

Supporting work in traumatised communities worldwide  
Reg. Charity No.1138372



Trauma Aid UK  
P.O. Box 5301  
Hove, BN52 9RS

## Minutes of the Trauma Aid UK AGM 2021

**Attendees:** Sian Morgan, Ericka Johanson, Rita McGrath, Walid Abdul-Hamid, Ines Santos, Ginny Dobson, Jo Ploszajski, Matt Wilcockson, Robin Logie, Tarik Al-Kubaisy, Terry Waite, Sanja Oakley, Gayle Sturrock, Cornelia de la Fosse, Khaled Suktan, Millia Begum John Henry.

### 1. Minutes of 2020 AGM

There were no matters arising.

## 2. President's report on Trauma Aid UK's Activities for the year (Sian Morgan) including our projects in Bosnia and the Middle East and our Future Goals

### ANNUAL REPORT FOR 2020

Throughout 2020, Trauma AID UK (TAUK) has continued to provide training in Eye Movement Desensitisation and Reprocessing (EMDR) to mental health professionals working in traumatised communities worldwide who would not otherwise have access to such training. This has enabled these professionals to acquire professional skills and knowledge in order to alleviate pain and suffering caused by post-traumatic psychological disorders. Due to the Covid Pandemic, most of the training this year has been delivered on-line. This is with the interim agreement of EMDR Europe Association Standards & Training Committee until the end of 2021.

In addition to EMDR Training and providing Continuing Professional Development Seminars and Workshops on-line, TAUK has also funded an E-therapy Pilot Research Project working with Syrian female refugees run out of Turkey. The project has been able to extend geographically to refugees living outside Turkey as all the trauma therapy has been provided via the internet.

Specifically, TAUK has carried out the following activities and events during 2020:

Date	Activity	Where
13 -16th January 2020	Part 1 EMDR Training Matthew Wesson	Cairo, Egypt
6th February 2020	Pccr Supervision Group	Cairo Egypt
8th February 2020	International Psychiatry Conference, Cairo Clinical Case Award to Shamy Al Madi for her work with EMDR	Cairo, Egypt
27th March 2020	How to deliver EMDR on-line: Seminar with Matt Wesson	Middle East and Bosnia on-line
29th March 2020	Dream Completion Technique Seminar with Justin Havens	Middle East and Bosnia on-line
18th April 2020	Flash Technique Seminar with Justin Havens	Middle East and Bosnia on-line
5th - 7th June	EMDR Europe Conference Sponsoring delegates from Egypt and Bosnia	on-line
12th June 2020	EMDR UK National Conference Trauma Aid UK Presentation and AGM	on-line
20th June 2020	R-Tep/G-Tep Training: 3 hours Shiraz Farrand/Kinga Bosnia & Middle East	on-line
29th & 30th July 2020	Part 2 EMDR Training with Matt Wesson/ Cairo	on-line
15th August 2020	R-Tep/G-Tep Training with Shiraz Farrand and King Komarzynska Middle East	on-line
2 & 3 September 2020	Part 3 EMDR Training with Matt Wesson/ Cairo	on-line

8th October 2020	E-Therapy Project Meeting with Mercy Without Limits in Gazientep, Turkey and agreement of co-operation in launching this project Funding provided by Trauma Aid UK	on-line meeting
16th October 2020	Workshop on EMDR & Psychoses with Dr Paul Miller attended pro bono by trainees from Bosnia Sonya Farrell	on-line meeting and recording
14th November 2020	Consultant's Day, London Fundraising	on-line
8th December 2020	Translation and uploading of Dream Competition Technique Video in Arabic- Justin Havens	UK/on-line
11th & 12th December 2020	EMDR Part 2 Training for Bosnian Group with Sian Morgan and team	On-line
18th December 2020	E-therapy for Syrian Refugees Pilot Research Project Training for project team with Sian Morgan	on-line

Plans for 2021 are to continue with these ongoing projects. The research project started in January 2021

#### **Achievements:**

- EMDR UK Association workshops organised by Matt Wesson.
- Offers of pro bono places to TAUUK trainees: e.g., Arne Hoffman on Depression.
- Milia Begum EMDR & Medication
- Regional Groups from Sussex, South-west, and North-East have offered recorded regional events.

## **E-Therapy Pilot Research Project for Syrian Women Refugees**

In collaboration with Mercy Without Limits we are running 2 x 4 month Research Project to provide 12 sessions of EMDR, online, for 50 Syrian Women.

Head of Research: Dr Aseel Hamid UCL

Project Manager: Batoul Akkad

Project Team: Dr Walid Abdulhamid, Dr Khaled Sultan, Matt Wilcockson, Dr Hamodi Kayal

Research Funding: £28,000

### **Middle East Programme:**

#### **Jordan**

Part 1 Training in March 2021: For participants from Jordan, Syria, Lybia, Turkey & Oman (Part 2 will be in June 2021 and Part 3 in October 2021)

#### **Egypt**

Following face to face Part 1 EMDR Training in January 2020, Matt Wesson has completed all 3 Parts and a Part 1 Training for a new cohort took place in February 2021 and will be completed this year.

On-line training with Matt Wesson on-line working & Justin Havens: Flash & dream completion.

