


# What's Happening Now...

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EMDR Humanitarian Assistance Programs

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## HAPKIDS: *Taking Baby Steps*

 Did you know that PTSD is more prevalent among children in some San Francisco neighborhoods than among US military personnel in Iraq? That recent research finding underscores the issue of child trauma in general. HAP trains clinicians in many family and child agencies across the US, and we would like to increase our work in inner city agencies like the Family Service Bureau of Newark (NJ) that finished Part II in February.

We also aim to help child clinicians who want to integrate EMDR into their practice. In coming months, a special HAPKIDS section of our website will begin to offer resources and information on children and trauma treatment.

In another arena, HAP continues to work toward a group treatment program for children in the Gulf Coast. Funding from First Hand Foundation (of Cerner Corporation in Kansas City) has enabled us to: extend basic EMDR training to an additional 40 clinicians, offer several rounds of consultation to previously trained clinicians, and provide specialty training on EMDR with children to 32 Gulf Coast clinicians. Twenty of them will be invited to share in a group treatment project with Head Start children in Lake Charles, New Orleans and coastal Mississippi. Robbie Adler-Tapia and Carolyn Settle provided the specialty training, and Giles Gilliam will be helping to coordinate the group projects.

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## THE KEY TO HAP'S MISSION: **BUILDING CAPACITY**

It is easy, but unhelpful, to fall into despair about the vast numbers of people who live with untreated PTSD in the contemporary world.

From the start, EMDR HAP has approached its task with optimism. Partly that is because EMDR truly is an evidence-based and highly tolerable psychotherapy that works for all age groups and in every world culture where it has been introduced. But HAP's optimism proceeds as well from a strategy that has always informed our work: WE BUILD CAPACITY to combat trauma in underserved communities.

"Building capacity" means that we measure our impact by what we leave behind rather than what we bring to a project. The not-for-profit agencies that invite us in, want their clinicians

to be better able to treat trauma once we leave, and so do we.

Since HAP began in 1995, we have come to understand that other ways to build capacity are important too.

**Across the US**, HAP training has the biggest impact when enough therapists in a region have been trained so that they can become a community of practice. Such a community can also support consultants and specialty training resources over time.

To move in this direction, we welcome opportunities to do follow up training and to return to regions where the number of agencies using EMDR is growing. Return visits to regions where many agencies use EMDR also allows

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## TRAUMA RECOVERY: Building a Network

Hundreds of HAP volunteers have signed on to HAP's emerging Trauma Recovery Network. In the short run, that means they will be easy to contact if a major disaster requires rapid recruitment of EMDR clinicians. Longer term, we are aiming to form local and regional coalitions of volunteers to be prepared if the disaster is closer to home. Groups are currently emerging in western Massachusetts, New York City and Seattle. Gina Colelli, who coordinated HAP's response to 9/11 in New York and consulted to volunteers in New Orleans after Katrina, has provided workshops to both east coast TRN groups in recent months.

Meanwhile, two HAP EMDR consultants, Brenda Sawyer and Rick Murphy, spent most of a week at Kingsley House in New Orleans, a community service agency serving children and families that became the host for multiple HAP training events after Katrina. Even 2.5 years later, the stresses of the storm remain active for New Orleans' caregivers. The HAP volunteers brought a group psycho-education program for all KH staff, plus individual brief treatment and, if needed, referral to one of the New Orleans therapists previously trained by HAP. The project was highly appreciated.

HAP plans to capture lessons learned from these activities and build a useful resource section of our website for TRN groups and volunteers, including a discussion list for regional TRN leaders, and materials to educate local emergency planners on trauma.

## HAP AROUND THE WORLD

HAP enters new countries with a long-term perspective. We don't want to rush in and then abandon newly trained clinicians who can benefit from consultation and specialty training. The goal is to establish a self-sustaining community of EMDR therapists that can grow and adapt to meet local needs. But even with that deliberate strategy, we managed to work in nine different countries in 2007. The most active projects at present are these:

### **INDONESIA: One Good Project Deserves Another**

The Robert Wood Johnson Foundation funded a post-Tsunami EMDR training project in Aceh province, the epicenter of tsunami devastation, back in 2006. HAP volunteers trained 33 clinicians through Part II and taught traumatology workshops for over 189 clinicians and other human service workers. Trainer Michael Keller led three volunteer teams to accomplish this result, while Doreen Biehle, a Jakarta-based EMDR clinician, managed the overall project. The HAP teams worked collaboratively with a coordinating body of local agencies and Ministry of Health officials. Several ministry officials, who had been trained by HAP many years earlier, were delighted to see us back in Indonesia. HAP educators have been invited to give workshops at major teaching hospitals in Jakarta and at an international psychotherapy conference in Jakarta in April. Additional training events may be in the

offing. HAP has now conducted major projects in each of the South Asian countries hardest hit by the tsunami: Thailand, India, Sri Lanka, and Indonesia. Earmarked donations can be made online for "HAP in South Asia."

