

What's Happening Now...

Volume IV, No.1

EMDR Humanitarian Assistance Programs

Fall 2007

HAP Around the World

HAP volunteers continue to help agencies outside the US to develop a self-sustaining community of professional EMDR practice in their country. Sometimes that effort is initiated as a response to a sudden disaster, but ideally we focus on building capacity to meet client needs in vulnerable places long-term. Though disasters get attention, clinical services are more effectively built proactively than reactively. Here are some recent highlights:

HAP is completing a project, funded by Robert Wood Johnson Foundation, in Indonesia to train clinicians in Aceh, where the re-



cent tsunami hit hardest. We are collaborating with governmental and NGO health agencies so that use of EMDR will take root long term.

In Pakistan, HAP is assisting a team from Northern Ireland to train clinicians in the region of a recent devastating earthquake.

And in Beirut, we are completing, with French colleagues, a round of training for Lebanese psychologists responding to the aftermath of the recent war between Israel and Lebanon. These are classic disaster response projects which we hope will evolve to become capacity development projects.

Elsewhere, the focus on development is primary. A recent Part I workshop at a clinic in Ramallah

on Palestine's West Bank is the latest in a series of training events, previously focused at the East Jerusalem YMCA branch outside Bethlehem.

More than 80 Palestinian clinicians have been trained over several years, including several clinicians who have become consultants and trainers in training. As the effectiveness of EMDR has become clear, the demand for EMDR training among Palestinian clinicians is rising rapidly.

In June, Mona Zaghrou and Ferdoos Alissa from the YMCA program presented clinical results from their EMDR work with children and young adults at the EMDR Europe Conference in Paris. In late August, HAP volunteers from the US, South Africa

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Peggy Moore Wins Elizabeth Snyder Award for 2007

Peggy Moore, of Albuquerque, NM, has had a whirlwind year as a HAP trainer, conducting training events twice in Palestine and twice in Beirut, with a Part I training still scheduled for Algiers later this fall. Long before that, Peggy has been a HAP volunteer as consultant, facilitator and trainer in domestic US events.

Her work with HAP dates to the early 1990s. A social worker from Albuquerque NM, she once studied at American University in Beirut where her engagement with the middle east began. In recognition of her long and exemplary service, the Board of Directors of HAP will present her with the Elizabeth Snyder Award at the EMDRIA Conference in Dallas this month.

The Elizabeth Snyder Award for Outstanding Service as a Volunteer is named in honor of the late EMDR trainer and HAP volunteer from California who was a great friend and exemplary humanitarian in the first years of HAP's existence.

Peggy Moore is the fourth recipient of the annual award. She has done amazing work and joins a distinguished company of previous recipients: Steve Silver, Susan Rogers, and Roy Kiessling.

Right Here and Right Now by Carol Forgash, MSW, President of EMDR HAP

I want to share some ideas that underscore how important HAP volunteers can be on a community level — right here and right now.

I recently had a chance to talk about HAP to participants at a level 2 EMDR training in Minneapolis. What could I say that might connect them to EMDR HAP? Unlike EMDRIA, we are not a membership organization, but everyone can become a HAP volunteer in some capacity. As some ideas went spinning through my mind, a thought came to me: **“Stick close to home!”**

I spoke briefly about HAP’s mission and projects and then said:

“We all want to protect our communities. We never know when or where the next disaster will happen. Currently most of our communities are not well geared for disaster response—as we learned from Katrina -- and particularly not for a comprehensive mental health response.

This is the rationale for HAP’s TRN (Trauma Recovery Network) project.”

(See the article about TRN’s by Teri Baber below)

“All of you can become the eyes and ears in your communities about linkages, or their absence, between community agencies. Do you know if disaster planning includes Mental Health in your region? You can become the spokesperson in your area about EMDR and HAP to university students, mental health and disaster planning agencies, etc. Or --be the person who knows the key players for HAP to contact if an emergency occurs. Develop or become part of a network of EMDR trained clinicians. Get known in your community.”

(And didn’t the bridge fall down in Minneapolis the very next week after the training?)

I went on to say: “As your proficiency in EMDR grows--the ways in which you can work with HAP will change-- **But please don’t wait-- register as a volunteer now!..** and list all your community skills as well as therapist skills. Some of you are bilingual, some have worked during disasters.

HAP needs to have that information in our volunteer data base now, so when we need volunteers, the people who have registered can be contacted. We know that all of you are willing to help out during hard times. EMDR HAP needs you--and so does your community!”

Building the Trauma Recovery Network
by Teri Baber, MSW HAP Volunteer Coordinator

HAP is building a standardized model for the Trauma Recovery Network (TRN). Groups of volunteers in Western Massachusetts and Seattle, Washington are creating the infrastructure and experientially testing policies and procedures.

Two additional elements are needed to bring local TRNs online successfully. A sufficient number of HAP volunteers must be available to meet the needs of their community in the event of a widespread disaster. So far 228 HAP volunteers have expressed interest in being part of a TRN.

