

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

HAP Hires New Volunteer Coordinator: Conrad Sienkiewicz

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Why am I so HAPpy? Because I am the new volunteer coordinator at EMDR HAP! For about ten years, I used my B.S.W. while working in group homes and community programs with psychiatrically disabled adults. After getting my M.A. in English, I taught for eleven years in a public high school. In all that time, I never stopped volunteering in various capacities, and I am excited to be employed now helping other volunteers.

I'll be at the EMDRIA conference in Atlanta, where I hope to meet as many volunteers as possible and learn what I can do to improve their experiences.

If you don't have the opportunity to see me there, feel free to drop me an email so we can begin a conversation about volunteering with EMDR HAP. My contact details are on the last page of this newsletter.

I look forward to hearing from you!

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HAP Staff to Attend EMDRIA Conference: Georgia on (Our) Mind

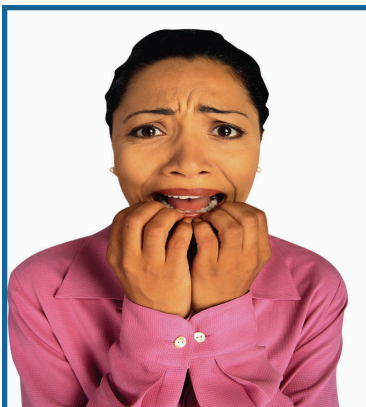


For more information about the conference, visit www.emdria.org.

Please come by and visit the HAP staff at our booth during the EMDRIA Conference in Atlanta. Don't miss this exciting opportunity to shake hands with **Bob Gelbach** (Executive Director), **Gail Ford** (Associate Director), **Hope Payson** (Training Director), **Jean Polka** (Associate Training Director), **Rosemary Gelbach** (Consultation Coordinator), and yours truly, **Conrad Sienkiewicz** (Volunteer Coordinator). Drop by, say hello, ask a question or two, swap business cards, tell me your opinion of our EMDR HAP logo, and share a smile with some genuinely HAPpy people! We might be from New England, but we'll do our best to show you some Southern charm!

If you are at the conference, then please take an hour to join us for our **SHOUT OUT** (an opportunity to share your opinions and ideas about HAP) on **Friday August 28 from 12:15 to 1:15** in the Atlanta Room #5. Bring your lunch and HAP will supply a sweet snack.

HAP Hazards and MisHAPs: Murphy's Law in the Realm of Humanitarian Assistance



Upon request, names can be changed to protect the innocent.

Murphy's Law states, "If anything can go wrong, it will." I'd love to hear your **humorous story of what went wrong while you were volunteering with HAP.**

Perhaps you encountered a dreaded creature face-to-face, claimed the wrong black suitcase at the luggage carousel, or experienced any other "I can laugh about it now but at the time it was terrible" mishap.

Drop me an email telling me about it, and I'll print the best horror stories in future issues.



Misery loves company, and I guarantee you'll feel better after sharing your misHAP with your fellow volunteers!

(Thanks to Bob and Hope for suggesting this idea.)

HAP Takes Hold in Africa: Trainings and Traumatology

How did HAP find itself in Africa? With their shortage of mental health services and clinicians, coupled with their high level of trauma, many African countries can benefit from HAP and trauma-focused therapy.

Two projects to date (in **Kenya** and **Ethiopia**) exemplify our approach, which is to develop local capacity for trauma treatment by training local clinicians in host countries and supporting the emergence of local consultants and trainers so that their new EMDR clinical community becomes self-sustaining.

A core group of clinicians were trained in **Nairobi, Kenya** more than a year ago by HAP volunteers **Michael Keller** (Kansas), **Reyhana Seedat** (South Africa) and **Emre Konuk** (Turkey). Michael and Reyhana, joined by **Robbie Adler-Tapia** (Arizona) and **Abraham Beetge** (South Africa) led both a Part I and a Part II training last November, and a third training is planned for this fall.

When **Dorothy Ashman**, an EMDR consultant from Pennsylvania, heard about an orphanage in **Addis Ababa, Ethiopia**, that was home to over 800 children affected by AIDS, she asked HAP Executive Director **Bob Gelbach**, "What can we do for these kids?"

HAP invited the clinician director and a staff clinician from the orphanage to get Part I EMDR training at the training event in Nairobi last fall. This past April in Ethiopia, Dorothy taught HAP's traumatology and stabilization workshop to over 50 people from Addis Ababa University and local service agencies. She also provided direct consultation to the staff at the orphanage, and has continued to support them via Skype video connection. She also became a brilliant success as a fundraiser for HAP to keep this project growing. Now an initial HAP EMDR training is planned for Addis Ababa this fall. (Learn more about her work on her blog at www.outreachethiopia.blogspot.com.)

With a new foothold in **Addis Ababa** and **Nairobi**, we hope to be invited to other countries, such as **Rwanda** and **Liberia**. With careful training and follow-up consultation, African clinicians are joining colleagues around the world who find in EMDR a therapy that is effective across all cultures, ages, and genders.

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We're on the Web!

www.emdrhap.org

I hope you find this newsletter informative and enjoyable. If you would like to receive this newsletter via email, drop me a line.

If you have any **suggestions** to improve this newsletter, or if you would like to **contribute** information to be included in the next issue, please contact me. What would *you* like to see in this newsletter? I'll try to make it HAPpen!

Lastly, if you are a volunteer for HAP, feel free to let me know how I could help **improve** your volunteer experience.

I look forward to hearing from you!

Conrad Sienkiewicz
Volunteer Coordinator
EMDR HAP

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Words To Live By Anne Frank (Writer, 1929-1945)



"Laziness may *look* inviting, but only work gives you *true* satisfaction. How noble and good everyone could be if, at the end of each day, they were to review their own behavior and weigh up the rights and wrongs. They would automatically try to do better at the start of each new day and, after a while, would certainly accomplish a great deal. Everyone is welcome to this prescription; it costs nothing and is definitely useful."

For more information about Anne Frank, visit www.annefrank.org.
