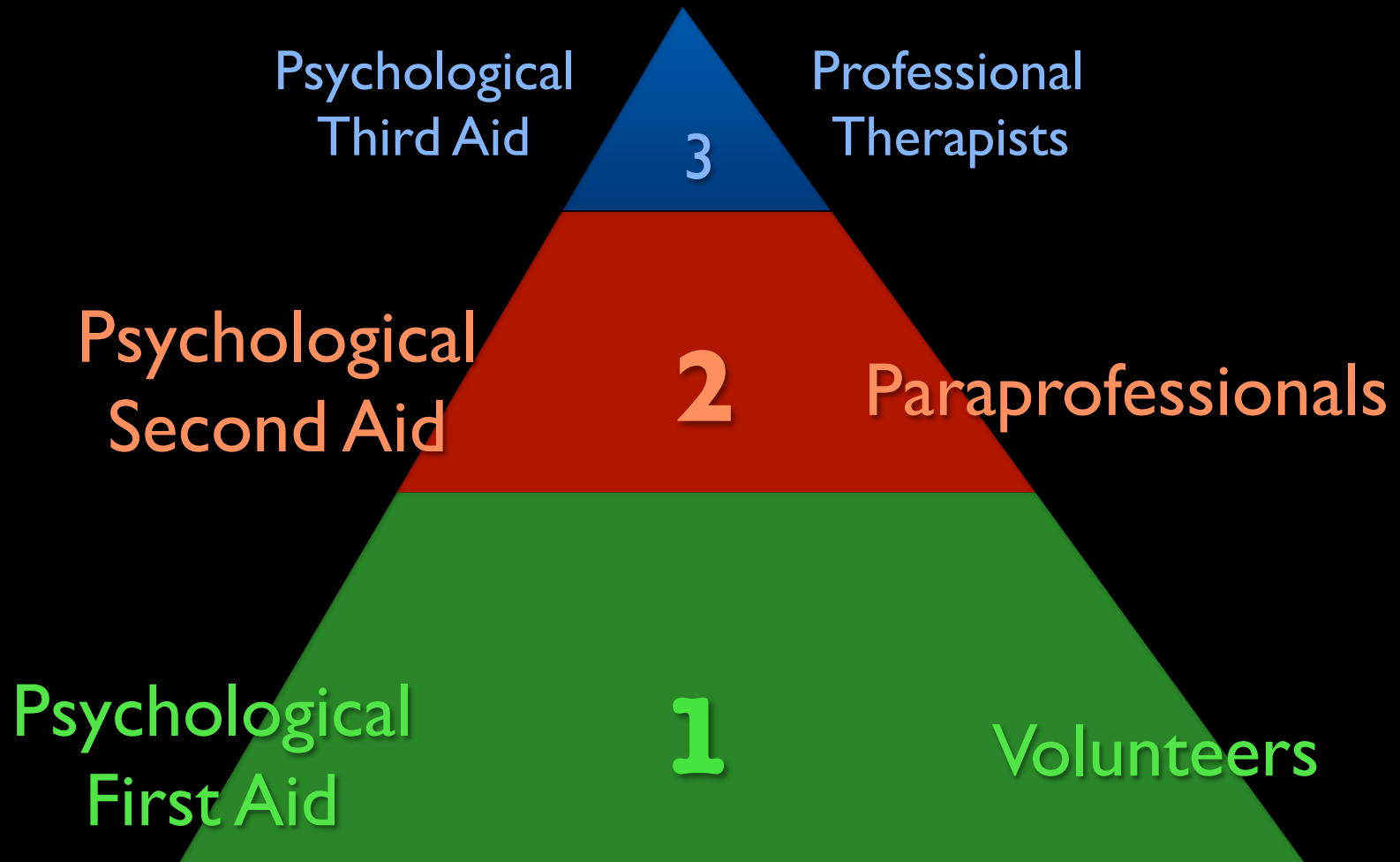




A red scroll graphic with a dark red border and a lighter red fill. The scroll is unrolled in the center, with the text 'Psychological First Aid deserves to be widely supported' written in yellow. The scroll has a small circular detail at the top right corner.

