

What's Happening Now...

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EMDR Humanitarian Assistance Programs

Fall 2009

2008-2009: A Record Year for HAP Training

HAP's "year" starts in July and ends June 30, for planning purposes. And the HAP Board takes stock of the results at its annual meeting during the EMDRIA Conference. The record this year is truly gratifying.

HAP volunteers staffed 76 basic training workshops, including 14 outside the US, for clinicians in India, Philippines, Palestine, Jordan (Iraqi clinicians), Algeria (taught in France), Kenya, Lebanon and China. Eight additional workshops presented specialty courses to clinicians or paraprofessionals; four of these were in Palestine, Ethiopia, Kenya and China.

Registrations for these workshops totaled 1790 in basic EMDR courses, including 333 from countries outside the US. Specialty courses reached 339 participants, of whom 194 were outside the US. (HAP was active in 9 developing countries overall.)

All told, a record number of 43 mental health agencies, in 26 states, co-sponsored HAP trainings in the US.

We list them on page 4 with great thanks:

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HAP Heads for Atlanta

As EMDRIA readies to celebrate 20 years of EMDR at its Conference in Atlanta, August 27-30, the HAP Board and staff will be on hand to give thanks and lend an ear to volunteers and donors from around the nation and the world.

EMDRIA is a great place for HAP supporters to celebrate the year gone by and to plot and scheme about the year already begun.

If you are coming, visit the friendly, informative HAP Booth!

Come to the HAP "Shout Out" and have your say, on Friday at 12:15 (BYO Lunch) in **Atlanta Room 5**. Or take in the special showing of Michel Meignant's video, "The Legend of EMDR," on Saturday at 12:15 in the **Capitol South Room** (a benefit for HAP).

And by all means, don't miss the annual HAP Dance, Friday evening, right after the EMDRIA dinner. "Where's Charlie?" is this year's band, and if you really cannot come, you can still soak up a bit of their music at www.wherescharlie.com

But we'll miss you, so join us.



Michael Keller Named Snyker Award Winner for 2009

Michael Keller, MSW, of Wichita, Kansas, is a tireless EMDR trainer and volunteer for EMDR HAP, dedicated to bringing EMDR to new lands and communities since at least 1998. He was the enthusiastic choice of the HAP Board for this year's Elizabeth Snyker Award for Outstanding Volunteer.

In many ways Mike has emulated the late Liz Snyker, one of the earliest EMDR trainers and HAP volunteers, who was an early ambassador of EMDR to other nations. In Mike's case, his work began as a facilitator in Bangladesh in 1998-99. He returned later to provide post-training consultation.

Three years after that, he was field coordinator of a UNICEF funded project

in Indonesia. After the great tsunami of 2004, HAP returned to Indonesia with support from Robert Wood Johnson Foundation in 2007-8, and Mike was the logical choice to head the project. Beside teaching EMDR to clinicians, his team taught traumatology to other human service workers in hard-hit Aceh province. And a year later, he initiated HAP's new and rapidly accelerating program in Nairobi, Kenya.

By then Mike had become a busy HAP trainer, having previously facilitated at many training events in the US. As a trainer, his service for HAP brought him to Minneapolis; Grand Rapids; Vinita, OK; Kansas City; Denver; and New Orleans – the latter in the wake of Hurricane Katrina.

Michael Keller continues to be an energetic volunteer for HAP, going out of his way to provide consultation in

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"HEALING COMBAT TRAUMA": A PROGRESS REPORT

Three community agencies, Palomar Family Counseling Center in Escondido, CA, Centerstone in Nashville, TN, and the Pastoral Institute, Inc in Columbus, GA, have teamed with HAP to bring effective treatment of combat trauma to local veterans. Each agency is located near a major military facility where veterans tend to settle after leaving the service. For several months, under the direction of HAP trainer E.C. Hurley and a small team of facilitators and consultants, 18 clinicians at each agency have been mastering EMDR Parts I and II.

By the end of the summer they will also complete a specialty training developed by Howard Lipke, a seasoned VA psychologist and EMDR specialist to raise both their skill level and their confidence in treating combat trauma.

