

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

October: A Month of Moving and Shaking

October was a busy month for HAP. On October 16, we moved our offices about three miles north, from 1253 Whitney Avenue to 2911 Dixwell Avenue. Much remains the same (e.g. our mailing address, phone and fax numbers) but here in New England, the falling leaves remind us that this is a season of change.

Despite recent changes in address and seasons, HAP keeps training others in EMDR, from sea to shining sea. We had seven trainings and one workshop in October:

- Part I Training at the Center for Family Development in Eugene, Oregon on October 2-4. The trainer was **Rosalie Thomas** and the trainer-in-training was **Karen Forte**. **Judith Boel** was the facilitator with **Judith Lindsay** as consultant.
- Part I Training at Mountain Area Health Education Center in Asheville, North Carolina on October 2-4. This was a large event with trainer **Kathy Davis** and trainer-in-training **George Abbott**. The facilitator was **Lynda Ruf**, and doing double-duty as facilitators and consultants were **Roxann Hassett** and **Sandra Kremer**. **Trip Woodard** also served as a consultant.
- Part I Training at the Wedgwood Christian Services in Grand Rapids, Michigan on October 8-10. **Bennett Wolper** and **Zona Scheiner** (the Fred and Ginger of HAP trainings) were the trainers and **Lillian Sideris** was the facilitator.
- Part II Training at the Rape Recovery Center in Salt Lake City, Utah on October 9-11. **Mike Keller** was the trainer, **Susan Thompson** was the facilitator, and **Elaine Ortman** and **Maria Masciandaro** will serve as consultants.
- Part I Training at the Indian Health Board in Minneapolis, Minnesota on October 23-25. **Ana Gomez** was the trainer, accompanied by three facilitators named Sue: **Sue Evans**, **Susan Schaefer** and **Susan Arland**. Other facilitators *not* named Sue included **Jill Strunk**, **Katie O'Shea** and **Lynda "Why Did I Ever Leave Florida?" Ruf**. Red Badges rounding out this ladies' weekend were **Bonnie Mikelson** and **Sandy Bookmeyer**. **Elaine Wynne** did logistics. Spirits were quite warm despite the snowy weather! **Larry Anderson** and **Leslie Adler** will provide additional consultation for this especially large training group.

November 5, 2009

Volume 2, Issue 4

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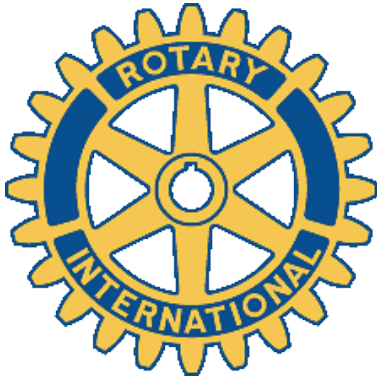
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HAP Help *Still* Wanted: Guest Speakers

Talk about what you know best and enjoy a free meal!



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

To learn more about speaking opportunities at a Rotary club near you, contact Conrad at conrads@emdrhap.org

Rotary is an international service organization that has **over 1.2 million members in 33,000 clubs** worldwide: chances are high that there is a Rotary club right in your town or at least very close by. The average Rotary club meets for an hour each week, usually for lunch (but sometimes for breakfast or dinner) at a local restaurant. These local Rotary clubs are always looking for guest speakers, people from their communities who can present a topic for 10 to 20 minutes followed by some questions and answers. Speaking at a Rotary meeting is a great way to make connections with local leaders and educate them on EMDR, HAP, TRNs, and/or trauma. **Rotary will also pay for the speaker's meal during the meeting: who said there's no such thing as a free lunch?**

If you are interested in this volunteer opportunity, drop me an email and I will gladly contact a Rotary club in your neighborhood to make the introductions. **Several HAP volunteers have expressed an interest in this but more are always welcome.**

A Season of Changes

In autumn, the leaves change, the temperatures change, the clocks change... **Speaking of change, have you updated your HAP volunteer profile to reflect any recent changes in your life?** Consider your address, email, phone number, educational degree, volunteer interests, etc.. The more accurate your volunteer profile, the better we can match you to a volunteer opportunity.

To update your volunteer account, visit our website at www.emdrhap.org, click "Volunteers" and "Login to Your Existing Account." (If you have forgotten your password, you can request it through the website or drop me an email at conrads@emdrhap.org).



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- Part II Training at the SANE Solutions of Terry Reilly Healthy Services in Nampa, Idaho on October 23-25. Trainer **Roy Kiessling** was ably assisted by facilitators **Jennifer Lendl** and **Katy Murray**, with Red Badge **Patty Giffin**. **Mary Ann Herzing** is set to consult.
- Part I Training at SAGE in San Francisco, California on October 23-25. This was another ladies' weekend with trainer **Nancy Errebo** and facilitator/consultant **Susan Curry**.
- Traumatology Workshop at the I Have a Dream Foundation in Manhattan, New York on October 19. **Kathy Davis** presented this workshop to a group of student interns.

We are anticipating upcoming November trainings in the Bronx, New York; Canfield, Ohio; Charlotte, North Carolina; Westfield, Massachusetts; Oakland, California; and Tampa, Florida. Like October, November brings us to several corners of the country, from California to New York and from Massachusetts to Florida.

If you would like to bring a HAP training to your neighborhood, contact Hope Payson, the HAP Training Coordinator, at hpayson@emdrhap.org, and she will HAPpily assist you.

HAP Invites *You* to Our Open House!



HAP is having an **Open House** to celebrate our recent move to **2911 Dixwell Avenue, Hamden Connecticut** in the good old US of A. If you are in the neighborhood on Thursday **November 19** between **3pm and 6pm**, then please drop in and say hello over some finger foods and beverages.

