

Raising Funds for Trauma Recovery in Samoa

Karen Ross and Elena Kostyugova, two therapists based in Parnell are part of a team of therapists travelling to Samoa this February on the invitation of the Samoan Ministry of Health. Their team will train local mental health workers and counsellors and work one-on-one with those suffering from trauma, post traumatic stress disorder and other issues relating to the tsunami that hit the Samoan coast in September.

Following the tsunami that hit the southern coast of Samoa on 29 September 2009, many of the thousands of people affected are still suffering from depression, PTSD (post-traumatic stress disorder), insomnia, delirium and aggression. It was reported late last year that many communities have taken to the hills and are fearful of rebuilding in coastal areas.

A team of New Zealand and international therapists will travel to Samoa on 25 February to train local mental health workers and counsellors, and work personally with those requiring help. The project has had some initial sponsorship (for an initial trip last December to meet with the agencies requiring help) from the



Part of the team heading to Samoa.

Flight Centre, Air New Zealand and Aggie Grey's Lagoon Beach Resort and Spa in Apia.

The team now requires donations to fund their full trip in February. Funds raised will cover costs of flights, airport transfers/parking, island transportation, administration, etc. Accommodation is being provided by Aggie Gray's.

The Trauma Recovery Team is a group of nationally and internationally certified Neuro Linguistic Programming (NLP) Master Practitioners and Trainers. The techniques the team employs have been shown to be the most effective solution to treating PTSD in war zones, and following the 9-11 events in the US.

"Our mission is about helping people heal themselves so they in turn can begin rebuilding their communities" says Rachel Papaconstantinou, whose brainchild the project is.

Please donate to this worthy cause and support Karen and Elena. To donate or find out more information go to www.traumarecoveryteam.org.nz and about NLP at www.nzanlp.org.nz or Karen Ross, media@traumarecoveryteam.org.nz, ph 021 403 408.

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