Psychological First Aid  
deserves  
to be widely supported

# The Referral Pyramid





**Special Learning Package On Trauma  
For Medical Doctors**

# The Referral Pyramid



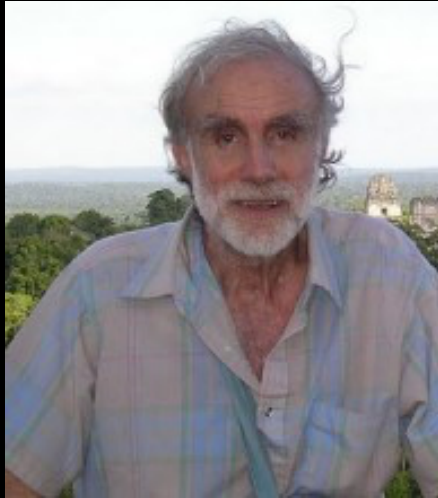


# Called By Different Names ...

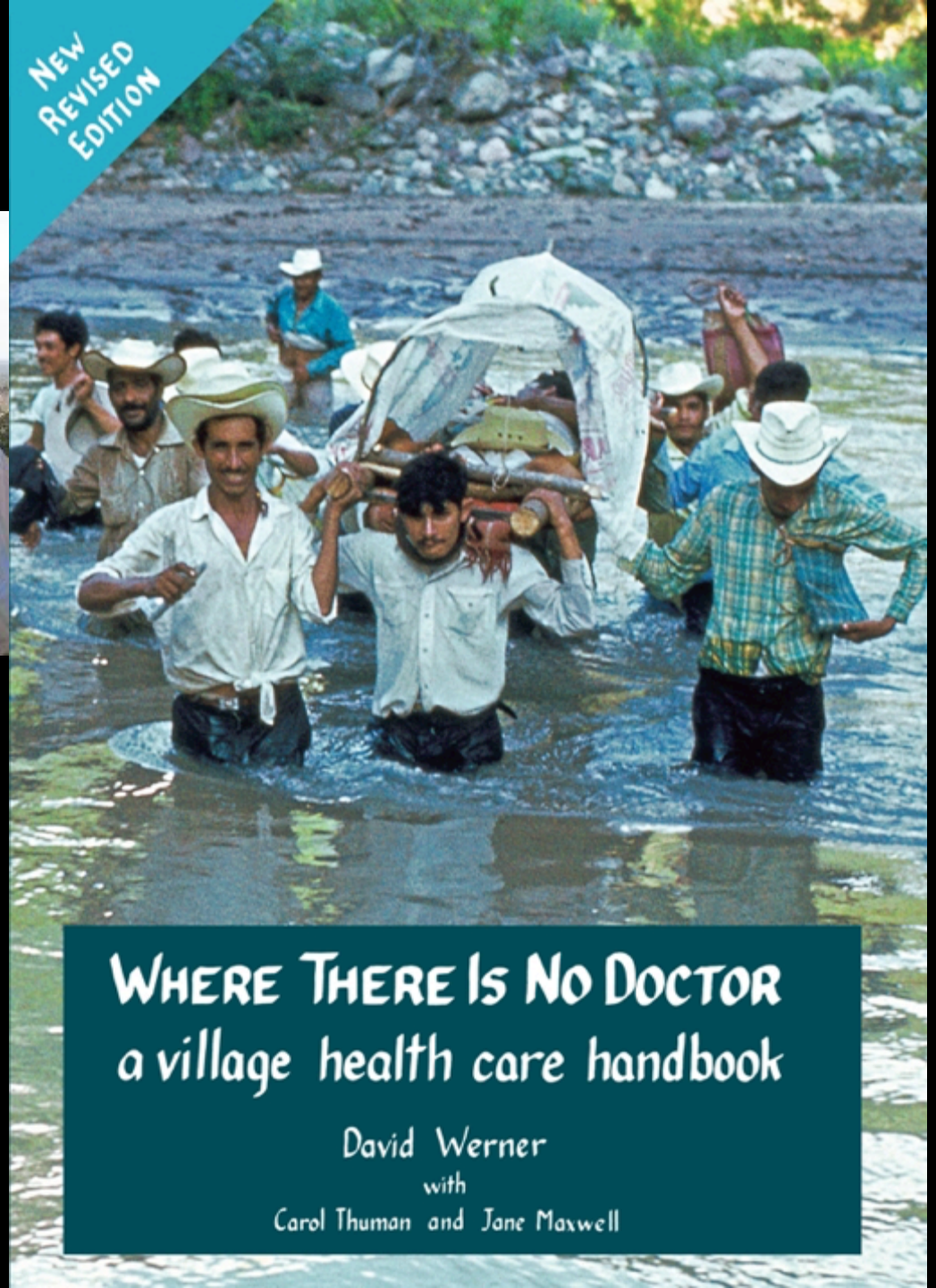
- Associate trauma worker
- Intermediary mental health assistant
- Paraprofessional trauma responder
- Therapist associate
- Assistant counselor

