

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

Thankful for So Much in November

For many Americans, November was a month of thanksgiving. HAP was thankful that so many participants returned for Part II trainings. We started the month with a Part I training which was then followed by five Part II trainings:

- Part I Training at the Kingsbridge Heights Community Center in the Bronx, NY on November 6-8. The trainer was **Kathy Davis**, who was ably assisted by facilitators **Don deGraffenried** and **Betsy Prince**. **Karen Arthur** stepped up for logistics and she will also consult, along with **Farnsworth Lobenstine** and **Kriss Jarecki**.
- Part II Training at Trumbull County Lifelines in Canfield, OH on November 11-13. Thanks for trainer **Roy Kiessling**, HAP's answer to *Where's Waldo?* Facilitators **Susan Carson** and **Edwin Hallsten** were also on hand. Red Badges were **Earl Grey** and **Janet Thornton** ; Janet completed her facilitator training at this event and is HAP's newest facilitator. Congratulations, Janet!
- Part II Training at the Genesis Project Family Wellness Center in Charlotte, NC on November 13-15. **E. C. Hurley** was the trainer, and **Sue Anne Wrenn** and **Sandra Kremer** were facilitators. **Hope Payson** is on deck to consult.
- Part II Training at the Carson Center in Westfield, MA on November 13-15. **Jack McCarthy** led the team as the trainer with **George Abbott** as a trainer in-training. **Farnsworth Lobenstine** served as facilitator and two Red Badges were there as well: **Mark Nickerson** and **Hope Payson**.
- Part II Training at Earth Circles Counseling in Oakland, CA November 14-16. Trainer **Priscilla Marquis** teamed up with trainer in-training **Cynthia Kong**.
- Part II Training at the VA Outpatient Clinic in Tampa, FL on November 20-22. **Roy Kiessling** was the trainer, and **Reg Morrow** the trainer in-training. **Lynda Ruf** happily facilitated in her (warm) home state. **Charlotte Bassett** returned for logistics.

Naturally, we are always thankful for the numerous volunteers that assisted with these trainings and all the events in which HAP is involved.

December 8, 2009

Volume 2, Issue 5

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Bringing HAP Home: How To Get A HAP Training in Your Neighborhood

By Hope Payson, HAP Training Coordinator

When thinking of volunteering for EMDR HAP, you might think of spending a long weekend training clinicians working in a non-profit agency, or assisting with consultation groups for those recent trainees. Volunteering might also conjure thoughts of traveling to areas such as New Orleans to provide direct assistance to those in need. But there is another avenue to volunteerism with EMDR HAP, one that is very close to home.

Currently, EMDR HAP offers basic EMDR training to non-profit or public sector organizations that request it. Yet in our haste to respond to these groups, we don't always have the time to reach out to the other agencies that serve the vulnerable populations we want to reach. **This is where you can help.**

We need volunteers who are willing to reach out to local non-profit agencies in their own communities to share their expertise in EMDR. In the past, we have had volunteers who have started this process by offering a presentation on EMDR, to acquaint their administrators and clinicians with how EMDR can assist their clients; part of that presentation could also include how they might access training through HAP. Don deGraf-fenried has done this with multiple agencies in Connecticut, and recently Christine Inger has started working with the domestic violence groups in Florida to get a training going.

Other volunteers have assisted local agencies in organizing for their training and remained in touch with them to offer consultation and support on an on-going basis. We hope to use your knowledge of your own community to reach out to places HAP has not been before. Your relationship with your neighbors can become the bridge between our backyard and yours.

Here are some suggestions for getting started and bringing EMDR HAP home:

1. Contact your local mental health center, domestic violence shelter, or children's services centers offering to provide a brief talk on the benefits of EMDR.
2. In your talk, mention EMDR HAP and our ability to offer on-site basic training.
3. Provide the agency with ways to contact us, either through our website www.emdrhap.org or by providing my contact information: Hope Payson hpayson@emdrhap.org or 1 (203) 288-4450

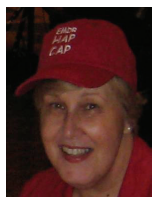
Remember: EMDR can only enter the room if *you* open the door.

An Informal Introduction to the HAP Office Staff

Missed the HAP Open House? Here's an informal introduction to the HAP staff. We are eleven people working hard to keep HAP hopping, and **only three of us are full-time!** (And yes, we all wear our HAP caps while working in the HAP office.)



Bob Gelbach, Executive Director, is the captain who stands at the HAP helm. Bob is a new grandfather who enjoys spending time with his family and practicing his clarinet. Believe it or not, a deli in Hamden has a sandwich named after Bob, making “the Bob” our local hero!



Rosemary Gelbach, Consultation Coordinator, schedules post-training consultations with volunteers and new trainees. She does this from her office on the upper east side of Manhattan. The Gelbach siblings Rosemary and Robert are respectively known as “Ro and Bro.”



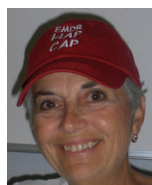
Gail Ford, Associate Director, seems to willingly do all the tasks Bob would rather avoid, including (but not limited to) managing finances and accounting, creating the personnel handbook, developing the EMDR and ID/DD project. She also did an amazing job coordinating the HAP office move. Gail's handmade weavings hang on a wall in the HAP offices, too.



