

# What's Happening Now...

Volume IV, No.2

EMDR Humanitarian Assistance Programs

Winter 2007

## HAPKIDS: Specialty Training on the Gulf Coast

Thirty Gulf Coast EMDR clinicians previously trained by HAP participated on December 1 and 2 in HAP's latest effort to focus on the needs of children in the aftermath of Hurricanes Katrina and Rita.

In New Orleans, at Kingsley House, these child clinicians attended a specialty workshop on EMDR with children, led by Robbie Adler-Tapia, PhD, and Carolyn Settle, LCSW, Arizona-based child specialists who have conducted studies to document efficacy of EMDR in individualized treatment of children.

Psychological trauma remains a significant issue for many children on the Gulf Coast, due not only to the storm but also to the resultant and lingering disruption of family and community life in many parts of the region.

A grant from the First Hand Foundation/ Cerner Corporation supported the specialty training as well as previous rounds of training and consultation to many of the 276 clinicians trained by HAP since the storms. HAP hopes to engage some of the child specialists in group treatment of children using EMDR. Adler-Tapia and Settle are developing a standardized manual for group work that can support research on efficacy.

### Inside this issue:

<i>Kingsley House Staff Welcomes HAP Volunteers</i>	2
<i>EMDR For Deaf/Hearing Impaired Clients</i>	2
<i>UN Promotes New Standards for Disaster Work</i>	2
<i>TRN: Building the Trauma Re-</i>	3
<i>How Well do HAP Trainings Work?</i>	4
<i>New Volunteer Roles: Consultant and Logistician</i>	4

## HAP Around the World: New Horizons for EMDR

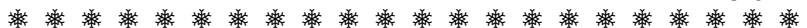
In six different nations – India, Lebanon, Palestine, Kenya, Philippines, and Indonesia – HAP projects are reaching fruition or planting early seeds as 2007 draws to a close:

*India:* Following several HAP projects in India over many years,

EMDR clinicians organized an EMDR Association of India. Dr Sushma Mehrotra, the association president, attended the 2007 EMDRIA meetings in Dallas. We look forward to further projects with her colleagues.

*Lebanon:* Psychologists in Beirut received the first part of basic EMDR training earlier this year. The second part, scheduled for later in 2008, will again be supported by US and French HAP volunteers. Meanwhile, Emre Konuk, an EMDR trainer who helped

*(Continued on page 3)*



## The Sound of EMDR HAP

*This reflection on our office in Connecticut was written by HAP Training Coordinator Hope Payson, MSW – an EMDR clinician and published writer of essays and short stories. We offer it as a Thank You note to HAP's donors and volunteers during this holiday season.*

EMDR HAP is the sound of the phone ringing and ringing and ringing. It is whir of the fax machine cranking out participant agreement forms, the tap of fingers on a keyboard, the noise of multiple conversations occurring in one tight space and the laughter of children that floats up from the daycare center on the first floor.

EMDR HAP is controlled chaos. Unhappy news: "Our manuals haven't arrived yet", "You shipped me the wrong DVD", "Our agency lost it's training budget", "Roy's plane has been delayed", "Fed Ex refuses to lift the boxes", "The roster is missing"..... Happy news: "Thanks for not forgetting us here in New Orleans", "My clients lives are changing", "Our trainer was wonderful", "Our consultant said she would return to help out our staff next month"..... It is a place you leave at the end of the day feeling as weary as you would after a visit home to a very large, slightly dysfunctional, yet happy extended family—tired from riding on an unending roller coaster of activity, comforted by a sense of achievement and connection, yet stunned by the whole experience.

EMDR HAP is the sense of something wonderful spreading. It is knowing that military bases, homeless shelters, bereavement centers, clinics, and substance abuse facilities—the places people go to mend—can now offer their clients another avenue of healing, another path towards hope.

EMDR HAP is the word Yes. Yes, we can train your clinicians. Yes, we can locate a consultant for you. Yes, we will help you with that grant application, that CEU form, that book order, that administrator in need of facts. Yes, we can help you.

EMDR HAP is the sound of many voices meeting from divergent points. It is the sound of healthy debate and positive results. It is the sound of compassion, the ability to do something good to address some of the bad. It is a sound that would never be the same without all the voices that blend to make it. That would never be the same without the sound of your voice. Thank you for being one of our sounds; one of the voices that blend together to help us sing.

