

Dear EMDR Therapist,

When a firefighter walks into a therapist's office, you know something is wrong. Due to the nature of the business, a firefighter resists the notion that they may be the one needing help; because conversely, they're the ones protecting home, life and property. Firefighters are our caretakers...and they typically don't want someone else taking care of them.

As a therapist, the more you know about the heart and life style of a firefighter, the more you'll be able to help them. Firefighters are teammates, brothers and sisters, comrades, working towards a common goal. We fight fire, laugh and live. It's the best job in the world...until something goes wrong.

I invite you to view the attached video. This is my story. I was one of those crazy wildland firefighters who fought fire, laughed and lived. Then on July 6, 1994 my life ended....except, I survived. Fourteen elite wildland firefighters, including hotshots, smokejumpers and helitak, didn't come back from the July, 1994 South Canyon Fire on Storm King Mountain. I did. However, I had a blocking belief that I should have died with my friends on the fire. This blocking belief lasted over a decade... until I walked into a therapist's office. My therapist knew how trauma affects the body and mind. My EMDR therapist was my lifeline.

Thank you for your work in the trauma field. There are countless individuals suffering from the effects of trauma. It's because of the effort you make, they are able to work through their past trauma and fight, laugh and live again.

Sincerely,

Kim Lightley