Elaine Howard, Office Manager, is a go-to gal extraordinaire. She provides administrative support for the office, and maintains a smile while doing it all! If you have called the HAP office, chances are you have encountered Elaine's professionalism.



Hope Payson, Training Coordinator, helps non-profit agencies and their clinicians gain access to EMDR training. Hope is a busy clinician but she seems to have been born into this job: her initials are H-A-P!



Jean Polka, Associate Training Coordinator, arranges the team members for the HAP trainings. She says she also “keeps the HAP staff on their toes!” In the winter months, Jean does all this from Florida.



Mary Ann Coughlin, Administrative Associate, reviews and processes the Participant Agreement forms, confirms the training rosters, and writes checks for refunds and reimbursements. She bakes an amazing batch of cookies, too!



Maureen “Moe” Matthews, HAP Store Manager, supervises HAP store orders as well as the materials that go to all HAP trainings. Moe never refuses an offer to chat!



Lindsay Thorp, HAP Store Assistant Manager, works in the HAP Store and brings mail to the post office in record time! Her motto: strong like bull.



Conrad Sienkiewicz, Volunteer Coordinator... coordinates the volunteers. If it has something to do with volunteers, Conrad is somehow involved with it.

Jackie Michaud, Administrative Assistant, just returned to HAP after a two-year hiatus. Besides assisting with various clerical duties, she lends a hand in the HAP Store and is also working on creating surveys for EMDR trainees. She is camera-shy, too.

NEW TRNs are Emerging Across the Country!

HAP volunteers in Oregon, Phoenix, Denver, Florida, Michigan, New Jersey, Connecticut and Long Island are in the process of setting up TRNs in their communities.

For more information on these TRNs, or if you want information on starting a TRN in your area , drop me a line at conrads@emdrhap.org.

More HAP Help Wanted: Training Staff

HAP is always looking for more volunteers to assist with EMDR Part I and Part II Trainings. We need facilitators, consultants, and logistics volunteers.

Descriptions of these roles can be found at our website under the heading Volunteers. I also have brochures that define the roles of consultants and facilitators, as well as a guide for doing logistics at a HAP training.

If you are interested in any of these volunteer opportunities, drop me an email at conrads@emdrhap.org and I will answer any questions you may have.

HAP Hazards and MisHAPs: A Bad Sign?

Last month, HAP hosted an Open House to celebrate our move to a new office in Hamden. We sent out invitations, and the directions could not have been simpler, as we are located at 2911 Dixwell Avenue, a major road in Hamden. “You cannot miss our offices,” we told our invitees, “as there is a sign right out front that reads *THE DEMATTEO BUILDING, 2911*” (see photo). Can’t miss it, right?



Unless someone removes the letters from the sign!

Yes, just a few days before the Open House, the landlord removed the letters from the sign (see photo lower right), and during our Open House, we got several calls from invitees driving on Dixwell Avenue, searching in vain for the big sign that we spoke of!



A bad sign? We hope not...

Have *you* experienced a HAP hazard or misHAP while volunteering with us? Drop me an email and you can share your misery with a wider audience.

EMDR HAP Has a New Mailing Address

EMDR HAP has a new office, and our mail carrier now visits everyday to deliver and collect mail! **To save time, please use our street address when sending us mail.** So, whether it is a piece of official correspondence, a postcard from your vacation, a crock-pot recipe, or a valentine, it can be sent to us at:

**2911 Dixwell Avenue
Suite 201
Hamden, CT 06518
USA**

Our fax and phone numbers remain the same.

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

2911 Dixwell Avenue
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We're on the Web!
www.emdrhap.org

With only one HAP training scheduled for December, I hope to spend this month reviewing the volunteer database, as we have many duplicate entries as well as incomplete entries.

When a volunteer account is incomplete, it makes it hard for me to match a volunteer with a volunteer opportunity, as I lack a clear picture of who the volunteer is. In an effort to improve delivery of volunteer opportunities, I will soon be contacting numerous HAP volunteers to ask them to update their accounts.

If you would like to assist me in this effort, you can update your volunteer profile now. Just go to our website www.emdrhap.org and click "Volunteers" at the top. Scroll down to "Login to Your Existing Account," where you will be asked for your username and password. Then update your interests and any other information.

If you have forgotten your username and/or password, please do not create a new account. The website has a link if you have forgotten your password, or you can drop me an email and I will gladly assist you.

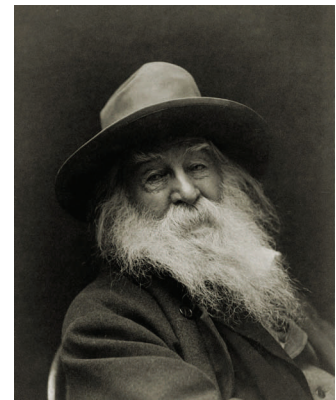
As always, I welcome your suggestions and contributions to this newsletter.

Appreciate the beauty of December, and enjoy all the miracles of the season!

Conrad Sienkiewicz
HAP Volunteer Coordinator
conrads@emdrhap.org

Words To Live By, from Walt Whitman (Poet, 1819-1892)

“To me, every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread
with the same,
Every foot of the interior swarms with the same;
Every spear of grass — the frames, limbs, organs, of men
and women, and all that concerns them,
All these to me are unspeakably perfect miracles.”



~from the poem “Miracles”