Fortunately, 70 volunteers are clustered in three states, California, New York and Washington. Texas also has

an active group. Other areas of the country may not be so fortunate.

Eighteen states have between three and 10 interested volunteers and 29 states have two or fewer.

Targeted volunteer recruitment efforts will be used to address the areas of deficit and increase the likelihood that all communities can be served by a TRN. But even where TRN volunteers are not able to form a local project yet, HAP will include the volunteers in training and planning efforts and will be able to call on them for help in other locations when the need arises.

State and local disaster planning agencies and first responders must be encouraged to include TRNs in their disaster response plan. In the next

several months a workshop for disaster planning agencies and first responders will be developed.

The goal of the workshop, facilitated by HAP volunteers, is to raise the awareness of trauma mitigation and the need for PTSD screening and treatment to be incorporated into disaster response plans and first responder protocols.

If you or someone you know is interested in learning more about TRN please visit us online at www.emdrhap.org.



HAP Volunteers are Our Secret Weapon

In the year ended June 30, HAP volunteers completed 54 training workshops in six different countries. Without them there would be no HAP. Fortunately their numbers and commitment are growing. We now have 500 volunteers registered on our website, and more are welcome. At a conservative estimate the commercial value of their contributed services was over \$250,000

Teri Baber, MSW, our Volunteer Coordinator, recently launched a bi-monthly online publication to keep our volunteers informed and to recognize their achievements. Called *Making it HAPpen*, the first two issues are posted on the HAP website (www.emdrhap.org). The latest issue notes the remarkable number of HAP volunteers who have undertaken the demanding task of leading training workshops, and the nearly equal number who are completing their preparation as new trainers.

New trainers rise from the larger ranks of HAP facilitators. With our new training model now in place, we will quickly return to our interrupted task of training more

facilitators, and our new task of orienting consultant level volunteers to a new HAP role: leading small group consultation sessions for basic training participants. Dozens of consultants have already volunteered for these assignments.

A big ambition at HAP is to increase our capacity to support volunteers in important new roles. We need help with many tasks that do not require consultant level status: assistance with logistics at training events, help with fund-raising and publicizing HAP's services to hard-pressed community agencies that do not know about EMDR or about affordable training through HAP.

One new project that Teri will be pursuing vigorously is development of the Trauma Recovery Network. We continue to welcome new TRN volunteers.



Refocusing on Kids

Children are among those most affected by disastrous events, including the "small" disasters that impact them in their families and neighborhoods with devastating effect. Child clinicians have been using EMDR with children with good results since EMDR was first developed. Several HAP trainers and facilitators have begun to strategize about how to increase our focus on helping children, through training that goes beyond basic EMDR for clinicians in non-profit agencies, and through enhanced

use of applications previously developed for helping groups of children in community-wide disaster situations.

This newly named HAPKIDS project will take a while to define its specific priorities, but several recent HAP initiatives illustrate the need. On the Gulf Coast, with assistance from the First Hand Foundation/Cerner Corporation, we have targeted child clinicians for recent EMDR basic training. In December, they will be offered an advanced workshop on EMDR with children, including use of group treat-

ment to reach large numbers after disasters. (First Hand Foundation previously supported a HAP child-focused effort in India after the tsunami)

In Palestine, a HAP training project has empowered local clinicians to use individual and group applications of EMDR with children in refugee camps, as reported in June at the EMDR Europe conference in Paris.



HAP Around The World (Continued from page 1) and Turkey trained 18 psychologists in Nairobi, Kenya. We anticipate many additional events there in a capacity development project. In October, a similar new project will begin in Manila at the University of St. Thomas, where a trauma clinic aims to become the national focal point for EMDR training. And in India, clinicians trained

by HAP many years ago are evolving a national EMDR association that we look forward to supporting.

Other projects are under discussion and may soon join these projects. HAP provides volunteer educators. We look to the local sponsors, third parties and HAP donors to fund travel and other costs.

What's HAPpening Now? HAP needs your help to update our "What's HAPpening Now" mailing list. If we are sending you more than one copy of our newsletter — perhaps to two different addresses — we would appreciate your letting us know; we can then update our mailing list and maybe even save a tree. Please email us about duplicate mailings at hapstore@emdrhap.org. Thank you.

EMDR Humanitarian Assistance Programs

September, 2007

Dear Friend of EMDR HAP:

Two letters in our Fall, 2007 newsletter bear testimony to the importance of HAP's mission: extending access to effective trauma treatment in underserved communities.

- A psychiatrist in the Veterans Administration was moved by his own training to invite us to train his entire staff, now grappling with the epidemic of combat PTSD affecting military and veterans alike.
- A clinician on the Mississippi Gulf Coast told us how EMDR training gave her and her colleagues a vital resource in the wake of Hurricane Katrina, and how EMDR therapy restored hope to a local community leader and returned her to an active role in restoring her whole town.