# TASK SHIFTING

Task shifting is the name given to a process of delegation whereby tasks are moved, where appropriate, to less specialized health workers.



NEW  
REVISED  
EDITION



# WHERE THERE IS NO DOCTOR a village health care handbook

David Werner  
with  
Carol Thuman and Jane Maxwell

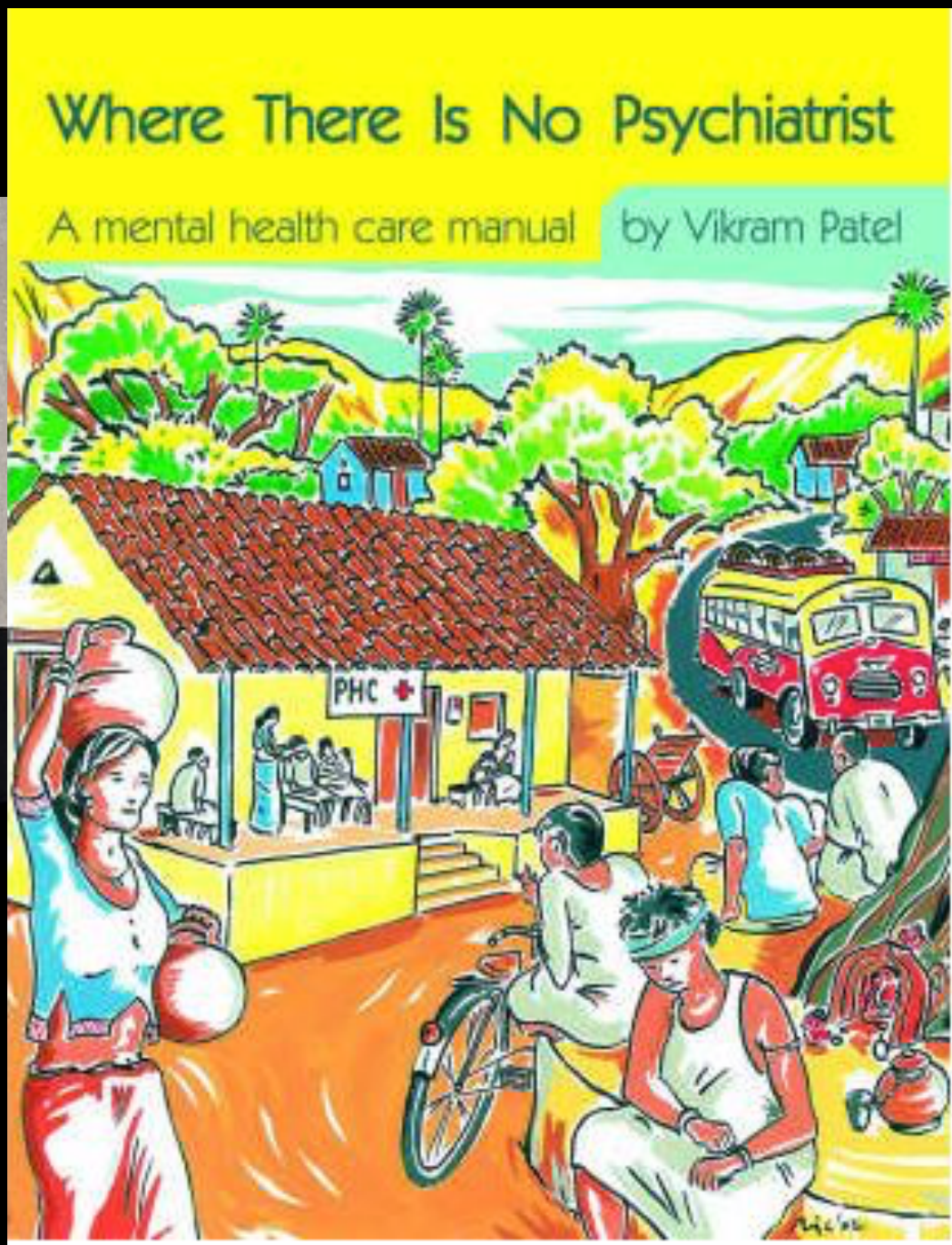
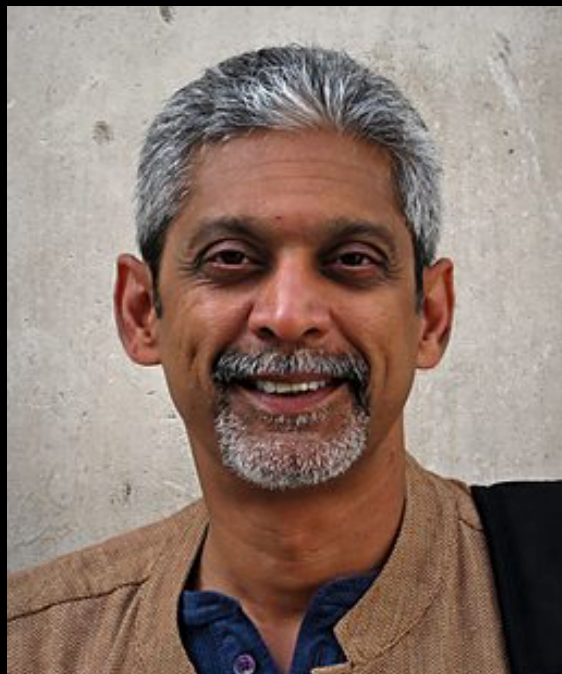
Ethically,

