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**PITTSBURGH ACTION AGAINST RAPE**

## January 2009

Issue: 1



## Welcome to PAARticulars

PAARticulars is our new electronic newsletter. Each month we will highlight upcoming programs and will provide you with timely information that may be helpful to your life and/or the work that you do.

## EMDR comes to PAAR

Eye Movement Desensitization and Reprocessing (EMDR) can be a helpful and effective trauma treatment method within a comprehensive treatment approach for trauma survivors. EMDR can help the survivor to reprocess and "resolve" traumatic memories by focusing on all of the systems involved in a traumatic experience—mind, body, and feelings. EMDR can also be used to reduce anxiety and depression symptoms, as well as treat somatic issues, phobias, and problem behaviors. PAAR is now offering EMDR therapy to adult clients. Please call Christie Hudson for more information, at 412-431-5665, or you can call our intake department to discuss your options today.

## Self care tip of the month

### *How to Manage Automatic Reactions to Triggers*

1. Pause and become aware- acknowledge the experience of being triggered and if possible begin



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It is not too early to start thinking about starting a group in the beginning of 2009. We are excited to offer a **NEW** Journaling group for survivors and a **NEW** Early Recovery Substance Abuse Trauma Group. We will also be offering our usual Process Group for adults sexually abused as children. If you are a professional who would like to refer a client to PAAR or you are interested in being a part of a group, please visit our web site at [www.paar.net](http://www.paar.net) to see our complete line up. Or simply call us at 412-431-5665 and we will be happy to mail a group list to you.

to sort through what triggered the reactions.

*"I'm feeling triggered but I'm OK."*

*"The trigger is not the trauma."*

*"Did something happen today?"*

*"Have I felt this way before or is there something different about today?"*

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2. Calm yourself- tune into your body. Notice: what is the feeling sensation?

*Say something to yourself that is reassuring and helps to orient you.*

*"What is the date, year, what is my address, etc."*

*Change your posture- sit down, put your feet on the floor, stand up*

*Pay attention to feeling the ground beneath you*

*Become aware of your breathing- try to take deep slow breaths especially if breathing is shallow and quick.*

*Try breathing in counting to three, holding it, and letting your breath out counting to five.*

*Notice if you are tensing your body and try to relax those places*

3. Affirm present reality- remind yourself that NOW IS NOT THE PAST. The present is different from what happened during the abuse.

*Notice familiar objects*

*What do I see in the room?*

*Touch or hold an object that is a comfort to you.*

*Make a note card with messages about being safe now or the date/year*

4. Choose a new response-

*Focus on how you're responding differently*

*This is not a sign of me being weak or crazy.*

*I'm noticing things and learning more about myself.*

*Find ways to help soothe yourself*

*What's helped when I've felt this way before?*

*What are ways I can use my five senses to help comfort myself?*

Adapted from Maltz (1991) The Sexual Healing Journey. Harper Colling Publishers New York.

## Pittsburgh Action Against Rape

**TAKE ACTION** Create a safe & just world. Get involved & make positive changes in your family, friends, workplace and neighborhood.

Join us every month in taking action!

*This Affects Everyone.* **What will U do about it?** [www.paar.net](http://www.paar.net)

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