



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 CRISIS RECOVERY NETWORK



*Helping and Healing
Trauma in
Our Communities*

Who We Are

The Northern New Jersey Crisis Recovery Network (NNJCRN), is a group of EMDR therapists who volunteer to help our community in times of crisis.

Our team is prepared to provide pro bono trauma treatment to help relieve suffering and foster psychological recovery from traumatic events impacting Northern New Jersey. The therapists who volunteer with the NNJCRN have had specialized training and experience in providing early interventions after recent traumatic events, such as natural disasters, community gun violence, refugee trauma, mass transportation accidents, and traumatic communal losses.

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 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 six 45-minute sessions, to affected community members, health care providers, 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



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

- Anxiety/Worry
- Anger/Irritability
- Depression
- Guilt/Regret
- Helplessness
- Lack of Energy
- Impaired Concentration
- Difficulty Making Decisions
- Sleep Problems
- Flashbacks/Nightmares
- Intrusive Thoughts/Memories
- Avoiding Painful Feelings/Memories
- Increased Tension
- Feeling Overwhelmed/Out of Control
- Family Conflict
- Overuse of Medications
- Increased Use of Alcohol/ Drugs
- Believing Life Will Never Get Better

<http://NNJCRN.org>