

## EMDR TURKIYE ASSOCIATION TRAUMA RECOVERY GROUP KAHRAMANMARAŞ 2023 EARTHQUAKE PROJECT



With the approval of the Ministry of Family and Social Services, starting from March 1, 2023 to March 26, 2023, we provided psychotherapy support **to 3,720 children, young, and adult earthquake victims who were in the earthquake zone** or those who left the region and **had dispersed to 70 different provinces**. We offered face-to-face and online psychotherapy sessions to help them recover from their trauma.

**We have 2,500 psychotherapists** who have received European accredited EMDR training and **are members of EMDR Turkiye Association**, and **400 psychotherapists who are members of ÇATED Couple and Family Therapy Association**. We provided psychotherapy services to earthquake victims by applying a rotation system to the visits **of 1,097 volunteer therapists who are members of the EMDR Trauma Recovery Group**.

Following the approval of the Ministry of Family and Social Services, 55 therapists will travel to 11 cities in the earthquake area every week for the next two years on a rotational system. Additionally, through the studies conducted in 70 cities, besides offering face to face and online therapies, victims who are suitable for group therapy will be intervened with EMDR individual-group protocols.

Based on our research and past experiences, we've found that after large-scale disasters, many survivors may experience a decrease in symptoms of post-traumatic stress disorder (PTSD) even without formal treatment. **However, for an average of (around 15-30%) survivors, PTSD symptoms can become chronic and long-lasting**, and can be compounded over time by other problems such as **addiction and personality disorders**. With 13.4 million people living in the earthquake area, it is estimated that if we do not intervene quickly, **2-3 million individuals** could develop serious **psychological and psychiatric problems**. Therefore, **it is our top priority to provide early and effective support to disasters and traumatic events**, as it can help prevent long-term harm to both individuals and communities.

The studies being conducted have the potential to help earthquake victims overcome the trauma of the disaster and resume their normal daily lives and work routines. In addition to the significant benefits this could bring to those affected, we can also anticipate a positive impact on our economy. By enabling individuals to return to work and contribute to society, we may see increased productivity and economic growth in the affected areas.

For more detailed and updated information, you can visit the website [www.emdr-tr.org](http://www.emdr-tr.org) and you can contact us by the phone number: **+90 533 608 3568**

EMDR Turkiye Association is committed to providing mental health interventions **with its own resources** and in compliance with relevant legislation. However, this project will take **at least two years** to complete and it is apparent that the project requires a substantial budget that **cannot be covered solely by the revenues of our Association**.

We would like to express our heartfelt gratitude to the institutions that have supported our project since March 1, 2023.

Chartworld & Zihni  
Safine Shipyard

Huawei  
Xiaomi  
Samsung

PATH Technologies  
Pegasus Airways

We would like to express our gratitude to our individual donors for their contributions.

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EMDR Turkiye Association was established after the 1999 Marmara Earthquake and since then it has been supporting disaster areas in Turkiye and around the world with all its members.

## **AWARDS RECEIVED FOR “LARGE SCALE SOCIAL TRAUMA INTERVENTION STUDIES” SUPPORTED BY EMDR TURKIYE ASSOCIATION:**

- Given by EMDR Europe to Emre Konuk, President of EMDR Turkiye Association:  
**'EMDR Europe HAP Humanitarian Award', 2014**

- Given by EMDRIA to Emre Konuk, President of EMDR Turkiye Association:  
**'EMDR Outstanding Research Award', 2017 '**

- **Francine Shapiro Award 2017,**

Ceren Acarturk, E. Konuk, M. Cetinkaya, I. Senay, M. Sijbrandij, B. Gulen and P. Cuijpers: The efficacy of Eye Movement Desensitization and Reprocessing for post-traumatic stress disorder and depression among Syrian refugees: Results of a randomized controlled trial, *Psychological Medicine*, September 2016

## **YOU CAN FIND THE ARTICLES CONTAINING THE RESULTS OF THE LARGE SCALE SOCIAL TRAUMA INTERVENTION STUDIES CARRIED OUT BY EMDR TURKIYE IN SCIENTIFIC RESEARCH FORMAT**

[www.emdr-tr.org/bilimsel-makaleler/](http://www.emdr-tr.org/bilimsel-makaleler/)

- “The Effects of Eye Movement Desensitization and Reprocessing (EMDR) Therapy on Posttraumatic Stress Disorder in Survivors of the 1999 Marmara Earthquake, Turkiye,” **International Journal of Stress Management, 2006, issue 13**
- EMDR for Syrian refugees with posttraumatic stress disorder symptoms: Results of a pilot randomized controlled trial.  
**European Journal of Psychotraumatology, May, 2015**
- The efficacy of eye movement desensitization and reprocessing for post-traumatic stress disorder and depression among Syrian refugees: Results of a randomized controlled trial **Psychological Medicine, September, 2016**
- Prevalence and Predictors of Posttraumatic Stress and Depression Symptoms Among Syrian Refugees in a Refugee Camp,  
**The Journal of Nervous and Mental Disease, 2017**
- An Eye Movement Desensitization and Reprocessing (EMDR) Group Intervention for Syrian Refugees With Post-traumatic Stress Symptoms: Results of a Randomized Controlled Trial  
**Frontiers in Psychology, June, 2018 Awards**
- Recent Traumatic Episode Protocol EMDR Applied Online for COVID-19-Related Symptoms of Turkish Health Care Workers Diagnosed with COVID-19- Related PTSD:  
**A Pilot Study, Alpha Psychiatry, February, 2022**
- The effect of EMDR therapy on post-traumatic stress disorder (PTSD) levels of individuals who can be defined as high-risk groups during the pandemic  
**Frontiers in Psychology, September, 2022**

