



# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

## HAP Events in January and February

2013 started off strong with a variety of HAP events. On the first weekend in January, trainers **Reg Morrow** and **Lynda Ruf** led a Part I in Winter Park, Florida with facilitator **Wendy Krauss**. That same weekend, trainer **Carolyn Settle** delivered a Part II in Fairfield, Connecticut with facilitators **Suzanne Borstein, Judy Cabeceiras, Peggy Gale** and **Hope Payson**; this team included facilitators in-training **David Eliscu, Susan Marcus** and **Lynn Persson**. **Carolyn Settle** also presented "EMDR and the Art of Psychotherapy with Children" in Southbury, Connecticut.

On January 11, trainer **Rosalie Thomas** and trainer in-training **Katy Murray** volunteered at a Part I in Seattle, Washington with facilitator in-training **Carol Zancanella**. In Kansas City, Missouri, trainer **Roy Kiessling** worked with facilitators **David Ogren** and **Susan Thompson** at a Part II; facilitator in-training **Rick Murphy** observed. Trainer Michael Keller and facilitator Gary Scarborough worked their magic at a Part II in Monroe, Louisiana.

In Phoenix, Arizona, trainer **Deb Kennard** delivered a Part II with trainer in-training **Ana Gomez**; congratulations to Ana for completing her training! Facilitators **Nezhat Edalatian, Julie Miller** and **Lil Sideris** rounded out this team.

Later in the month, **Don deGraffenried** presented "Using EMDR Recent Event protocol with Homicide Survivors" in his hometown of Hamden, Connecticut. **Maria Masciandaro** and **Betsy Prince** brought Recent Traumatic Episode Protocol (R-TEP) to Westbury, New York.

February was a brief but busy month, with three Basic Training events in the first weekend. Trainer **Lynda Ruf** worked with trainer in-training **Betsy Prince** at a Part I in Bayville, New Jersey, with facilitator **Farns Lobenstine** assisting. Moving west, we held a Part II in Mesa, Arizona with trainer **George Abbott** and facilitators **Elaine Soto** and **Soozi Bolte**: special thanks to Soozie who came in as a very last-minute replacement when another facilitator fell ill. In Bellflower, California, trainer **Alicia Outcalt** and trainer in-training **Jan Schaad** managed a Part I with facilitator **Jocelyne Shiromoto** and facilitators in-training **Herminia Shea-Martinez** and **Linda Pillsbury**.

Mid-month in Las Vegas, Nevada, trainer **Deb Kennard** led a Part I with trainer in-training **Don deGraffenried**; way to go, Don, for finishing your Part I trainer training! Facilitators **Leslie Brown** and **A.J. Popky** and facilitators in-training **Gretchen Leu** and **Rick Murphy** volunteered, too. Trainer **E. C. Hurley** and facilitator **Gene Schwartz** brought a Part II training to Fort Bragg, North Carolina. In Minneapolis, Minnesota, trainer **Karen Alter-Reid** delivered a Part II training with facilitators **Larry Anderson, Sue Evans** and **Susan Schaeffer**; facilitator in-training **Jenn Jones** completed her facilitator training here, too. Nice work, Jenn!

**Maria Masciandaro** taught R-TEP in New York City and then again with **Betsy Prince** in Lakewood, New Jersey.

Thanks to all the volunteers who helped us start off the new year!

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## Changes Within HAP

Spring is a season characterized by change. Here at HAP, we have some staff changes to announce. After over eight years of dedicated service to this organization, **Rosemary Gelbach** is retiring and starting a new chapter in her life. Rosemary was most recently our Project Coordinator who did a great job getting our website revised. Before that, she was the Consultation Coordinator, and worked hard identifying all the issues involved in removing consultation from our basic training events. She practically singlehandedly coordinated our booth (and our events) at the annual EMDRIA Conferences over the past several years.

Our Training Coordinator **Jackie Michaud** is also leaving HAP. Like Rosemary, Jackie has worn numerous hats here at HAP, and has experience in managing the HAP store, as well as assisting with numerous projects. Our Office Manager **Elaine Howard** will now take on the responsibilities of the Training Coordinator and assist agencies who are interested in sponsoring HAP trainings and workshops.

We thank Rosemary and Jackie for their positive attitudes, their can-do determination to get the jobs done well, and their impressive organizational skills. HAP was grateful to have them both onboard over the years.

Our HAP Store is also changing into the HAP Resource Center, and it will now be managed by Mentor Books, based in Denver, Colorado. Perhaps you have met Mentor's founder **Blair Dunn** at a past EMDRIA Conference. As HAP makes this transition to Mentor Books, we will keep you informed as to how this will affect our book orders and HAP boxes. These changes will also necessitate revisions in Logistics duties at HAP events, so stay tuned for updates on that as well.



Have you visited our NEW website?  
Check it out; it's a beauty!