### **KENYA: Ready for Part II; Waiting for Calm**

Nairobi is a crossroads city in east Africa. People come from all over to learn and do business, but refugees also come from many of the continent's hot spots. And in the aftermath of the recent election, Kenya itself erupted in traumatic ethnic conflict. Just before the voting, HAP conducted an initial Part I training for 25 psychologists. They took consultation from HAP volunteers after the training and are eager to proceed to Part II. And a new cohort of Kenyan clinicians is eager to begin their EMDR education at the same time. But they have been waiting for conditions in the country to settle down; though the need for treatment is now at unprecedented levels. We are also waiting for funds to cover the cost of travel for HAP's volunteers. Earmarked donations can be made online for "HAP in Africa"

### **PALESTINE and the ARAB MIDDLE EAST**

Five years of work by HAP volunteers and community based partner agencies in the West Bank have now produced 80 practicing EMDR clinicians and multiple

consultants and training facilitators, including two who have been trained as Part I trainers and two more who will be trained as trainers this Spring. A report on some of the clinical work with children done by trainers Ferdoos Alissa and Mona Zaghroul will be published in a forthcoming issue of the Journal of EMDR Practice and Research. In May they will work with other HAP volunteers in a new round of basic training.

Meanwhile, the existence of EMDR trainers who are native speakers of Arabic has opened important new possibilities. A Jordanian university professor has expressed interest in hosting EMDR training. Additional interest has been expressed in Syria, Egypt and in Lebanon where training work is already underway (though awaiting a restoration of political calm).

Peggy Moore, Janet Wright, and Philip Dodgson have been persistent HAP team mates in the Middle East, with great support from Emre Konuk and Jim Knipe. Partner agencies in the West Bank, like the YMCA of East Jerusalem, have helped fund these projects, along with the Office of Global Ministries of the United Church of Christ and the Disciples of Christ in the US. (You can be part of this work by contributing on line for "HAP in the Middle East")

### YES, YOU CAN!

You can join the 650-and-growing ranks of HAP volunteers by visiting [www.emdrhap.org](http://www.emdrhap.org) and filling out a volunteer questionnaire. Don't be shy. Tell us what you have done professionally and what you would like to do with HAP. There is never any obligation unless we call and you agree to work on a particular project. But we need to know how to find you and what you would like to do for HAP.

### WHO GETS HAP TRAINING?

In the last 12 months, ending June 30...

#### **HAP volunteers will have Completed:**

- 57 training workshops with over...
- 1200 participants, in...
- 25 states and several foreign countries.

#### **Of the total trained,**

- 14 were child and family focused
- 11 were military or VA clinicians
- 25 were general mental health agencies

If you would like to help HAP and your local community, tell your colleagues in not-for-profit agencies about low-cost, high quality training through HAP, have them visit our website [www.emdrhap.org](http://www.emdrhap.org) and contact Hope Payson [hpayson@emdrhap.org](mailto:hpayson@emdrhap.org) to reserve a date.

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## INDIAN EMDR SET TO BLOOM



Dr. Sushma Mehrotra and her colleagues in India were trained by HAP in 1999. Two years later they and HAP conducted massive services to children and adults affected by a major earthquake. Along the way, HAP volunteers helped several Indian clinicians to become facilitators. And in 2005, they joined HAP volunteers led by Rosalie Thomas, Ann Kafoury and Judith Boel to provide multiple training workshops to clinicians responding to the tsunami in southeast India.



*Children from an orphanage in Chennai receiving EMDR as part of the Cerner-sponsored training.*

The tsunami response was funded by the First Hand Foundation of Cerner Corporation. Over 16 months, HAP volunteers from the US and India conducted four basic EMDR workshops, and four consultation events, training 86 clinicians who went on to treat over 3,000 children, with logistical help from Cerner employees in India. Eight Indian EMDR clinicians also pursued studies as EMDR educators through this project.

Today Sushma Mehrotra is the first president of the EMDR Association of India, invited to speak at this year's EMDR Europe Conference in London. She and a colleague will also become India's first homegrown EMDR trainers with support from HAP US and our sister organization, HAP Europe. You can read more about EMDR's evolution in India at [www.emdrhap.org/emdrindia](http://www.emdrhap.org/emdrindia)



### THE KEY TO HAP'S MISSION:

#### **BUILDING CAPACITY**

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us to train the new clinicians who fill who fill vacancies as these occur.

**Outside the US**, HAP works with agencies that can serve as launching pads for new communities of EMDR practice. Agencies in Istanbul, Manila, Beit Sahour on the West Bank, and Nairobi have been good models. In these communities, we see a special opportunity to identify talented EMDR clinicians who can proceed to become consultants, facilitators and trainers.

## DO IRAQIS GET PTSD?

If you think this question is ridiculous, you are right. But what is even more ridiculous is that nobody has done anything to address the problem of civilian PTSD.

After years of an oppressive political regime and an international economic blockade, the nation of Iraq has been the scene of multifaceted and devastating armed conflict. Over 4 million refugees have been forced to flee their homes in a population of 25 million.

