

EMDR Humanitarian Assistance Program

Making it HAPpen

Your volunteer newsletter.

Vol 1 , No 3 , Nov 2007



HAP is committed to relieving human suffering and breaking the cycle of violence world wide. Our volunteers and financial donors make this possible.

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Connecting at the EMDRIA Conference



Thanks to everyone who visited HAP's booth at this year's EMDRIA conference in Dallas. It was very gratifying for our staff and members of our Board to thank so many of our dedicated volunteers and supporters in person.

Over two dozen clinicians joined HAP as NEW volunteers during the conference. New and old volunteers alike shared their interests and ideas for new HAP initiatives.

Your enthusiasm was contagious and we returned to our office with full notebooks! You can look forward to reading about these new volunteer inspired projects in the coming months.

If you have an idea for a HAP initiative let us know at volunteer@emdrhap.org.



SEASONS GREETINGS



Making it HAPpen

Mission, Vision and Goals – with YOU in Mind

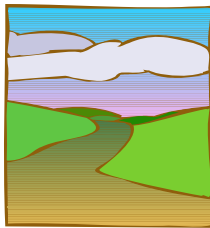
A common challenge for many non profit agencies is to define a clear mission and then stick to it. This is especially true when the compelling needs and dire circumstances of so many members of our global community confront us everyday.

HAP's mission is to relieve human suffering and break cycles of violence by providing training to mental health professionals serving traumatized communities worldwide. This mission reflects our commitment to a strategy of capacity development.

Capacity development is realized in a variety of ways, all of which culminate with a community that is better able to meet the needs of trauma survivors.

When HAP volunteers provided basic or specialty training and clinical consultation sessions in Blacksburg (VirginiaTech), Newark, New Orleans, India and Sri Lanka they left behind communities of clinicians who were better able to respond to the needs of their traumatized clients.

When HAP volunteers stepped forward in New York City, Seattle and Western Massachusetts to spearhead an emerging model we call the Trauma Recovery Network they are increasing the capacity of their community's mental health disaster response system.



When HAP volunteers develop white papers, literature reviews, presentations or design research models that address EMDR, trauma, disaster response, special populations, and international mental health delivery systems they are creating resources that empower others to act. Accessible information is empowering!

When an individual registers as a volunteer with HAP they increase our capacity. So thank you for volunteering and know that even if you are not actively working on a HAP project you are part of our planning for future projects.



**Next time in
Making it HAPpen**

TRNs Moving Forward
and
Expanded Roles for Logistics Volunteers

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Your volunteer newsletter.



HAP is fortunate to have a dedicated, energetic and professional Board of Directors. The Board provides HAP with guidance, support and opportunities that enable staff and volunteers to fulfill HAP's mission.

If you would like to learn more about serving as a Board member of HAP you can let us know by sending an email to volunteer@emdrhap.org.

Early Intervention as Prevention

In the immediate aftermath of a disaster survivor's physiologic needs are of primary concern and are followed closely by the need to achieve stability and safety. Once these primary needs are met most survivors no longer experience stress and do not develop Acute Stress Disorder (ASD) or PTSD.

Some survivors do develop ASD and, as would be expected, go on to develop symptoms of PTSD. In fact ASD is a precursor to a majority of PTSD cases.

New research suggests that brief interventions during early stages of ASD resolves the ASD and prevents escalation to PTSD in a majority of cases. Although, additional research is needed to confirm these findings early indications are that intervention priorities of disaster relief agencies may need to be adjusted to address trauma at the onset of ASD.

TRNs Lay the Ground Work for Effective Disaster Response Efforts

Every time a disaster garners national attention, compassionate HAP volunteers come forward with offers to assist. Unfortunately, there are daunting challenges inherent to organizing a response after the fact.

Consider the challenge of connecting with state and federal agencies that have no knowledge of EMDR or HAP. Immediately following a disaster these agencies are focused on containing wild fires, rescuing survivors, recovering victims, containing hazardous waste, organizing temporary shelters, and providing urgent medical care.

These challenges are precisely why HAP initiated the Trauma Recovery Network. Whether or not your community has experienced a disaster you can proactively plan a response by signing up to be a TRN volunteer at our website www.emdrhap.org.

When a sufficient number of volunteers in a geographic area register we will assist them in becoming an affiliated TRN. But wherever they are, HAP plans to keep all TRN volunteers apprised of best practices in clinical response to disaster.