I could fill many pages with additional testimonials, and the dozens of HAP volunteers who Accomplish our work deserve to hear them all. But my message today is a different one.

EMDR has more than proved itself as a life-saving, hope-restoring therapy that can lift up trauma survivors and break cycles of violence and despair. And HAP, likewise, has proved it can bring EMDR to places in need: the Gulf Coast since Katrina; the nations of South Asia afflicted by the great tsunamis of 2005; the clinics of Lebanon, Palestine, Algeria, the Philippines and Kenya; VA and military clinics across the US and abroad; and dozens of domestic community agencies serving families and children, survivors of abuse and clients battling addictions.

That is just one year's work. More than a hundred EMDR educators volunteered professional services, with a commercial value of over \$250,000, and independent foundations granted nearly \$200,000 to support our work. Participants and sponsoring agencies contribute resources as well. And our part-time staff manages all of this on a bare-bones budget.

But we need **your** help too, as donors and advocates, as much or more than ever. Because the donations we receive directly have a critical role: They pay most of the cost to send HAP volunteers where they are needed and give them the tools to do their work. Those costs are rising. And requests for our help are rising too. We constantly recruit and train new trainers, facilitators, and consultants to meet the growing demand. **But your donations put these volunteers where they are needed.**

If you have donated recently, thank you for making a vital difference. If you have not donated in a while, please consider returning to our ranks. And if this would be your first donation, welcome to this most remarkable project. I truly believe that all of us involved in EMDR HAP are living out Gandhi's advice:

"Be the change you want to see in the world."

Yours truly,



Robert A. Gelbach
Executive Director

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The HAP Store is Always Open

We call it the HAP Store – a list of some 30 publications that support EMDR clinical practice. Included are specialty manuals, a wide array of clinical aids, and instructional media including several specialty workshops that carry EMDRIA credits for continuing education.

Our newest item is a fine book for children who are about to have

EMDR treatment, just published by HAP volunteer Ana Gomez.

Proceeds from store sales support HAP's work, and our authors have provided their works on generous terms to help HAP.

The HAP Store is "always open" because you can order online at www.emdrhap.org.

We also send a box of items for sale to EMDR training events. To sponsor a HAP Store event, call us at 203-288-4456 or write to hapstore@emdrhap.org

And if you are going to the EMDRIA Conference in Dallas, look for us there. The HAP Store is always open.



Welcome Feedback from Training Participants

Participants in HAP training often express their appreciation during workshop events, and sometimes they take a further step by writing to us. Two recent communications warmed our hearts. We share them here so that all our volunteers can enjoy the good news. (We also welcome suggestions for improvement. Either way, you can reach us at training@www.emdrhap.org)

Dr. James C. Brister, a VA psychiatrist, recently completed basic training with HAP in New Orleans. He has since arranged for HAP to train his colleagues in Mississippi:

"I have been privileged to get the EMDR training this spring in New Orleans. I have attempted its use already. It was so impressive for me in our training I became a convert. I am now working on setting up a training where I work at the VA in Jackson, Ms. It works so quickly that I still cannot believe it is true. As a psychiatrist I have been frustrated for years in my inability to impact PTSD with medicines. While they have a place, I have not been able to resolve the core issues until EMDR.

"There is no way I can express my gratitude for the training or the high quality of the trainers themselves. Terrific is not a strong enough word to begin to describe the work they did. I will be forever grateful for all the people that provided this experience. I know that it takes a whole organization to provide this service and I thank you all."

Carla Powell, LCSW, from Katrina-blasted coastal Mississippi, took HAP training shortly after the storm and has been using EMDR for a while now. She writes:

"I and my colleagues are so very grateful to HAP for giving us this very valuable and critical tool. I have seen the power and efficiency of utilizing EMDR theory and practice in so many of the clients that I have been working with. Each month I learn more and more... The HAP team gave us a tool that really works

at a time when we all felt our tool box had been washed out to sea with the remains of our communities. Slowly, a little bit at a time, we are recovering.

One client I had was a 20 year resident of the gulf coast. Her family lost everything.... She was devastated. Her family was deeply embedded in their community and yet she could not tolerate anything about her life here. Her goal was to "get out of Dodge" as quickly as possible. This would have been a big loss to our community. [After] EMDR... she very quickly became a vital part of the community again and is referring everybody she knows for EMDR treatment. This is not an uncommon story. On behalf of her and the many, many others who are benefiting I thank you.

I would also like to acknowledge [HAP volunteer] Jean Hawks of Jackson, Mississippi [who]...worked diligently to support us and to keep us growing in our knowledge and skill of EMDR...at a time when our own state of shock made learning difficult. We have often been overwhelmed by the task of healing and recovery that is before us. Your gift has enabled some of us to focus on hope and empowered us to not only survive but to move through surviving into thriving. Thanks to all of you. The benefit will be far reaching."

Do you have stories to tell about EMDR in your practice? We would like to hear from you and learn from your experience.

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