[www.emdrhap.org](http://www.emdrhap.org)

And let us know  
what you think about it!

When using Egencia or SWABIZ, please remember to use the three digit HAP event code — unique to each HAP event — as this helps us connect your charges to the correct event. When you use Egencia or SWABIZ, HAP is billed directly and there is no need for you to submit a receipt.

Also, our accountant **Linda Blackburn** will send you a Travel and Expense email shortly after your event, so please respond to it within 30 days so we can reimburse you promptly and keep our books accurate from quarter to quarter. Thanks!

# Ask the Answer Man!



Dear Answer Man,

- ◆ **Must HAP trainees use a consultant listed in the HAP Consultant Directory?**
- ◆ **What must I do to become listed in this directory?**
- ◆ **How many hours must HAP trainees have before taking a Part II training?**
- ◆ **How large can a consultation group be?**

Signed, Directory Dilemma in Dubuque

Dear DiDi in Dubuque,

- ◆ **Yes, HAP trainees must use a consultant who is listed in our directory.** Not all EMDRIA-approved consultants are familiar with HAP or Institute trainings, whereas all the consultants in the HAP directory have attended a HAP or Institute training since 2007. Consultants listed in our directory are therefore familiar with the HAP training model, and know what HAP trainees have experienced. Also, the consultants in our directory know how to track consultation hours using our online (and paperless) tracking system.
- ◆ To get listed in this directory, you must be an EMDRIA approved consultant (or a consultant in-training who has completed at least 10 of your 20 required hours) who has attended a HAP or Institute training since 2007. You must then do three things:
  1. Have or create a volunteer account in our database. If you don't have an account, you can create one quickly and easily on our website. Just go to **www.emdrhap.org**, click "**Volunteers**" and then "**Register to Become a Volunteer.**"
  2. Download and submit a Consultation Application by visiting **www.emdrhap.org**, putting your mouse over "**Volunteers**" and then clicking "**Volunteer Support.**"
  3. Register for the Consultant Directory by visiting our website, putting your mouse over "**Volunteers**" and then clicking "**Volunteer Support.**"Once the Volunteer Coordinator has your application and has verified your credentials, he will activate your listing in the directory and you can also download tracking instructions by visiting **www.emdrhap.org**, putting your mouse over "**Volunteers**" and then clicking "**Volunteer Support.**"
- ◆ While you may provide consultations to groups that contain HAP and non-HAP trainees, you can only use our system to track the HAP trainees. We **recommend** that HAP trainees receive 4 to 6 hours of consultation after their Part I training, and they must complete the remainder of their ten hours after the Part II to receive their certificate of completion. They can register for a Part II if they have not completed the recommended 4 to 6 hours.
- ◆ Consultation groups must follow EMDRIA's guideline of allowing 15 minutes per person per group; a group of four must meet for at least an hour, while a group of eight must meet for two hours. Each member receives credit for the entire length of the consultation. Consultation can be done individually or in groups, and in-person, by phone or by Skype. More details on consultation can be found at [www.emdria.org](http://www.emdria.org).
- ◆ HAP does not set consultation fees. HAP trainees work 30 hours or more at non-profits, so they are definitely looking for affordable consultants. We ask consultants in our directory to keep this in mind and we encourage them to offer discounts if they are charging for consultation.

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

- Part I: YWCA in **San Diego**, CA 4/5
- Part I: Rainbow Hospice in **Mt. Prospect**, IL 4/12
- Part I: Gulf Coast Social Services in **Lafayette**, LA 4/12
- Part I: Hillcrest in **Dubuque**, IA 4/26
- Part I: CT Women's Consortium in **Hamden**, CT 4/27
- Traumatology: Fulton County Health in **Wauseon**, OH 4/30
- Part I: Community Counseling Center in **Las Vegas**, NV 2/15
- Part I: KY United Methodist Home in **Versailles**, KY 5/10
- Part I: Lee's Place in **Tallahassee**, FL 5/17
- Part II: Rollins College in **Winter Park**, FL 5/31
- Part I: Tri-County MH Services in **Lewiston**, ME 5/31
- Part II: Clinica Sierra Vista in **Bakersfield**, CA 6/7
- Part I: CA State University in **Fullerton**, CA 6/7

Please be sure to check out our new website at [www.emdrhap.org](http://www.emdrhap.org). You will still find some of the previous, familiar content, such as the Consultant Directory, Volunteer Login and Training Listing, but they might be in a new place. There is significant new content as well, so the more you explore, the more you will discover. Please let us know what you think of the website.

I hope spring is springing in your neighborhood!

Here's to growth,

**Conrad Sienkiewicz**  
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***Words To Live By:***  
**Margaret Fuller**  
**(American Journalist, 1810-1850)**

**“Very early, I knew that the only  
object in life was to grow.”**