

What's Happening Now...

Volume VI, No. 3

EMDR Humanitarian Assistance Programs

Summer 2010

We Are Making a Difference in Haiti

July was a remarkable month of achievement for HAP's project in Haiti. In a small mountain inn east of Port-au-Prince at the start of the month, 28 Haitian psychologists gathered for the first of a three-workshop basic training sequence. They included several clinicians working for medical/surgical relieve projects and others who were faculty or graduate students at the State University of Haiti. The trainer was HAP volunteer Elfrun Magloire (an EMDR

trainer from Koln, Germany), who has lived often in Haiti with her husband and his family and has been teaching traumatology to Haitians for many years on her own initiative.

By the end of the month, a second workshop presented the participants with EMDR Level I, to be followed in the fall with Level II. And in between these events, Elfrun and her new colleagues at the University began

translating EMDR protocols from English and French into Haitian Creole.

HAP is collaborating with HAP organizations in France and Belgium for the work in Haiti. Together we have formed the Partenariat EMDR Haiti, an alliance that will work with other organizations to provide EMDR training, promote adoption of EMDR as part of university clinical education, encourage sound

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EC Hurley Gets Snyder Award for 2010

Dr E.C. Hurley of Clarksville, TN (shown here with Oklahoma's National Guard Adjutant General) has been selected by the EMDR HAP Board of Directors as the 2010 recipient of the Elizabeth Snyder Award for Outstanding Service as a Volunteer in HAP.



Named for the late EMDR trainer Elizabeth Snyder who was a pioneer in both domestic and international HAP training, the award was established shortly

before her death and is now being given for the seventh time.

E.C. Hurley served over 20 years as a US Army chaplain, retiring with the rank of Colonel. During that time he conducted many workshops in the military in his special fields of counseling psychology and marriage and family therapy. He served as a chaplain in Operation Desert Storm and developed a strong interest in treatment of

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HAP Training Stats Break Records...

EMDR HAP volunteers broke all HAP records for workshops taught and participants trained during the year ended June 30. Over 1800 therapists enrolled in 71 basic EMDR workshops in the US and abroad. Over 270 additional participants took 11 workshops in specialty topics and traumatology and stabilization.

Nine of the basic events and three of the specialties were outside the US, serving clinicians from the West Bank, Kenya, Ethiopia, Lebanon, Uganda, Senegal, India, Iraq and Sudan. Within the US, trainings were spread widely across the map, reaching more than half the states and agencies serving a broad spectrum of ages, genders, cultures and client conditions.

Sponsoring agencies were located in inner cities, rural counties and suburbs.

Over 230 participants were VA or military clinicians, including clinician/chaplains at Ft Hood in the weeks after the tragic shooting there.

HAP training is available for credentialed therapists who work 30 or more hours per week in a non-profit agency setting. Demand for training has grown as EMDR wins growing recognition from clinicians for its efficacy with their clients.

Many agencies invite HAP back after several years to train new clinicians who missed out the first time. Equally important as a reason for growing demand is the low cost of HAP training, made possible by the voluntary service of HAP trainers, facilitators and consultants, and by financial donations to HAP.

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Basic Training in Chinese Quake City is Completed

A massive earthquake struck Chengdu in Sichuan Province of China in 2008. China's growing EMDR clinical community wanted to help, but needed support from outside trainers.

With a grant from First Hand Foundation, HAP conducted a three-part training project over a two-year period, completing in August 2010.

Joany Spiering, Christie Sprowls, Eugenie Hsu and Judith Boel were the HAP training team, joined by Chinese colleagues as facilitators and trainers in training.

Nearly 50 clinicians attended some part of the training, and 34 completed the full basic training sequence, with special interest in child trauma.

The Chinese coordinator, Weili, has urged us to consider further consultation and specialty training support for the new EMDR professional community in Chengdu. With sufficient funding, we would gladly comply.



