



# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

## HAP Events in December

Traditionally, December is a quiet month for trainings, and this year was no exception, with only two trainings during the month. On December 7, trainer **Roy Kiessling** and trainer in-training **Bonnie Mikelson** led a Part I event in Ottumwa, Iowa, with facilitator **Susan Arland**. A few days later, on December 10, **Lynda Ruf** left the safe and warm environs in Florida to come north for a Part I in Hartford, Connecticut. She was ably assisted by facilitators **Judy Cabeceiras** and **Farnsworth Lobenstine**. Facilitator in-training **Cheryl Kenn** also participated.

As folks continue to struggle as they recover from the effects of Superstorm Sandy in New York and New Jersey, **Maria Masciandaro** and **Betsy Prince** are leading Recent Traumatic Episode Protocol (R-TEP) workshops in Westbury, Long Island on January 26; in New York City on February 16; and in Lakewood, New Jersey on February 22.

The tragic shooting in Newtown resulted in several responses.

**Don deGraffenried** is presenting a workshop "Using EMDR Recent Event Protocol with Homicide Survivors" in Hamden on January 26. The Fairfield County TRN has been busy working with people in and around Newtown, and so a Traumatology and Stabilization workshop will be conducted in Southbury, Connecticut on January 30, and again in Stamford, Connecticut on February 15. A Part I is planned in Sandy Hook for February 8. All of these events will be led by **Karen Alter-Reid**. Details for all of these HAP events are on our website [www.emdrhap.org](http://www.emdrhap.org).

There was some good news at the start of 2013: the World Health Organization approved the recommendation on EMDR in adults and children for PTSD. EMDR and EMDR HAP were also profiled in the Saturday January 12 edition of the New Haven Register, available online at

<http://www.nhregister.com/articles/2013/01/12/news/doc50f23f0f0e55a451975261.txt>

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## HAP Keeps Trainees Connected

In an effort to keep new HAP trainees connected to both HAP and the community of clinicians treating trauma, HAP has launched a newsletter called **The HAP Connector**. This electronic newsletter will be sent out seasonally to new HAP trainees and agency representatives, and will include useful information such as tips they can use on their clinical practice and information on upcoming trauma-related workshops. We could use your help in making this an effective newsletter:

- **With every issue, we would like to include an article for the clinical corner.** If you have an article that you would like to give us for publication in the newsletter, please send it to us (preferably as a PDF).
- **We also want to publicize trauma-related workshops that might be of interest to new trainees.** If you are presenting or sponsoring such a workshop, please let us know, so we can include details and links in this newsletter.

If you would like to contribute an article or submit a workshop listing, please contact **Conrad Sienkiewicz**, HAP's Volunteer Coordinator, at [conrads@emdrhap.org](mailto:conrads@emdrhap.org), and he will gladly assist you with this. **We hope to send out another issue in late January.**

Help us help trainees stay connected and improve their practice!

## Martin Luther King Jr. Day—January 21, 2013



## Ask the Answer Man!



Dear Answer Man,

**What is the process for being reimbursed after volunteering for a HAP event? Can I just forgo reimbursement and consider this a donation to HAP? And must I use Egencia or SWABIZ?**

**Signed, Cashless in Chicago**

Dear Cashless,

Great questions!

A couple of days after your assigned event, you (and every member of your team) will receive an email from **Linda Blackburn**, HAP's accountant. Linda will ask you to provide some information on your expenses. Please reply to her email within 30 days of the event so that we can reimburse you promptly. **30 days after the event, the event will be closed and HAP will no longer process any reimbursement requests for that event.** This is done so that reimbursements can be made in a timely fashion and our books will be accurate for each quarter.

Starting this month, **you will receive a reminder three weeks after the event;** this will give you one more week to submit your expenses before the event is closed. If you have questions about your reimbursement, please contact Linda directly at [Linda@sbascpa.com](mailto:Linda@sbascpa.com). She works part-time at the HAP office but checks her email regularly.

While HAP certainly appreciates volunteers donating all or part of their expenses back to HAP, you must do this by following the process above. **We can not assume your donation,** so you must let Linda know you are donating (all or part of ) your expenses to HAP.

Lastly, while you do not have to use Egencia or SWABIZ, HAP strongly encourages you to do so. **By using one of these companies, your flights are billed directly to HAP,** so you do not have to claim them on your expense report. To use Egencia or SWABIZ, you need to set up a HAP account: directions are on HAP's Reimbursement Policy, sent to every outgoing team, or available from the Volunteer Coordinator.

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Here is a list of upcoming HAP trainings in the US:

- R-TEP: LI TRN in **Westbury**, NY 1/26
- Part I: Ocean MHS in **Bayville**, NJ 2/1
- Part I: Olive Crest in **Bellflower**, CA 2/1
- Part I: MARC Center in **Mesa**, AZ 2/1
- Part I: Fairfield County TRN in **Sandy Hook**, CT 2/8
- Traumatology: **Stamford**, CT 2/15
- Part I: Community Counseling Center in **Las Vegas**, NV 2/15
- R-TEP: **New York**, NY 2/16
- Part II: Watters Family Life Center in **Fort Bragg**, NC 2/18
- Part II: HAP in **Minneapolis**, MN 2/22
- R-TEP: Northern NJ TRN in **Lakewood**, NJ 8/22
- Part I: Safe Connections in **St. Louis**, MO 3/1
- Part I: Truman Medical Center in **Kansas City**, MO 3/1
- Part II: Fulton County Stress Center in **Wauseon**, OH 3/8
- Part I: Signature Health in **Willoughby**, OH 3/8
- R-TEP: Western MA TRN in **Amherst**, MA 3/22

It's a new year but the same old picture; too busy for change!

Peace,

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***Words To Live By:***  
**Elizabeth Bowen**  
**(Irish Writer, 1899-1973)**

**“No object is mysterious.  
The mystery is your eye.”**