## EMDR TURKIYE ASSOCIATION

After the 1999 Marmara Earthquake, EMDR USA and EMDR European Associations collaborated to provide EMDR Training to Turkish therapists. This involved sending numerous trainers and consultants to Turkey, who trained volunteer therapists in EMDR Level I at six prefabricated clinics over a period of three years. Additionally, with the support of a generous donor and in partnership with the Istanbul Branch of the Turkish Psychological Association, the Izmit Rehabilitation Center was established. After operating for three years, the center was transferred to Kocaeli University where it continues to offer essential services. **Jim Knipe** was the project manager, and **Udi Oren** continued the trainings and was responsible for training 1 Turkish EMDR Trainer and 8 Turkish EMDR consultants for a decade. During this time, the EMDR Turkiye Association was established.

## EMDR TURKIYE ASSOCIATION TRAUMA RECOVERY GROUP

Since the 1999 Marmara Earthquake, EMDR Turkiye Association Trauma Recovery Group has provided **“early psychological intervention to** a large number of people affected by the disaster, both in Turkiye and abroad. The results obtained from these projects have been presented in national and international congresses and scientific journals. These results created the basis for future studies and early interventions around the world. In this direction, considerable attention has been given to early interventions for trauma and the development of scientific research in this field, resulting significant contribution to the trauma literature. The use of EMDR in early interventions supported EMDR’s acceptance as a powerful therapy approach to treat early trauma and prevent the occurrence of PTSD symptoms.

## WE ARE EVERYWHERE



## EMDR TURKIYE ASSOCIATION PROVIDES DISASTER INTERVENTIONS AND EDUCATION SERVICES ALL OVER THE WORLD WHEN NEEDED

- Tsunami in Thailand and Cambodia (2005)
- EMDR Training in Kenya with YMCA (2008)
- Turkish Airlines Plane Crash in Amsterdam (2009)
- EMDR Training for Palestinian and Lebanese Therapists with YMCA (2010)
- EMDR Training for Iraqi, Iranian, Syrian and Palestinian Therapists with YMCA (2014)
- Lebanon-Beirut Explosion, united for Lebanon Project (2020)
- Ukraine Russia War (2022)

## WE REACH EVERY CORNER OF TURKIYE

- Marmara (İzmit) Earthquake (1999)
- Hatay Flood Disaster(2000)
- İstanbul Taksim Terror Attack (2001)
- İstanbul British Consulate Terror Attack (2001)
- İstanbul Synagogue Bomb Attacks (2001)
- İstanbul HSBC Bomb Attack (2001)
- Afyon Earthquake (2002)
- Turkish Airlines Plane Crash in Diyarbakır (2003)
- İstanbul Güngören Terror Attack (2008)
- Soma Mining Explosion (2014)
- Ankara Terrorist Attack (2016)
- İstanbul Vodafone Football Stadium Terrorist Attack
- İstanbul Reina Nightclub Attack (2017)
- İzmir Courthouse Attack (2017)
- Ayvacık Earthquake (2017)
- Psychological Support to relatives of those who lost their lives on the
- Private plane crash in İran (2018)
- Çorlu Train Crash (2018)
- Elâziğ Earthquake (2020)
- Türkiye Psychological Support during the Covid-19 pandemic period (2020)
- İzmir Earthquake (2021)
- Wildfires (2021)
- Karadeniz Flood Disaster (2021)
- Düzce Earthquake (2022)

## Within the scope of Kahramanmaraş 2023 Earthquake Project, who can apply to where and how to get therapy support?

Since the area is quite large, 110.000 km<sup>2</sup>, the number of people affected by the earthquake is also very large. A system is used to assist affected victims in order of priority. The system will be run by the "Hello 183" service line of the **Ministry of Family and Social Services**. Victims who meet the evaluations below will receive priority assistance from our system in the first few months.

- Those who have lost a close family member(s),
- Those who were removed from the wreckage and
- Those who have lost their houses (flats) because their building has completely collapsed or is severely damaged

Upon request from the Ministry of the Family and Social Services, we are also providing psychosocial support to search and rescue team workers.

## FOR CONTINUITY OF THIS PROJECT:

- We have to arrange the transportation of therapists from various locations across the country to reach earthquake victims, as well as providing accommodations, food, and beverages during their visits to affected regions.
- We have to arrange suitable meeting rooms, tents, containers and camping equipment so that we are able proceed and complete a safe and effective course of treatment
- We have to provide our members with the necessary EMDR Therapy equipment to assist the interventions.
- Creation and operation of a special software system is required to conduct the entire project properly and securely throughout the whole process.

United Nations announced recently that the total cost of Kahramanmaraş Earthquake is more than 100 billion USD.

Turkiye is a developing country and **the national income per capita is 10.000 USD**. The cost of this project that we have undertaken for the first year is expected to be around 1.250.000 USD.

Thank you for your interest.

**" FOR A BETTER WORLD, WE SHOULD BE TOGETHER "**