## Kingsley House Staff Welcomes HAP Volunteers

Soon after Hurricane Katrina, HAP projects in New Orleans were supported by several local human service agencies, including Family Service of Greater New Orleans and Jewish Family Services, and Kingsley House, the nation's second oldest "settlement house" (after Hull House in Chicago).

Kingsley House, which supports a wide array of programming for children and adults at its historical headquarters as well as branch offices around the region, was a frequent host to HAP training events for clinicians who mostly came from other agencies.

Finally, HAP will have an opportunity to repay Kingsley House for its support. In early January a HAP team of clinicians will visit for a week of psychoeducation and brief treatment to benefit the Kingsley House staff of about 125 social

service workers and administrators. Modeled on work done with Louisiana first responders shortly after the storms, this visit reflects both continuing needs and the high regard in which Kingsley House clinicians hold EMDR as a treatment for trauma.

.....

### EMDR for Deaf/Hearing Impaired Clients

The Life Development Training Institute in Skokie IL sponsored a HAP training project in November for clinicians who serve deaf and hearing impaired clients. Several of the participants were themselves hearing impaired. Trainer Kay Werk and facilitator Karen Alter-Reid delivered the first workshop in this continuing project.

People with disabilities are generally underserved with mental health resources; they are also at higher risk

for traumatic stress than the general public, yet programs to get effective trauma treatment to them have been few and far between. One advantage of EMDR as a response to these needs is that it does not devalue self-reliance or "pathologize" clients in a way that people with disabilities often resent when dealing with mental health providers. We hope that this training event will be the first of many that bring EMDR to the attention of agencies treating clients with disabilities.

Beside the skill of the HAP team, two factors that made for the success of the event were the striking skill of the clinician participants in grasping EMDR, and the superb work of professional sign interpreters from the non-profit Chicago Area Interpreter Referral Service, which donated services worth over \$2800. We thank them for their skill and their generosity.



## UN Promotes New Standards for Disaster Work

**M**ental health responses to disaster have generally lagged behind other aspects of disaster recovery in practice and in the planning of governments and non-governmental agencies. Now the UN's Inter-Agency Standing Committee has issued [IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings](http://www.humanitarianinfo.org/iasc/content/product), a new formulation of standards for good practice (available online at: <http://www.humanitarianinfo.org/iasc/content/product> )

The standards reiterate values that HAP has long embraced, especially the need to integrate disaster

response with existing agencies and practices in affected countries. Even more important, the document underscores the importance of preparing mental health response in advance of possible disaster, notably by creating a community of mental health providers well trained to address traumatic stress. Sounds a lot like HAP to us.



???

Have questions about the HAP online Volunteer registration process?

Email [volunteer@emdrhap.org](mailto:volunteer@emdrhap.org) with questions and we'll help you.



Visit the HAP Store on our secure site: [www.emdrhap.org](http://www.emdrhap.org)

Pay by credit card or check. Your purchases help fund HAP. Our selection keeps growing, so come back often.

**HAP Around the World:  
New Horizons for EMDR**

*(Continued from page 1)*

establish EMDR in his native Turkey after the Marmara earthquake several years ago, is providing consultation to his Lebanese neighbors.

*Palestine:* The HAP project in Palestine continues to grow after a recent training event in Ramallah. Over 80 Palestinian clinicians are now trained in EMDR and many more are seeking the basic training. Originally a US/ British team effort, the work on the West Bank increasingly relies on previously trained clinicians who have become facilitators and now trainers in training.

At EMDRIA this year, Francine Shapiro reported the striking work done with children outside Bethlehem by Palestinian clinicians Ferdoos Allissa and Mona Zagroul. Following initial EMDR treatment, the children experienced a second traumatic event, but appeared to have acquired a degree of resilience from their earlier treatment.

*Kenya:* HAP volunteers from the US, Turkey and South Africa began a new round of training for psychologists in Nairobi, where many refugees have untreated trauma symptoms. A return visit for Part II training is anticipated in early 2008. Meanwhile, inquiries have reached us about possible service to communities in Uganda. Psychological trauma is widespread in sub-Saharan Africa as a

consequence of the AIDS epidemic as well as civil warfare that generates refugees and large numbers of child soldiers.

*Philippines:* Clinicians at the University of St. Thomas in Manila were trained in EMDR Part I elsewhere, many years ago. They created a Trauma Center at the university and worked to bring EMDR training to Manila. In October, HAP volunteers provided a Part I workshop for many new clinicians, and a long awaited Part II workshop for the local sponsors at the clinic. More training will follow in the early spring.