At HAP, we have focused on training over 800 VA and military clinicians so far, to address the reported 25% rate of PTSD among less than a million uniformed US personnel. But no one is doing anything about massive rates of PTSD among millions of civilian Iraqis.

So we are absolutely riveted by the possibilities that have been presented recently. Our partner agency, YMCA of East Jerusalem, has been approached with a request to provide EMDR training for 20 Iraqi clinicians who would come to Jordan for that purpose this summer, then return to their clinics with a world-class treatment for an epidemic problem.

This is an amazing possibility. We know from years of HAP training in the West Bank and Lebanon that EMDR accommodates well to Arab cultures, just as it has in every other cultural setting where it has been introduced. We know that HAP-trained EMDR educators who can present EMDR in Arabic will dramatically simplify the task of bringing this resource to the people of Iraq.

So, the important question is not "Do Iraqis get PTSD?", but rather "Do Iraqis get EMDR?" The answer to that one is not so obvious, but it IS in our control. Bringing full basic training in EMDR to these Iraqi clinicians will cost \$44,000.

If everyone receiving this newsletter donated \$10 to HAP for "HAP in the Middle East" we could provide both rounds of training and valuable consultation follow-up.

(For \$100 you can ensure the project's success even if most of our readers don't bother to respond. And for ..... Well, you get the idea. But we guarantee if you earmark the gift for HAP in the Middle East the Iraq project gets first dibs.)

Whenever feasible, we invite these new EMDR educators to staff HAP projects in their own or neighboring countries.

This June, four EMDR clinicians from Palestine, two from India and one from South Africa will join Western colleagues to be trained as EMDR trainers. These are major milestones for the regions from which they come. Each of them has already been a dedicated HAP volunteer in their own and neighboring countries; each will now bring capacity building to a new level, promoting optimism and blunting despair in a traumatized world. And each has been helped on this journey by unrestricted donations to HAP, which help us get skilled volunteers to where they are needed most.

## SUPER WEEKEND AT SUPERDOME

Eight HAP volunteers wrote the latest chapter in our response to Hurricane Katrina when they spent a long weekend in New Orleans, April 10-13, for playwright Eve Ensler's "Superdome/Superlove" event honoring and supporting women of the storm.

Led by Sue Evans (MN), three of the HAP women began their visit with a day of specialty training and consultation at Tulane University for 14 Gulf Coast clinicians previously trained by HAP. Then followed a weekend at the Superdome where over 30,000 women converged to seek support and sharing in the wake of the still-traumatic hurricane.

For the HAP volunteers, wearing their "Want to talk?" tags, it was an endless

round of positive therapeutic encounters with hundreds of participants.

Gulf coast clinicians who attended the consultation event praised the added insights they gained in using EMDR, but also underscored what the Superdome experience also taught: the trauma of the storm and its aftermath is still palpable and gets in the way of area clinicians who are just learning EMDR.

What these clinicians need is a chance for their own EMDR therapy. Evans and her colleagues are determined to address that need. Their reflections and hopes are expressed on a special section of the HAP website. (Go to [www.emdrhap.org/superdome.pdf](http://www.emdrhap.org/superdome.pdf))

They plan to go back to New Orleans for a full week with enough clinicians to provide up to three sessions of EMDR to as many as 80 of the 240 clinicians trained by HAP after Katrina. Their goal is to free up these therapists so they are

no longer triggered by their own clients' traumatic memories.

If you would like to help support this initiative, or others in the Gulf area, such as group treatment for children still symptomatic after 2.5 years, make an online donation on the HAP website, earmarked for "HAP on the Gulf Coast"

### NEW AT THE HAP STORE

HAP's ONLINE STORE now carries some important new titles for EMDR clinicians. Clinicians working with children will find a newly published protocol for child treatment, as well as a book for children about EMDR. Additional child-oriented titles are coming soon.

Healing the Heart of Trauma and Dissociation, edited by Forgash and Copely, is a new hardcover book, with others to follow. For new titles go to [www.emdrhap.org](http://www.emdrhap.org) and select "HAP Store".

## FAMILY LIFE CHAPLAINS EMBRACE EMDR

In Texas recently, a Family Life Chaplain in the US Army reported that he suffered a traumatic brain injury with PTSD three years ago, when he was medevac'd out of Iraq. After multiple rounds of medical treatment, he met an EMDR clinician in his own chaplains corps, and with each treatment his previously constant headaches became lessened, and his dreams turned pleasant.

At Fort Hood and Fort Benning, the Family Life program runs MFT degree programs with nearby universities, AND they also mandate EMDR training for all their degree candidates.

HAP has been supporting these initiatives for the past two years, since we first trained all the clinically educated chaplains at a national conference in Orlando. Since then, the family life chaplains in western Europe have twice invited HAP teams to train clinicians outside Munich.

The most recent event trained 36 clinicians in EMDR and over 50 in traumatology at the start of April. Each participant goes back to a unit where he or she is a resource for understanding PTSD and an exemplar of effective treatment.



*Lou Ann Baylock teaches Traumatology to Army Chaplains outside Munich*

**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 you 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](mailto:hapstore@emdrhap.org). Thank you.