HAP China training team August 2010 -
Eugenie Hsu and Judith Boel 3rd and 4th from left

Trauma and Disability: HAP Turns on the HEAT

A core element of HAP's mission is to reach underserved populations with effective trauma therapy. "HAP Educates About Trauma" (HEAT) is one way we advance that objective. Trauma affecting intellectually and developmentally disabled people has been a target for the past 18 months.

Two recent invitations to major conferences on Intellectual

and Developmental Disabilities demonstrate that EMDR and HAP are "turning on the HEAT." In August HAP volunteer Janice Schaad and Associate Director Gail Ford presented at the annual Re-Inventing Quality Conference in Baltimore, sponsored by the National Association of State Directors of Developmental Disability Services (NASDDDS) in collaboration with the University of Minnesota Institute for Community Integration, the Human Services Research Institute and the University of Delaware National Leadership Con-

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HEALING COMBAT TRAUMA — An Update

A major grant from the Chicago-based McCormick Foundation set HAP on the road to training clinicians in EMDR at agencies near three large military deployment centers – Columbus, GA near Ft Benning, Nashville, TN near Ft. Campbell and Escondido, CA near Camp Pendleton. The goal was to empower and motivate clinicians at these agencies to treat combat trauma among the many retired military personnel who settle down near where they served.

The grant provides sufficient funds to ensure that at least 200 clients can be served even if some of them lack insurance.

The project, called Healing Combat Trauma, has had a challenging course.

In the first part of the project, agencies were readily recruited, and HAP training teams got them up to speed with basic training and a supplemental workshop on EMDR with Combat Trauma. Intensive supplemental consultation also ensured that the new EMDR clinicians were ready for their challenge.

The unexpected challenge came when clients did not show up! Weeks and months went by, various efforts at publicity and networking were tried by the agencies, but only a handful of clients who had been deployed since 9/11/2001 were coming into waiting rooms. We have been conferring since early spring to find a good response. Our contact at McCormick Foundation tells us that most

of the other projects they funded to assist veterans re-enter civilian life had the same problem. And successful projects for vets in other parts of the country echoed this lesson: Even with excellent services on offer, the key to success is intensive outreach, not only to veterans, but also – and especially – to their family members. That makes sense to us.

We are retooling our project with strong support from our agency partners to conduct effective outreach attuned to each community. McCormick Foundation is reviewing our modified plan and has encouraged us to move forward in this effort. We'll keep you posted. (And if you have had success in a similar effort, we would love to hear from you.)

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Trauma and Disability: HAP Turns on the HEAT

sortium on Developmental Disabilities. In addition, NASDDDS invited HAP to its annual fall conference in Alexandria, Virginia to brief department leaders from the 50 state governments about EMDR and the importance of addressing trauma affecting people with ID/DD.

These invitations followed 18 months of workshops for agency staffs at local programs for intellectually and developmentally disabled (ID/DD) clients. Trauma incidence is high in the ID population but often unrecognized or assumed to be a part of the disability. EMDR clinicians who have had great success treating ID clients for trauma have found an attentive and eager audience for training in traumatology and stabilization.

Volunteers are needed to advance this work. We are especially looking for clinicians with experience treating ID and DD clients for trauma, and a willingness to help coordinate further work aimed to serve this population. Reach us at contact@emdrhap.org

Turning on More HEAT: 911 Dispatchers Need Help

The people who field 911 emergency calls and send out help are a unique group – the very first of the “first responders.” Over and over, they hear the anguished cries and desperate pleas, and they often do not hear the aftermath.

Secondary traumatization is a real threat, but training in traumatology and self-care has been scarce. Jim Marshall, an EMDR clinician in Upper Michigan, has been working on this issue for several years and approached HAP for support.

We saw this as another case for HAP Educating About Trauma and now we are pleased that Jim has enlisted the National Emergency Number Association (NENA) to create a Working Group on Acute, Traumatic and Chronic Stress. HAP has signed on to support this effort; we will let you know how local TRN groups and others can become part of the work.



