

# What's Happening Now...

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EMDR Humanitarian Assistance Programs

Fall 2008

## HAP at Age 13: The Year Gone By and the Year Ahead

Francine Shapiro reminded us a few months back that HAP, which began in response to the Oklahoma City bombing of 1995, is now a healthy adolescent at age 13. We've been nurtured through childhood by the first generation of EMDR clinicians, researchers and educators. We have learned and accomplished much and are contemplating how to keep on growing and serving in a trauma prone world.

Here are some of the highpoints of the year ended June 30, and some of the hopes we have for the year ahead.

- In the US, HAP training in basic EMDR has been revised to make our process clearer and more supportive of new EMDR therapists.
- We added ten hours of case consultation to our program without a major increase in training fees, so that we can continue to serve non-profit agencies with limited training budgets.
- We served over 1200 participants in 57 basic training workshops in the US and abroad, bringing the five year total to over 5000 clinicians
- Nearly 700 volunteers have registered on our website, and the most active volunteers have contributed

in-kind services worth over \$450,000 last year.

- We expanded our roster of HAP trainers and facilitators to meet rising requests for training.
- Agencies who sponsor HAP training also donated facilities with an estimated value of \$130,000
- We continued support to clinicians on the US Gulf Coast and to HAP projects on the West Bank of Palestine, the Philippines, and Kenya
- We completed a 15 month project in Indonesia supported by the Robert Wood Johnson Foundation to train clinicians in Aceh, the focal point of the great tsunami.

And what is on our "to do" list for 2008-2009?

- At the present pace, our basic training program will train more clinicians than ever before
- We will continue programs in Kenya and the West Bank and will be looking for resources to accept invitations elsewhere in the Middle East and China
- Our new HAPKIDS initiative will make a special effort to expand awareness and effective use of EMDR

*(Continued on page 2)*

### Inside this issue:

<i>Meet the HAP Board</i>	2
<i>Nancy Errebo Wins Snyder Award for '07-'08</i>	2
<i>A Message From HAP's President</i>	3
<i>HAPKids: Getting Ready to Launch</i>	4
<i>New at the HAP Store</i>	4
<i>Who We Are...What We Do</i>	4

### Combat PTSD: Where Do We Go From Here?

EMDR is an evidence-based therapy for combat PTSD. Research established that fact, and clinical experience backed it up, for many years before the current wars in Afghanistan and Iraq generated an epidemic of cases among uniformed US military personnel and recent veterans. Seven years into these conflicts, it is now well known that the leadership of the military and VA medical systems failed to build capacity for effective treatment during peacetime and are still unable to meet pressing needs.

The behavioral health systems of the VA and Department of Defense are vast. Very caring clinicians have struggled under adverse conditions;

over 700 of them have received EMDR training from HAP since 2005, after the joint treatment guidelines of the VA and DoD endorsed EMDR as one of two recommended psychotherapies. But they represent a very small part of these systems. Senior leadership continues to downplay EMDR on public information websites, provide minimal support for training, and decline simple comparative studies that would put to rest any doubts about what works.

It is abundantly clear that US service personnel and veterans include a large underserved trauma population and therefore a group that warrants more attention from HAP. Here are some things we can do to help this neglected population.

*(Continued on page 3)*

## MEET THE HAPBOARD

With this issue of WHN, we begin a series of brief bios to introduce the members of HAP's Board of Directors. The Board has just grown to eight, including two new members. The earliest, and only lifetime, member is Francine Shapiro, our Founding President. In this issue we introduce our current President, Carol Forgash (NY) and Vice President, Bill Stadlander (OH)

**Carol Forgash, L.C.S.W, BCD,** practices in Smithtown, NY. She is an EMDR Institute Facilitator, and an EMDRIA Approved Consultant. Carol has presented at international EMDRIA and ISSD conferences and at workshops in the United States, Europe and Asia on the integration of

EMDR with Ego State therapy; the treatment of dissociation, complex posttraumatic stress disorder, and treatment of the complex health issues of sexual abuse survivors.

Carol's co-authored book, *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* was published in 2007 and is available through the HAP online store. Carol has been involved with social justice issues for over 30 years.