*Indonesia:* After the tsunami of December, 2005, HAP conducted extensive training for local clinicians in India, Thailand and Sri Lanka. Indonesia, where we had worked several years before, was left out, until the Robert Wood Johnson Foundation funded a feasibility study and a resultant year long project to train several dozen clinicians in Aceh province, the focal point of tsunami damage.

Michael Keller, HAP's trainer, and Reyhana Seedat of South Africa flew back to Jakarta and Aceh in late November, joining Doreen Biehle of Jakarta for the final stage of the project, to complete the basic training of a second cohort of clinicians. Indonesian health authorities have noted the work and invited Ms Biehle to present a report at a planned conference on mental health issues.



**TRN: Building the Trauma Recovery Network**

More than half of all volunteers who have registered through the HAP website specifically told us that they want to be part of the evolving Trauma Recovery Network.

TRN is intended to be a "ready reserve force" of EMDR clinicians who are ready to assist in response to disasters. But that leaves a lot of questions unanswered.

For example: What does it take to be "ready"? What counts as a disaster? And do the TRN volunteers work only "at home" or anywhere they are needed?

HAP volunteers in New York City and Northampton MA have been working closely with HAP staff to clarify these

issues. Here are some current understandings:

- HAP will work with TRN volunteers and others to identify best practices in responding to acute stress disorder and post traumatic stress disorder in disaster situations
- TRN volunteers in the same community are encouraged to work together as part of a local network, but individuals who are not near such a group are welcome to participate through the national office
- HAP and local groups will aim to develop opportunities to train for skills needed in disaster response, so

that volunteers can truly be a "ready reserve"

- TRN groups will be encouraged and supported to educate local emergency planning officials and community groups about trauma and its impact in the event of a large-scale disaster.
- While the HAP office will share information and best practices as they develop, each local TRN group is free to adopt procedures and approaches that seem best fitted to its community's needs.

We will have more to report in future issues of this newsletter.

## How Well Do HAP Trainings Work?

As our numbers of communities served and clinicians trained continues to expand, HAP is paying increasing attention to assessment. We get many compliments on the training work of our volunteers, but we want to know more systematically how well our new training methods are working and especially how ready our participants are to use EMDR in their practice after training.

Over the coming months we will be contacting recent participants, as well as training teams and host agencies to get an all-points perspective on this important question. We hope you will respond if you receive an inquiry from us by letter or email.

## EMDR And the Military: A New Direction

HAP has trained over 500 military and VA clinicians in basic EMDR. That work is continuing, most recently at Marine installations at Miramar in California and Camp Lejeune in North Carolina.

One factor affecting use of EMDR after training is the availability of ongoing consultation, but consultant level clinicians are rare in the services. Several past participants have agreed with us that HAP can perform a valued service by assisting military clinicians to become certified, then approved consultants and,

finally, facilitators and trainers. The demand for trauma treatment is so great that training EMDR educators within the services makes sense.

Discussions are under way about how to get required consultation to EMDR-trained military therapists who are motivated to move ahead on this EMDR educator path. If you are a military or VA clinician who has completed basic EMDR training and would like to begin intensive consultation to move to higher levels of training, let us know at [contact@emdrhap.org](mailto:contact@emdrhap.org)

## New Volunteer Roles: Consultant and Logistician

**R**ecent changes in EMDRIA standards have increased the length of training workshops and added 10 hours of consultation as part of basic training.

We think the changes make EMDR training more effective, but they also create a need for more volunteer time in most training events. EMDRIA approved consultants who have also been trained as facilitators are needed in larger numbers. And whenever possible, we hope to provide a local volunteer for training events to help with logistics at the training site. If you would like to volunteer for either of these roles, you can

register as a HAP volunteer online, or update your existing registration to let us know about your interest.

Go to: [www.emdrhap.org](http://www.emdrhap.org) and select Volunteer.

If you are registering as a Volunteer for the first time, click on "Create A Volunteer Account."

If you are already a volunteer, click on "Login to your Existing Account".

*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.



**EMDR HAP**  
**PO Box 6505, Hamden, CT 06517**  
Phone: 203-288-4456 Fax: 203-288-4060  
Website: [www.emdrhap.org](http://www.emdrhap.org)  
Email: [emdrhap@emdrhap.org](mailto:emdrhap@emdrhap.org)