Trauma Recovery Networks Moving Forward

Trauma Recovery Networks are local voluntary associations of EMDR clinicians and others who wish to prepare for mental health support in the event of a disaster affecting their community. Volunteers have created TRNs in about 10 US local/regional communities to date. Conrad Sienkiewicz on the HAP staff (Conrads@emdrhap.org) is ready to help them as well as others who want to join this effort. Our hope for TRNs is that they will:

- keep members up to date on the state of the art in emergency trauma response
- encourage liaison with local/regional emergency preparedness officials and with advocates for under served groups in their community
- educate the public and emergency officials on the nature of trauma and how to treat it
be prepared to offer direct disaster response services when warranted locally or in other locations.

R-TEP Workshops Teach Recent Traumatic Event Protocol

R-TEP is a new protocol for very early intervention to aid post disaster clients with acute stress disorder. Israeli psychologists Elan Shapiro and Brurit Laub presented it last year in a full-day workshop at the EMDRIA conference in Atlanta. EMDRIA Regional Directors were so impressed they have been invited back for EMDRIA this year as well.

They also generously offered to teach their workshop to EMDR clinicians in three communities where HAP has TRN groups.

In Long Island on 9/11; in Middletown, CT on 9/19; and in Orlando, FL on 9/25, full-day workshops will be presented at a low fee of \$125 to cover travel and printing costs. Online registration is available at the HAP website, www.emdrhap.org



HAP Supports First Asia EMDR Conference

The first EMDR Conference for all of Asia took place in Bali in early July, with a plenary address from Francine Shapiro. More than a year of planning brought over 150 delegates together to compare notes on EMDR practice and

on the steady growth of EMDR in Asia. Many Western participants also attended as presenters and representatives of other regional EMDR associations. The conference also served to launch the new Asia EMDR Association. Sushma Mehrotra of India, an EMDR trainer and HAP alumna, coordinated the conference planning and was selected as President of the new association. Many of the Asian participants were originally trained by EMDR HAP volunteers, and some former volunteers attended to reunite with their former students and colleagues. HAP provided some financial support to the Conference and wishes the new Association great success.

Want to share an issue of "What's Happening Now" with a colleague or friend? All issues of WHN are available on the HAP website. Go to www.emdrhap.org, click on "HAP WHN Newsletter" at lower left of home page. Each document is in PDF format. Save the PDF file to your computer, then attach file to an email.



HAP's Growing Faculty: Trainers, Facilitators, Consultants

HAP training programs are made possible – and affordable – because hundreds of highly skilled EMDR clinicians volunteer thousands of hours each year to travel to HAP events and teach more than 1800 participants about trauma and EMDR treatment.

Each year the ranks of trainers, facilitators and consultants grow. Last year more than 70 training workshops were staffed by 25 Part I trainers, 16 Part II trainers, 21 trainers in training,

62 facilitators, 23 facilitators in training, 64 consultants, 12 logistics coordinators and 9 specialty trainers. Many of these volunteers served at three or more events.

On September 29 in Minneapolis, before the EMDRIA conference begins, all HAP trainers and facilitators on hand are invited to assemble for a first-ever HAP Faculty Meeting.

They will review evaluation data we have been collecting on the training programs, and will contribute their own advice. We plan to find additional opportunities to assemble HAP faculty at other times and places.

We Are Making a Difference in Haiti

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EMDR practice in underserved communities, educate Haitian paraprofessionals in traumatology and stabilization, and encourage the rapid emergence of Haitian clinicians who can function as consultants, facilitators, and ultimately trainers. Already, our partnership has received a Letter of Intent embracing all of these elements from the Center for Research in Psychology and Sociology, in the Faculty of Human Sciences at the University (CRIPS/FASCH).

sent volunteers Vivian Lamphear and Roger Ludwig to give early treatment to over 100 children at an orphanage. (A moving account by Roger of a child who apparently died from untreated trauma can be found on our website.) Vivian subsequently spent many weeks offering EMDR treatment at hospitals and other

tions among Bob Gelbach from US HAP, Pauline Guillerd from HAP France, Ludwig Cornil from HAP Belgium and Elfrun Magloire. Together they formulated the Partenariat, a response that will assist Haiti by providing immediate skills and building capacity for EMDR to take root.