This fall the months of preparation will lead to direct services for local clients. Regional agencies that serve veterans will assist in case-finding and local volunteers will help with screening of

applicants. At least 200 veterans who were deployed since 9/11 and who meet the diagnosis for PTSD will be eligible for up to 12 sessions of EMDR and up to 5 additional sessions of couples therapy where indicated.

The agencies have agreed to take a minimum fee for the services. If clients' insurance and co-pays do not cover the fee, or if clients have no insurance, HAP will pay their fees for the covered sessions. And throughout the treatment phase of the project, HAP consultants like AJ Popky will keep in regular contact with the clinicians, to help them with cases, but also to learn what sort of issues arise among civilian clinicians treating combat trauma.

The cost of all this activity is being covered by the \$250,000 grant HAP received from the McCormick Foundation, in cooperation with Major League Baseball, for their national initiative "Welcome Back Veteran". Also covered is the cost of pre- and

post-treatment assessments of client status, covering PTSD, depression, traumatic brain injury and couples adjustment. While this is not a research study, HAP aims to measure the impact of EMDR treatment both initially and after a six-month period.

By the time the project winds up, early next year, we hope to confirm our expectation that civilian clinicians with good EMDR training can effectively treat combat trauma. At that point we will be going back to the McCormick Foundation or others with a new proposal: Give us the resources to re-contact the more than 200 agencies where we have already trained EMDR clinicians and offer them specialty training in treating combat trauma. We'll offer it to our volunteers and private practice clinicians as well.

With a little bit of luck no veteran in America will need to sit on a waiting list for trauma treatment.

Feature-length Film on EMDR Needs Your Help

Award-winning documentary filmmaker Michael Burns, Ph.D. is producing the first feature-length documentary film on EMDR. Set for release in 2010, the film will spotlight the most influential voices on EMDR's history and present while also following the experience from the point of view of the client.

He is also adding commentary from former clients who have had a extremely positive experience with EMDR. If you have a current or ex-client whom you think might be willing to speak with Michael, do not hesitate to forward him or her Michael's contact information. It is michael@emdrmovie.com and

(860) 978-9731. He would love to collect the story and possibly profile it in the film.

He is also very much hoping that those of you who are so inclined will make a financial donation to the film. The effort is entirely independent and will depend on the contributions of the EMDR community if it is going to be finished. "We're operating on a very modest budget, but at the same time we absolutely want the story of EMDR to be told with the dignity and sophistication it deserves, and we can't do that on the cheap," Burns said. To make a contribution and to learn more about the project, visit the film's site at emdrmovie.com.



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Michael Keller Named Snyder Award Winner for 2009

person, by phone and by Skype video to his far-flung former students, connecting easily, as he once put it, from central Kansas to east central Africa. Throughout his HAP work, he has continuously focused on how to enhance the outcomes of training, and in developing societies, how to ensure that EMDR will become both institutionalized and accessible in emerging mental health service systems.

HAP's new Board President, Bill Stadtlander will present the Snyder Award to Michael Keller on August 28 at the EMDRIA Awards Dinner in Atlanta.

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. Thank you.

A Farewell Message from HAP's President: Carol Forgash

Dear Friends,

As I reflect on my terms as President and years as a HAP board member, I'm very aware of how much HAP has become an integral and special part of my life.

Taking a cue from the EMDR protocol, I've been looking at the past, the present and now, the future.

Our Past: HAP has changed enormously in 14 years. We were a small organization with little money and a tiny staff, but with a strong sense of purpose and dedicated volunteers. Our primary mission at that time was providing training in EMDR to mental health clinicians following disasters.

Our Present: By increasing our strength as a volunteer organization and building a strong board and staff, we have been able to develop a domestic training program to serve the underserved and to implement a new mission dedicated to an international program of building EMDR Regional Centers of excellence.

