

The Western Mass. Trauma Recovery Network (TRN) therapists are available to meet with anyone in western Massachusetts who has been affected by Hurricane Irene.

The network includes a team of 18 licensed social workers and psychologists who are trained in a specific form of trauma treatment known as EMDR. This treatment has been shown to be an effective trauma treatment and was used successfully after Hurricane Katrina in Louisiana and 9/11 in New York City, according to practitioners.

Members of the network can offer up to five free therapy sessions for people affected by a recent community disaster, including hurricanes and tornados and acts of violence in the community.

The team provided treatment for numerous people in Northampton affected by an arson spree in December 2009, and once again are available to serve community members.

Early trauma treatment can reduce stress and prevent PTSD. For more information or to request psychotherapy, call the TRN coordinator, Amy Kahn at 413-586-7172.