US HAP is the largest partner in this collaboration, but our collaborators bring an indispensable capacity to teach in French, a shared sense of values and standards for EMDR practice, and sufficient resources so that, joined to HAP's Haiti fund, we paid for all three of the first wave of training. We are looking

From the moment that the earthquake hit in mid-January, donors and volunteers offered their services to help Haiti. Donations earmarked for Haiti soon reached \$30,000, just from the EMDR community in the US. HAP took steps to send out email messages about the need for mental health response and the ways we can help. Our first initiative

emergency response sites. She is an indispensable guide to the complex of relief efforts in mental health.

Meanwhile, Anne DeWailley, from Belgium, served at a medical/surgical unit of Doctors Without Borders, where she was virtually the only mental health resource. Returning home, she joined conversa-

for grant funds to be able to continue, but we also need donations. Seldom have we had a project so clearly needed and so immediately effective in its impact for good.



EC Hurley Gets Snyder Award for 2010

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combat trauma as well as the impact of military life on military families.

As HAP increased its work with military clinicians over the past decade, E.C. retired from active duty and "reported for duty" with this new outfit. Already an EMDR approved consultant, he signed on as a facilitator, but soon became a trainer in training. Between March, 2006 and July, 2010 he served at 42 HAP events, covering a broad spectrum of agencies, but always especially available to train chaplains and other military and VA clinicians. In 26 of those events, he was the Part I or Part II trainer. After the shooting last year at

Ft. Hood, HAP conducted a special training sequence for chaplains, and E.C. was the trainer.

Quite apart from his volunteer work for HAP, E.C. has a private practice in Clarksville and is in the final stages of a doctoral program in neuropsychology and trauma. He also spent considerable time since late 2008 steering HAP's project to prepare civilian clinics for treating the combat trauma of local veterans. His spirit of engagement in HAP's work is infectious for the many facilitators and trainers-in-training who have worked with him. As he said of himself in his HAP volunteer file, "I am available most any time as need arises." Now there is an understatement!



EMDR Humanitarian Assistance Programs

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Dear Friends of HAP,

Summer, 2010

As you read through the summer 2010 issue of *What's Happening Now*, I hope you have the same feelings that I have:

*This little 15-year-old organization is really making some waves!
Our volunteers are "being the change they want to see in the world."
And our donors are truly stepping up to the challenges of a hurting world.*

This year US charities have bemoaned a general decline in giving, but HAP had a dramatic increase in donations and a near-record level of support. Thank you!

This was a year when:

- The president of Haiti and the former president of the US Bill Clinton jointly wrote in the *New York Times* that Haiti was in danger of becoming another forgotten disaster; but HAP forged a multi-national EMDR partnership, trained 28 psychologists as a start, and gained a three-year commitment from a leading Haitian university program to expand training *and* treatment across that nation.
- Iraqi clinicians went to Istanbul to complete their basic training and gave rave reviews on the efficacy of EMDR and raised hopes that we will expand our training in Arabic.
- HAP-trained EMDR educators in India and China conducted basic and specialty workshops in their own country with our help and HAP alumni organized a major EMDR conference and a new EMDR association for all of Asia.
- Every clinician in Ethiopia's only psychiatric hospital became an EMDR therapist, and EMDR clinicians in Kenya formed their own national EMDR association.
- HAP EMDR training in civilian US agencies hit record levels; we found new ways to support military and VA clinicians and veterans; and we focused attention on underserved populations through our educational outreach to organizations and caregivers serving people with intellectual and developmental disabilities.

This is a time when charitable giving is harder for most of us, yet I have to ask for your support now more than ever. This is the easiest part of my job because I truly believe there is no opportunity for charitable giving out there that generates a higher return in human benefit and changed capacity for "life, hope and healing" than a dollar invested in EMDR HAP.