**William Stadlander, M.B.A,** of Dublin, OH, has been since 2001, President, CEO and Owner of Homestat Farm, Ltd, a company known to many as the producer and distributor of Maltex, Maypo and other favorite food products. Prior to that he worked for over 20 years as a top manager and corporate officer in the medical, nutritional and consumer products division of Abbott Laboratories.

Bill serves on the board of the Grant/Riverside Hospital in Columbus OH as well as the HAP Board, where he serves as Vice President and brings expertise in finance and marketing and a strong business sense about improving access to health care.

### Nancy Errebo Wins Snyker Award for '07-'08



Dr Nancy Errebo (MT) will be awarded HAP's Elizabeth Snyker Award at the annual EMDRIA dinner and HAP dance in Phoenix on September 12. A career clinician in the VA, she has been a distinguished volunteer in the work of the EMDR Humanitarian Assistance Programs for many years.

Dr. Errebo's most impressive work for EMDR HAP was her leadership of a series of training missions to Sri Lanka after the tsunami there. Her leadership and support for her trainees has become a model for international projects of this organization. The clinicians she trained have gone on to establish a national EMDR Association in Sri Lanka.

Dr. Errebo became a facilitator in our training program in 1998. She provided training to clinicians in India, Bangladesh, Turkey and Indonesia in the following years. Since

2005, after an extensive program of advanced study, she has been an

EMDR trainer, leading training teams at more than a dozen events serving community mental health agencies across the nation, including Fargo, ND and Long island, NY, as well as trainings at Department of Defense locations including Fort Hood, Fort Campbell, Camp Pendleton, and an Army Chaplains conference center in Germany, as well as trainings at VA facilities in Denver and elsewhere.

The Elizabeth Snyker 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. Nancy Errebo is the fifth recipient of the annual award. She joins a distinguished company of previous recipients: Steve Silver, Susan Rogers, Roy Kiessling and Peggy Moore.

### HAP at Age 13: The Year Gone By and the Year Ahead (Continued from page 1)

as a powerful therapy for child trauma and will also assist Gulf Coast clinicians to provide group EMDR services to children still reacting to Katrina and Rita.

- We will expand training to volunteers who have been waiting to become HAP facilitators, and orientation to consultants who have volunteered to support the consultation component of HAP training
- We will try new ways to expand EMDR therapy for combat PTSD
- We will build a bigger Trauma Recovery Network in the US and support our colleagues in Asia who are beginning to create an EMDR association for all of Asia.

And we will certainly do things we cannot even imagine as the year unfolds, with the help and support of HAP's donors and volunteers. Thank you all.

## A Message from HAP's President September 2008

### TRADITION! TRADITION!

Hello Everyone,

It's the time of year when EMDR HAP joins EMDRIA to celebrate the EMDR Community at the EMDRIA Conference. If you are attending the conference, you will have a wonderful time at the EMDRIA Dinner, followed by the HAP Dance. It's a lovely cooperative experience that has become an annual **TRADITION**. Great food, great music, and presentation of awards to both EMDRIA and HAP volunteers who contribute so much to the success of both organizations.

Another **TRADITION** you will want to experience is the HAP booth. Stop by: meet our Connecticut based office staff, our Executive Director and Board members. Pick up our newsletter... This is the latest copy! Learn about our mission and our vision to build capacity to treat trauma in underserved communities at home and around the world.

Hear about our new projects: HAPKIDS and the TRN (Trauma Recovery Network). At the booth, we offer wonderful cutting edge educational materials that will further your knowledge in EMDR practice and research: books, DVDs, and practice manuals

Most importantly, find out how to become a volunteer. Our oldest and finest **TRADITION** is that we are a volunteer organization. We staff all of our trainings and projects with EMDR trained volunteers.

We also need your help financially (every organization needs this **TRADITION!**) Every year you are a most generous community of donors. Your donations fund our projects: training military clinicians who will deal with the enormous epidemic of PTSD in the returning Iraq war soldiers; supporting community based agencies that wrestle with trauma every day; launching the HAPKIDS project to expand EMDR treatment for children, building capacity to treat trauma in countries struggling to develop modern mental health services, in China, India, Africa and the Middle East!