Our Future: HAP will expand our new programs: HAP-KIDS, Trauma Recovery Network, Teaching traumatology and specialty workshops, and finding new ways for our 700+ volunteers to help HAP increase its mission and effectiveness. I'm confident that HAP will continue in this positive direction in the capable hands of our new board president, Bill Stadtlander.

Once again I want to thank all of you for your donations and commitments to HAP's mission. You have made this all possible.

On a personal note: Some people call their avocations "their baby"... Well, HAP's been my grandbaby (I've always been a wannabe grandma). Now that I have grandchildren of my own (Finn and Leo), I feel more deeply committed to HAP's work, and hopeful about the future.

My wish list for us all now and always, consists of just one item: **world peace**

Our executive director, Bob Gelbach, who has also become a grandfather (of Henry Shaw Gelbach), says most effectively what I feel about what HAP has done, has yet to do in the world, and why:

"Henry's arrival makes me focus intently on the world we have prepared for his generation and the world they will inherit in a few short decades. Clearly we have a lot of work to do to help reduce the incidence of trauma and its consequences. Henry is counting on us."

I'm counting on EMDR HAP and all of you on behalf of Henry, Finn and Leo and all the world's children.

Au revoir,
Carol Forgash

Quick Takes: *HAP in Action*

Donors Make the Match:

When an anonymous donor offered to match the first \$10,000 donated to support programs in Africa and the Middle East, HAP donors rose to the occasion. As we go to press, responses to this challenge have exceeded the goal, and we now have more than \$20,000 available for already scheduled events to support clinicians from Kenya, Ethiopia, and Iraq. But don't stop now. Funds will continue to be accepted earmarked for work in these critical regions.

Trauma Recovery Network:

Impressive projects continue to develop in Western Massachusetts and Minneapolis. And inquiries from other regions are growing. In Minnesota, the TRN is coordinating a HAP training event for clinicians serving diverse cultural com-

munities in the region. Another group from the regional TRN is completing analysis of data from their Therapy for Therapists project in New Orleans, where they have offered short term therapy to Louisiana clinicians still dealing with sequelae of Hurricane Katrina.

HAP has a short PowerPoint presentation that outlines the program options available to local groups interested in starting a TRN. Contact Conrad Sienkiewicz, our new Volunteer Coordinator, (conrads@emdrhap.org) and he will send it to you. Coming soon: a special website page for TRN information and sharing.

Rwanda, Reconciliation and Reyhana Seedat:

The Rwanda genocide occurred 15 years ago. A government sponsored Reconciliation Commission has been working to move that society past those traumatic days. Film maker Patrick Mureithi recently produced a documentary that hoped to show how encounter groups could resolve

continuing trauma symptoms. Disappointed with the outcomes of the encounter groups, and coincidentally noting the powerful efficacy of EMDR for a member of his own family, Patrick contacted HAP and invited us to send a clinician to meet with Rwandan psychologists and government officials. Longtime HAP volunteer and EMDR trainer Reyhana Seedat, from South Africa, took the assignment. She talked about EMDR and trauma, but also successfully treated two of Patrick's documentary subjects while he filmed the encounters with the clients' permission. Now Rwanda is contemplating an invitation to HAP to train the psychologists in EMDR. And Patrick is contemplating a new film on EMDR HAP's international work. Thanks Patrick, and thanks Reyhana!

Beyond Basic Training: Clinicians at several hundred non-profit agencies have been trained by HAP over the

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"Reach UP" and "Turn on the HEAT"

Recently we announced these two campaigns as a way to focus our work and our image in the wider communities where we work. "Reach UP" aims to bring heightened trauma treatment capacity to underserved populations (the U P in "Reach UP"); and we turn on the heat when HAP Educates About Trauma. We don't expect these campaigns to climax in the near future. They should be ongoing for the next five years at least. And they need your help.

We welcome your comments and suggestions. Are you aware of an underserved population that could benefit from EMDR, but has been neglected? We have started to talk with advocates for people with intellectual disabilities and are finding great interest in having

caregivers, family members and clients trained in traumatology and stabilization, as well as getting more ID clients with trauma histories seen by EMDR clinicians. HAP volunteer Jan Schaad will be presenting on this subject at the next conference of The Arc.