We will also have **HAP caps on sale** for only **\$12**. There will be door prizes, too, but you must be present to win.

Please RSVP to Conrad at conrads@emdrhap.org or call the HAP office at (203) 288-4450.

We hope to see you there!

MN TRN Organizes Large and Diverse HAP Training

A successful HAP EMDR Part I Training recently occurred in Minneapolis on October 23-25 at the Indian Health Board (pictured). **Ana Gomez** trained over 60 students with the expert facilitation of **Jill Strunk, Linda Ruf, Katie Murray** and **the three Sues: Arland, Evans** and **Schaefer**. Co-sponsors with the local HAP Trauma Recovery Network and Minnesota Regional EMDRIA were African American Family Services, the Indian Health Board, Children's Hospitals and Clinics of MN (especially Pain and Palliative Care), Wilder Children and Family Services, and Salud Wellness Center.



This training appealed especially to therapists who had language and cultural competences in addition to English and mainstream. This training was full a month before the date but they squeezed in ten more participants to accommodate everyone!

Sue Evans (MN EMDRIA Regional Coordinator and researcher with therapist empowerment post-Katrina) and **Elaine Wynne** (MN Trauma Recovery Network Coordinator) set up the committee to make this training happen. Elaine states, "We all felt honored to be a part of this training because people who volunteered did what they promised and we were always glad to see each other."

Lunches at Maria's Cafe and Midtown Market (a market with 12 different kinds of ethnic foods, served deli style) or sitting in the lunch room at the Indian Health Board gave people fun time to debrief. Rumor has it that **Ana Gomez** confessed to tasting the best tortilla soup *ever* while there in Minneapolis!

This training shows what a TRN can do. In Minneapolis, a group of dedicated people saw a need and rose to meet the challenges, and now over 60 therapists are being trained in EMDR. These trainees will bring this therapy to their underserved populations. Kudos to all involved in the planning and delivery of this successful training!

For more information on TRNs, visit the information page on TRNs on the HAP website, or the volunteer information page (once you are there, scroll down to read about TRN clinicians, TRN consultants and TRN coordinators). If you would like to view a brief PowerPoint on TRNs, drop me a line (conrads@emdrhap.org) and I will gladly send it to you. I am also creating a brochure for clinicians interested in learning more about TRNs, and that should be completed by the end of the month.

TRNs are a great way to bring EMDR and HAP into your community. Please consider joining an existing TRN or starting one in your neck of the woods.

HAP Hazards and MisHAPs:

Snow Falls and Freezes Feathers of Southern Birds While HAP Gets “Sue’ed”

Lynda Ruf snapped this photo outside a Minneapolis restaurant on October 23 during a Part I training because she never sees "Snow Emergency Route" signs down in Florida where she lives. Imagine her surprise when Minneapolis experienced snow during this training!

Strangely enough, Elaine Wynn admitted, "*I did not notice it snowed.* I usually think of snow in October as thick rain, as it just doesn't last. I did notice that it rained." That was an excellent example of the AIP: some were traumatized by what was a non-event for others! Susan Arland remarked, "The big fluffy snow was a gorgeous welcoming to Ana Gomez and Lynda who volunteered to leave their warm sunny homes all to support the HAP cause!"



Somehow, in all this, Katie Murray neither lost her luggage nor missed her flight connection!

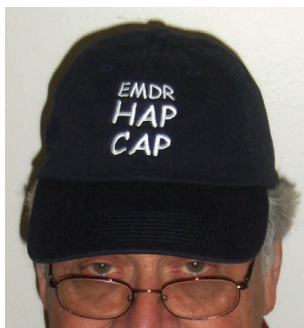
Finally, how does one maintain sanity at a training with three Sues? Refer to them as Susan Schaefer, Sue Evans, and Susan "Star" Arland.

These HAP hazards prove: *neither snow nor rain nor heat nor gloom of night stays these volunteers from the swift completion of their appointed HAP trainings.*

Thanks to all Minneapolis Part I training staff for being such intrepid troopers!

Have *you* experienced a HAP hazard or misHAP while volunteering with us? Drop me an email (conrads@emdrhap.org) and you can share your misery with a wider audience. If requested, names can be altered and identities hidden to protect the dignity of those involved.

HAP Caps: Gifts for the Holidays! One Size Fits All!



HAP caps make *great* gifts for the upcoming holidays. Equally fashionable and functional, they come in a variety of colors: black, charcoal, forest green, cranberry, sky blue, tan, white, pink and mustard.

Easy on the eyes, and at only \$15 each, they are easy on the wallet, too!

Order online at the HAP Bookstore at www.emdrhap.org.

**Volunteer Newsletter of
the EMDR Humanitarian
Assistance Program**

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We're on the Web!

www.emdrhap.org

I had never heard of Flo Kennedy until Bob Gelbach mentioned seeing her name with one of her provocative quotes printed on a bumper sticker. **Is there a person who inspires you and speaks words to live by?** If you would like to share that person and his/her words with the HAP volunteer community, then please send me an email and I will try to include this person in a future newsletter.

As always, I welcome your suggestions and contributions to this newsletter.

Keep busy and go with the "Flo!"

Conrad Sienkiewicz

HAP Volunteer Coordinator

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***Words To Live By* from Florynce "Flo" Kennedy (Lawyer, activist, feminist, 1916-2000)**

"Don't agonize. Organize."

"I'm just a loud-mouthed middle-aged colored lady with a fused spine and three feet of intestines missing and a lot of people think I'm crazy. Maybe you do too, but I never stop to wonder why I'm not like other people. The mystery to me is why more people aren't like me."

"I think we should look forward to death more than we do. Of course everybody hates to go to bed or miss anything but dying is really the only chance we'll get to rest."

"Sweetie, if you're not living on the edge, then you're taking up space."