The Error of Omission  
is often worse than the occasional  
Error of Commission

Program design decisions must be based on  
careful risk / benefit calculations

Beware  
to make the best the enemy of the good





# S.U.N.D.A.R = ATTRACTIVE

Simplify the message

UNpack the treatment

Deliver where people are

Affordable and available human resources

Reallocate specialists to train and supervise

Vikram Patel

SHORTCUTS?

**SHORTCUTS !**

# Health Is A Human Right!

Treatment Deferred

=

Treatment Denied



# EMDR

The best hope the world has right now  
to come to grips  
with the huge global burden of trauma  
in a reasonable period of time

EMDR's commitment  
to humanitarian  
principles

Hyper-vigilance

substance abuse

conduct problem

sexual dysfunction

P  
D  
S  
T

revenge

chronic pain

Lack of Concentration

succidal thoughts

panic disorders

cardiac conditions

complicated mourning

self esteem problem

flashback

nightmares

migraine headaches

panic attacks

performance anxiety

self-loathing

(domestic) violence

Helplessness

Withdrawal

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**GLOBAL INITIATIVE  
for  
STRESS and TRAUMA THERAPY  
(GIST-T)**

disorders  
&  
diseases

trauma

**No Human Security  
Without Mental Health**

# GIST-T

To facilitate ongoing interaction and dialogue  
between the community of trauma therapists  
and the international humanitarian community

Could be co-sponsored  
by  
EMDRIA and EMDREU



# CONFRONTING STRESS AND TRAUMA

A resource kit  
for personnel  
dealing with  
violent conflicts  
and natural  
disasters



University  
of Worcester



# GIST-T

New opportunities for trauma therapists,  
trainers and facilitators

New service contracts

Grant writing for new funds

Working conference to review  
paraprofessional models

# Changing the Face of Trauma



If Not ***Us***, Who?

If Not ***Now***, When?

THE END



# Paraprofessional

A person trained to assist a doctor, lawyer, teacher or other professional, but not licensed to practice in the profession

A trained aide, helper or supporter of a professional but is not a member of the profession

associate trauma worker, intermediary mental health assistant,  
paraprofessional trauma responder, therapist associate

# Paraprofessionals

“... the biggest barrier to scaling up may be the perception held by mental health specialists about the risks of non-specialist health workers delivering PTs (psychological treatments)”

Prof. Vikram Patel, 2011