

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

Post-Conference Recap: Top Five Lessons Learned at EMDRIA

September 9, 2009

Volume 2, Issue 2

Lesson 5: There is no shortage of comfort food in Atlanta. The hotel deli sold a delicious red velvet cake, a shopper at a local market schooled me in the sweet and juicy joys of muscadines, and Mary Mac's Tea Room served us the best in southern home cooking, from pot likker with cracklin' bread to fried chicken and okra. Hard times demand easy food, and Atlanta delivered in spades.



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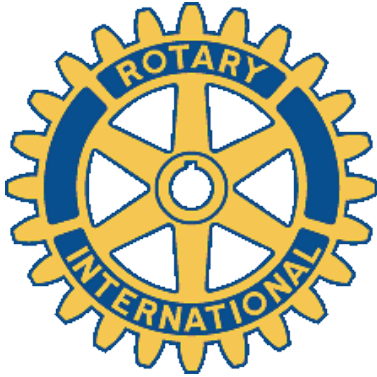
Lesson 4: A HAP cap looks good on anyone. Yes, whether you need to hide your bedhead or accent your eyes, the HAP cap is the perfect complement to any outfit. Due to popular demand, HAP caps will soon be available exclusively online at the HAP Store

Lesson 3: Pay it forward. Francine Shapiro used this phrase during the Friday morning plenary. Ben Franklin described the concept when lending money, and Lily Hardy Hammond (American writer and suffragist, 1859-1925) once wrote, "You don't pay love back; you pay it forward." This brings us to the next lesson learned...

Lesson 2: You get more than you give. The EMDRIA Conference was filled with people who could provide countless examples of this. Who knows this lesson best of all? See Lesson 1

Lesson 1: Volunteers are awesome! EMDRIA volunteers kept the conference running smoothly, and HAP volunteers made the HAP booth the meet-and-greet epicenter of the exhibit area! See page four for an inspirational quote on volunteering from Dr. Martin Luther King, Jr.

Are You A Rotarian? Elk? Lion? Kiwanian?



For more information about Rotary, visit www.rotary.org.

For more information on the Rotary eClub of District 7890, visit www.rotaryclub7890.org

I am a member of the Rotary eClub of District 7890, and I would like to know if there are any other Rotarians within the ranks of HAP. HAP and Rotary share a common mission to improve the world, and I'd love to start a conversation with fellow Rotarians who are involved with EMDR and HAP. If you are a Rotarian, please drop me a line so we can share ideas about making connections between Rotary and HAP.

On a similar note, if you belong to another service club, such as the Elks, Lions, or Kiwanis, let me know, as perhaps we can create a network of service clubs that are connected to HAP.

My contact information is on page four.

Post SHOUT OUT Wrap Up: You Shouted and We Listened!

On August 28, numerous HAP volunteers attended the SHOUT OUT at the EMDRIA Conference. We were humbled by the praise we received from you. To paraphrase an Oscar winner from the past, "You like us! You like us!"

Of course, we're not perfect... but we're trying! For example:

- Some volunteers voiced concern that HAP is not properly screening training participants, especially those that were not coming from non-profit agencies. To address this, we have emended the Participant Agreement form so it now requires a supervisor to confirm the participant's job status.
- Another suggestion was made to spread the word about the need for facilitators at future trainings, so we are looking into using emails to alert volunteers of the training schedule (take a look below at the article regarding the logistics volunteer).
- It was also pointed out that HAP needs to bring EMDR to underserved clients, and HAP is currently launching a campaign to "Reach UP," the UP being **Underserved Populations**. This will include veterans as well as soldiers on active duty, kids, people with low income, etc..

New Volunteer Role “Logistics Person:” Could It Be You?

In an effort to improve service delivery at trainings, EMDR HAP has created a new volunteer role: logistics person. This individual attends trainings and assists with setting up the training room(s), signing in participants, running the HAP Store, collecting donations, and organizing evaluations. The logistics person is also on hand to support the training staff and attend to any of their logistical needs.

This is a great opportunity for a new volunteer or someone who is not trained to volunteer in another role. The logistics person gets to attend and sit in on the newest training while meeting and networking with others. **The logistics person should not be the facilitator of the training. The logistics person will not get paid for travel.**

Ideally, the logistics volunteer for each training would be a local person who is familiar with the city and environs where the event is being held: knowledge of the local area could be invaluable to the trainers and participants. **Also, we would prefer an EMDR clinician in this role**, as he or she might be needed to support participants who experience abreactions during the practicum.

We are currently looking for logistics volunteers for trainings in:

- **Eugene, Oregon** (October 2-4)
- **Westfield, Massachusetts** (November 13-15)
- **Charlotte, North Carolina** (November 13-15)
- **Tampa, Florida** (November 20-22), and
- **West Palm Beach, Florida** (January 8-10).

If you are interested in learning more, please drop me an email. Also, please make sure your volunteer profile at the HAP website is updated to reflect your interest in logistics.

If you are already volunteering for HAP in another role, then perhaps you know someone who might be interested in this volunteer role: if so, please share this information to him or her.

**Volunteer Newsletter of
the EMDR Humanitarian
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We're on the Web!
www.emdrhap.org

It's now been two months since I started as the volunteer coordinator at HAP, and while I've learned a lot about EMDR and HAP, I still have much to learn. I met numerous HAP volunteers at the EMDRIA Conference, and I also met many people who have registered as volunteers but have not yet been assigned anything. There are about 500 untapped volunteers, and we are developing new volunteer opportunities to accommodate them, such as logistics volunteer for trainings.

To all those volunteers-in-waiting, I beg you: please be patient! At times, this list of 500 appears to be like a mountain of altruism, but I am confident that with time and planning, these volunteers will be utilized.

As I grow more into this job, this newsletter will also grow in its ability to connect volunteers with opportunities. For example, future newsletters will hopefully include a schedule of upcoming volunteer opportunities.

For now, 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.

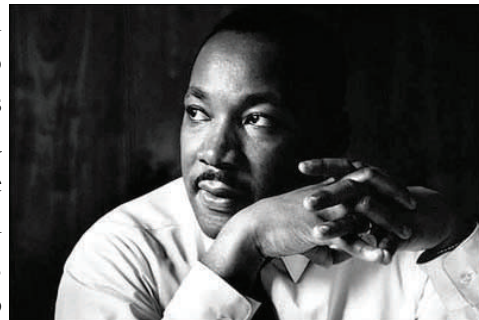
I look forward to hearing from you!

Conrad Sienkiewicz
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Words To Live By

Dr. Martin Luther King, Jr. (Leader, 1929-1968)

"If you want to be important ~ wonderful. If you want to be recognized ~ wonderful. If you want to be great ~ wonderful. But recognize that he who is greatest among you shall be your servant. That's a new definition of greatness. And this morning, the thing that I like about it: by giving that definition of greatness, it means that everybody can be great, because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's theory of relativity to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace, a soul generated by love. And you can be that servant."



For more information about Dr. Martin Luther King, Jr., visit www.thekingcenter.org.