Please become part of our **EMDR HAP TRADITIONS**

Many thanks,  
Carol Forgash

### Combat PTSD: Where Do We Go From Here? (Continued from page 1)

1. HAP can and will continue to train VA and DoD clinicians in Basic EMDR.
2. We will also work to increase consultation and specialty training for those clinicians previously trained: there are very few EMDR consultants and facilitators within the military or VA, and that limits the ability of those we trained to build their skills
3. We need to increase the capacity of civilian agencies and private clinicians to serve combat trauma clients in their communities. We can develop specialty presentations for agency and private clinicians already trained in Basic EMDR, and point them toward effective consultation.
4. We also need to develop simple research designs that enable local clinicians to supply data that can help confirm the findings of past research and get the attention of the public and the government.
5. We need to support EMDR clinicians around the country who are willing to speak and write in public about the

lack of services at present and to counteract the sense that combat PTSD and its complications are incurable.

- If you have skills and motivation to contribute to this program, we invite you to register online as a HAP volunteer at [www.emdrhap.org](http://www.emdrhap.org), telling us about your interest and skills.
- If you work in an agency that has combat PTSD clients and would like to access EMDR consultation to help them, email us: [contact@emdrhap.org](mailto:contact@emdrhap.org).
- If you want to support this effort materially, your donations, earmarked for "Combat PTSD", will help fund the consultation and specialty training to expand the numbers and skills of clinicians serving vets and uniformed personnel. You can donate on our secure website with a credit card.

And finally, you can be a leader in your own community by telling local officials, journalists and congressmen that the lack of timely and effective treatment is a national disgrace and that EMDR, one of the best treatments known, is being insufficiently supported at present.

### Signup as a HAP Volunteer!

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.



**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)

## HAPKIDS: Getting Ready to Launch

Before the end of 2008, the HAP website will unveil a new page of resources for agencies and clinicians who treat children. Featured will be guides to literature on child trauma and treatment methods using EMDR; news of important developments in EMDR practice and research regarding children in special circumstances, including post-disaster interventions; Frequently Asked Questions features aimed separately at clinicians, agency administrators, parents and other caregivers; a hosted discussion list; and periodic essays by invited experts in a feature called HAPKIDS Topics. We don't expect all of this to materialize overnight, but we will keep you posted on progress.

A small group of HAP volunteers has been meeting as the HAPKIDS Project Group to develop the web-page and to plan other child-focused ventures,

including a group treatment project on the Gulf Coast for children still symptomatic after Katrina and Rita. Participants in the planning group to date include Robbie Adler-Tapia (AZ) as chair, Karen Forte (OR), Janet Wright (CO), Gary Scarborough (AR), Kathy Davis (CT), and Giles Gilliam (LA).

Readers who would like to become involved in HAPKIDS projects, or who have suggestions for topics and projects to be featured, are invited to send their thoughts to [contact@emdrhap.org](mailto:contact@emdrhap.org)



### NEW AT THE HAP STORE

Many excellent professional books on aspects of EMDR practice have appeared in recent years. The HAP Store is now able to make a growing number of them available for online or mail order purchase. Here are the recent additions:

- Robin Shapiro, ed. *EMDR Solutions: Pathways to Healing*
- Robbie Adler-Tapia and Carolyn Settle. *EMDR and the Art of Psychotherapy with Children* (Book and Treatment Manual)
- Robbie Adler-Tapia and Carolyn Settle. *EMDR Fidelity Treatment Manual: Children's Protocol*
- Mark Dworkin. *EMDR The Relational Imperative: The Therapeutic Relationship in EMDR Treatment.*
- Carol Forgash and Margaret Copeley. *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*

In support of excellent clinical practice, HAP has always sold EMDR focused literature through the HAP Store. Your purchase from HAP aids our mission.

**Go to: [www:emdrhap.org](http://www.emdrhap.org) Click on "HAP Store"**

### Who We Are...What We Do

The Mission of EMDR Humanitarian Assistance Programs is to build capacity for effective treatment of traumatic stress disorders in underserved communities anywhere in the world.

#### Mission Priorities:

1. Focus on training those providers who will most increase access for underserved populations
2. Provide direct service when it promotes capacity building in underserved communities, especially post-disaster.
3. Go only where we are invited and where local mental health systems participate.
4. Expand services beyond Basic EMDR training where feasible and effective for capacity building.
5. Support research on efficacy and effectiveness of treatment.

*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.