FUTURE TRAINING:

#### **Iraq:**

Part 1 Training starting June 2021 (possibly more in Egypt and Jordan)

**Bosnia:** December 2021

Planned Consultants Training with Sandi

Richman and Robin Logie on-line in June 2021

**Bosnian Accreditation Committee:** Sanja Oakley and Robin Logie and Prof Mevludin Hasanovic and Semsä Sabanovic, Cornelia de la Fosse

Volunteer Supervisors working with Bosnians: Please let us know about your supervisees and where they are in the accreditation process.



### 3. Treasurer's annual financial statement (Robin Logie)

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### Trauma Aid UK Accounts for year ending 31<sup>st</sup> December 2020

	Restricted	Unrestricted	2020 Total	2019 Total
	£	£	£	£
<b>RECEIPTS</b>				
Subscriptions	0	3839	3839	6295
Donations, raffles & fundraising	0	4044	4044	4746
Printed & online material sales	0	912	912	3236
HMRC Gift Aid refund	0	0	0	3635
donations from EMDR Assn (incl. regional groups)	0	6201	6201	5393
Consultants Day donations	0	8955	8955	6482
Miscellaneous	0	1363	1363	191
	<b>0</b>	<b>25314</b>	<b>25314</b>	<b>29978</b>
<b>PAYMENTS</b>				
Bosnia project	0	0	0	4760
Middle East project	0	1650	1650	9768
Syria research project	0	14146	14146	0
workshop expenses	776	735	1511	1224
printing for publications	0	2188	2188	690
Miscellaneous projects	0	1657	1657	0
admin & misc	0	2126	2126	870
bank & Paypal fees	0	730	730	844
	<b>776</b>	<b>23231</b>	<b>24007</b>	<b>18156</b>
<b>Net Receipts / (Payments)</b>	<b>(776)</b>	<b>2084</b>	<b>1308</b>	<b>11822</b>
Cash funds at 1 January	776	29999	30775	18953
<b>Cash funds at 31 December</b>	<b>0</b>	<b>32083</b>	<b>32083</b>	<b>30775</b>

Dr Robin Logie, Treasurer  
Trauma Aid UK  
26.03.21

Subs gone down significantly. 2019 printed sales made much more, at present we are not selling materials on stalls because of Pandemic.

Donations from regional groups have gone up significantly.

Consultants' day brought in a significant amount.

Outgoings: previously we paid fees for attending trainings, transport and accommodation, the online platform means we have made significant savings there.

Research has benefitted from this, and we have paid out for this.

Printing has gone up because of a large print run.

Our funds are in a good state.

Independent examination of our accounts is required by the Charities Commission.

Vote: Walid proposed Shiraz seconded. Unanimously passed.

#### **4. Membership and Website report**

Donations from members:

Whilst membership has continued to fall, membership donations are balanced by new donations from Regional Groups.

The Gift Aid option (to which over a third of members and most event delegates have signed up) provides an additional income - 20% of donations.

There has been a reduction in the number of members donating more than the £15 suggested donation.

#### **The web site continues to grow:**

Increasing numbers of people are making direct donations through the website.

EMDR related materials, including the newly added Protocols in languages other than English, provide a steady new donation income.

Project information has been updated recently.

It is used for event registrations.

#### **News Updates:**

These are circulated to around 800 people (they also include a membership status and renewal reminder)

Links are automatically published on Twitter and Facebook.

**REGIONAL GROUPS:** A big THANK YOU to our Regional Groups who have made large donations to us through regional activities: Kent, Sussex, Near West, North East, North West, East Anglia, South West

**MEMBERSHIP AND DONATIONS:** Membership to be reviewed and suggest monthly donation scheme.

**PUBLICATIONS:** Thank you to Ulf Jarisch of EMDR Europe Equipment for distributing these

**CONSULTANTS' DAY** sponsored by the EMDR UK Association.

Thank you to the Accreditation Committee for their continuing support.

## **5. Trauma Aid UK Social Media Profile**

Facebook page: Trauma Aid UK @traumaaiduk

We post 2-3 times a month generally. Ines, Michael and Robin are administrators.

We post on topics such as EMDR therapy, refugee issues and mental health. Michael posts our newsletter when it comes out. Michael also posts the newsletter on our Twitter account.

Our following has been steadily increasing and we now have 819 followers (and 770 likes)

Please like us and follow us on Facebook!

## **6. Publications & Resources and Research**

Thanks to EMDR Equipment Europe for distributing our printed material.

Thanks to the UK EMDR association for sponsoring the Consultants' day.

Thanks to the Accreditation Committee for their support.

Using Stories in EMDR publication is selling well.

## **7. Questions from members**

There were no questions.

## **8. A.O.B.**

**Syria research project providing e-therapy in EMDR:** Economic crisis 07. 08. Employment in M/E financial support has gone down significantly. Mental Health funding has been cut. The research project is an attempt to provide a small pilot to be scaled up to employ more therapists and psychiatrists. This is a unique project. So far, the benefits have been outstanding.

TariK Al-Kubaisy reported on a programme in Iraq training in Traumatology provided by volunteers in the UK.

A huge vote of thanks to Sian Morgan for her commitment and continuing support for this very important project, developing and spreading the use of EMDR in the world. Proposed by Walid.

Millia has volunteered to update our book on mourning.

Jo Ploszajski volunteered to coordinate supervisor groups.

## **9. Close**