We are a unique community of caregivers. Our work is well begun. But each of the projects reviewed above is poised to move ahead and in urgent need of more support. If you have never given to HAP, this is a good time to start; if you gave before, consider a larger gift – it's a very good time to make a very big impact.

Thank you,



Robert A. Gelbach PhD
Executive Director

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HAP in Africa: Up and Running

Developing an EMDR training program for Africa has been a HAP goal for several years. By the summer of 2010, HAP and its partners in Nairobi and Addis Ababa have conducted multiple basic EMDR workshops, initiated some specialty training and begun to prepare several motivated new clinicians for future EMDR leadership roles in their home countries.

Nairobi was the first location for our recent focus. Heidi Pidcoke and Alice Blanshard first invited us and convened fellow clinicians for EMDR training. A fourth round of training will occur in fall 2010. NGOs working in Nairobi have joined HAP in covering some of the travel costs, and local institutions have provided room and board for HAP training teams. Training so far has included traumatology and stabilization, basic EMDR, and EMDR for children. Key HAP volunteers have included Reyhana Seedat, Michael Keller, Robbie

Adler-Tapia, and Braam Beetge.

Reyhana and Braam have also taught in Addis Ababa, where HAP initiated training in collaboration with Hope for Children, a leading local orphanage for AIDS affected children. Dorothy Ashman and Catherine McLaughlin have also served there as facilitators, and Dorothy has created a dynamic fundraising effort in eastern Pennsylvania to launch the work in Ethiopia.

On the scene in Addis Ababa, John Messer is a retired professor of social work and recent EMDR clinician who now teaches at the national University and coordinates all training activities as well as a regular discussion group for local clinicians trained in HAP's two workshop events held so far. A third event (including Part I and – for those previously trained – a Part II workshop) will be held in October. Already, all clinicians in the country's only psychiatric hospital are EMDR trained.

Work is proceeding to translate EMDR protocols into local languages and to explore options for trauma training in the national University.

The current state of mental health care in Africa is severely constrained, but the prospects for EMDR are great, because trauma is unquestionably the overarching public mental health issue. Nairobi almost immediately became a focal point for African clinicians who wanted new resources. Participants have come from Uganda, Rwanda, Liberia, and Ethiopia. Opportunities exist to integrate EMDR into professional university education for clinicians, and to assist local college and universities to create new programs for clinician education.

HAP staff are committed to finding grant funds to continue this work. In the meantime, donations to HAP are making possible the work already under way, and making sure that these efforts do not disappear.

HAP in the Middle East

In the heart of the so-far intractable conflicts of the Middle East – at a YMCA clinic outside Bethlehem and at TRC – a local trauma clinic in Ramallah, a seven-year old project of HAP volunteers has generated a West Bank community of nearly 200 Palestinian clinicians, multiple consultants and four leaders who have been trained in the US and Europe as EMDR trainers. They are fast approaching the completion of their field training and will soon be leading training events – in Arabic – across the region. In fact they have already conducted their second training for Iraqi clinicians who came from Kirkuk to Istanbul for the occasion. EMDR is a big hit in Kirkuk, as we expect it will be throughout the region. Last year, training was held for Algerians (in France) and consultation was offered to Lebanese clinicians trained by HAP.

A high point of the past year was a conference on trauma held at the YMCA clinic. It drew clinicians from many agencies across the region, including from the EMDR community in Israel.

Getting permission to enter Gaza, where clinicians are eager to learn EMDR, has been impossible so far, but HAP alumni Mona Zaghrout, Ferdoos Alissa, Khader Rasras and Suad Mitwali are ready to go and are meanwhile continuing to plan and conduct EMDR training in the West Bank, with a new basic training planned for this year and designs for specialty training in the future. US Christian charities have been a mainstay of the training so far, but HAP will need to raise more of the funds if we are to continue this project.

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