But we want more suggestions about populations large and small, wide-spread or local, that are notably subject to traumatization but tend to fall through the cracks of the health care system: People with major illnesses? New mothers? Members of cultural minorities? Contact us if you know of such a population, and especially if you know of clinical experience that suggests they might benefit from EMDR and/or of advocacy or service groups that might work with HAP to

increase access to care.

Part of our response to such needs will be a growing campaign to get basic information about trauma and treatment into the hands and heads of these populations. Turning on the HEAT is our slogan for entering into the work of public mental health education with a focus on trauma. And here again, you can help. Do you have experience as a health educator? Or information that you would like to get out to the public in an accessible form about trauma or special types of clients or diagnoses. Do you know of organizations that might like to partner with HAP in this work. Send us an email at: contact@EMDR.com

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Quick Takes: HAP in Action

years. Many times we are invited to return and train again as staff turns over.

Until now our offering has been limited to basic EMDR. But many of these agencies have clientele with special needs: children, drug and alcohol dependent clients, long-term clients with dual diagnoses and complex trauma, combat veterans and so on.

With support from HAP volunteers who are also leaders in specialty training, we are beginning this year to add specialty offerings at low fees, and aimed at clinicians who have completed basic EMDR training, work 30 or more hours weekly in a clinical capacity at a non-profit agency, and/or are active as HAP trainers, facilitators, consultants or logistics support volunteers.

Agencies that would like to co-sponsor such specialty training should contact Hope Payson (hpayson@emdrhap.org)

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Avatar Holdings Inc.	Norfolk	VA	Earth Circles Counseling	Oakland	CA	Rape Recovery Center	Salt Lake City	UT
Bellewood Presbyterian			Family and Childrens			Saginaw Chippewa Indian		
Homes For Children	Louisville	KY	Services	Baltimore	MD	Tribe	Mt. Pleasant	MI
Butte County Department			Family Life Chaplains			SANE Solutions of Terry		
Of Behavioral Health	Chico	CA	Training Center	Fort Hood	TX	Reilly Health Services	Nampa	ID
Camp Pendleton	Camp Pendleton	CA	Fountain Hill Center for			St. Charles Medical Center	Bend	OR
Carson Center	Westfield	MA	Counseling & Consultation	Grand Rapids	MI	St. Vincent Catholic Charities	Lansing	MI
Catholic Charities of			Genesis Project Family			Stetson University	DeLand	FL
TN, Inc	Nashville	TN	Wellness Center	Charlotte	NC	Suncoast Center for Community		
Center For Human			Greater Los Angeles VA			Mental Health	St. Petersburg	FL
Development	LaGrande	OR	Healthcare System	Sepulveda	CA	The Baby Fold	Normal	IL
Centerstone	Nashville	TN	Health & Education Services	Haverhill	MA	The Nemeses Group Inc	Fairhaven	MA
Childhelp	Phoenix	AZ	Howard Center for Human			The Resource Center	Birmingham	AL
Community Counseling			Services	Burlington	VT	Trumbull County Lifelines	Youngstown	OH
Center	Las Vegas	NV	Jewish Family & Children's	Tucson	AZ	University of North Dakota		
Crittenton Children's			Services			Counseling Center	Grand Forks	ND
Center			Logan Heights Family			US Army Chaplain Family		
Department Of Behavioral	Kansas City	MO	Counseling Center	San Diego	CA	Life Trng Program	Fort Benning	GA
Health	Ft Campbell	KY	Moncrief Army Community			VA Outpatient Clinic	Tampa	FL
Dixwell Newhallville Community			Hospital	Fort Jackson	SC	Vinita Alcohol and Drug		
Mental Health	New Haven	CT	New Alternative Inc	San Diego	CA	Treatment Center	Vinita	OK
			Palomar Family Counseling			WestGate Training &		
			Service, Inc	Escondido	CA	Consultation Network, Inc.	Spartanburg	SC
			Pastoral Institute	Columbus	GA			