

# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

## HAP Resolutions in 2010

2009 ended very quietly with only a single training: a Part II at the Hospital of Central Connecticut in New Britain on December 11-13. **Roy Kiessling** was the trainer who was accompanied by trainers-in-training **Zona Scheiner** and **Bennet Wolper**. **Hope Payson** and **Don deGraffenried** will serve as consultants.

The new year often begins with resolutions. As volunteer coordinator, I definitely need your help with my HAP resolutions for 2010:

- I resolve to make the HAP volunteer database leaner and meaner by tightening up the volunteer accounts. **You can assist me by updating your account at [www.emdrhap.org](http://www.emdrhap.org): [drop me a line](#) if you need assistance.** If you have already updated your account, thank you - *thank you* - THANK YOU!
- I resolve to increase the ranks of HAP facilitators. This month, I will be reviewing the database to follow-up on volunteers who have expressed an interest in this via their account. **Are you interested in becoming a facilitator?** If so, [drop me a line](#) expressing your interest, and I'll send you the necessary materials.
- I resolve to help new TRNs get off the ground. Again, I'll be reviewing the database to follow-up with volunteers who are interested in this. **Are you interested in being part of a TRN in your neighborhood?**
- I resolve to "Turn Up the *HEAT*," *HEAT* being "*HAP Educates About Trauma*." Education starts in your own neighborhood, so **consider educating others about trauma by being a guest speaker at a Rotary club in your area.** It's a great place to educate people, network with local professionals, and enjoy a free meal. See the article on the next page about a HAP volunteer's recent speaking experience.

January 12, 2010

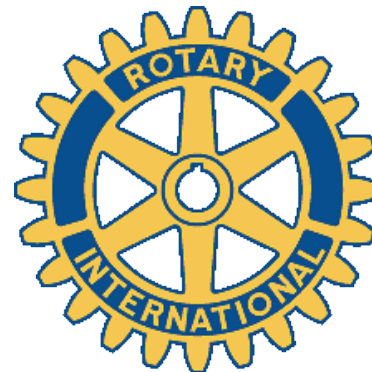
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# HAP Turns up the HEAT and Educates About Trauma: One Volunteer's Rotary Presentation

**Valerie Sheehan**, a HAP facilitator from Lee, Massachusetts, recently gave a successful presentation about EMDR to the Tri-Town Rotary club in Stockbridge, MA. Val was only given about twenty minutes for her presentation, but nonetheless, she managed to discuss the origin of Dr. Shapiro's discovery, the basics of EMDR and AIP, and her own success with an early client. She ended with an informative question and answer period. As the Rotarians returned to work after this lunch meeting, Val had a lengthy conversation with a Rotarian who was a pastoral counselor.



HAP volunteers are set to present to Rotary clubs in New Jersey, Pennsylvania and Connecticut, and I am working on scheduling additional presentations in Massachusetts, Vermont, California and Hawaii.

Would you like to help HAP educate others about trauma? Do you only have an hour or so to volunteer with HAP? **Consider speaking at a local Rotary club.** I will make the introductions, and you can choose a date that suits your schedule. Drop me a line if you would like more information or an introduction to a Rotary club near you.

## Been Browsing at the HAP Store Lately?

There are several new titles and items for sale. For example, we have the *Soft Belly Meditation* cd, the *Letting Go of Stress* cd, and the Thoughts Kit for Kids. *Oasis in the Overwhelm* is also available in Spanish.

HAP caps are still in stock to grace the heads of all HAP fashionistas, too.

Shop conveniently and safely online at the HAP store!



# Four Fast Facts about HAP's Reimbursement Policy

If you are a volunteer at an upcoming HAP training, here are some useful facts about reimbursement..

1. **Booking your flight early (at least 30 days in advance) through Egencia (or SWABIZ) gives you more travel options and saves HAP money.** All flights are charged directly to HAP, too, and *you* collect the frequent flier miles.
2. **HAP provides a per diem rate for meals and incidentals, so you no longer need to save and submit receipts.**
3. Recall the deep wisdom of Lao Tzu who said, "Because of frugality, one is generous." **Please consider staying at a moderately priced hotel (e.g. Holiday Inn Express, Fairfield Inn, Days Inn).** If you can not find a hotel for less than \$150 per night, send an email to Hope Payson (hpayson@emdrhap.org), and she will gladly assist you. (If you *must* be pampered, contact me, and I'll gladly mail you a few pieces of chocolate to place on your pillow each night.)
4. **Reimbursements (or portions of them) can be donated back to HAP, if you wish.**

If you would like the complete details on HAP's reimbursement policy, drop me a line and I'll promptly send them to you. This policy will be posted on our soon-to-be-revealed redesigned website, too.

We appreciate the valuable time and energy that HAP trainers, facilitators, red badges, and logistics people put into the weekend trainings, and we hope that through our reimbursement policy, we can ensure everyone a comfortable and enjoyable weekend of travel, training, and rest.



# HAP Facilitator Application Process: Interviewers, Mentors, and Red Badges, Oh My!

It has come to my attention that not all HAP volunteers are aware of a significant change in the HAP facilitator application process. HAP used to prepare these applicants (for observing and being observed at a training) by working with them on the mornings of a training weekend. Now, applicants who have successfully completed an interview are assigned a mentor, who goes over the facilitator handbook with the applicant and prepares him/her for observing and being observed (this observing and being observed is known as red badging).



Once the mentor feels that the applicant is ready to red badge, he/she completes the mentor's evaluation, and HAP begins assigning the applicant to HAP or Institute trainings for red badging. The mentor does not attend the trainings where the red badge is assigned, but the red badge could stay in touch with the mentor informally, to discuss the training experience and receive advice, if necessary.

The facilitator's handbook was updated in March 2009, so if you would like a new copy, please drop me a line and I'll promptly send it to you.

As we schedule more trainings around the country, I will be processing more facilitator applications, so current facilitators will be asked to interview or mentor these applicants.

Interviews are typically done over the phone, and HAP provides a list of questions that can be used. Once the interview is done, the interviewer completes a very brief assessment that is sent to HAP. Many thanks to recent interviewers **Celia Grand, Carl Nickeson, Katy Murray, David Ogden** and **Janet Thornton**.

Ideally, mentoring should be done in person, but this can also be done over the phone or via Skype. Big thanks to recently assigned mentors **Nancy Knudsen, Karen Alter-Reid, Maria Masciandro, Lynda Ruf** and **Jill Strunk**.

If you are interested in interviewing or mentoring a facilitator applicant, drop me a line and we can talk about the details.

# New TRNs are Emerging Across the Country!

We currently have TRNs in western Massachusetts,  
New York City, Minneapolis, Oregon and Seattle.

HAP volunteers are working to create TRNs in Phoenix, Denver, California,  
Florida, New Jersey, Connecticut and Long Island.

For more information on these TRNs, or if you want information on starting  
a TRN in your area, drop me an email.

Wondering what a TRN can do?

Read all about the recent emergency response by the  
Western MA TRN in a recent article in the Hampshire Gazette at

[http://www.gazettenet.com/2010/01/05/northampton-psychotherapy-  
team-offering-free-care](http://www.gazettenet.com/2010/01/05/northampton-psychotherapy-team-offering-free-care)

## HAP Logo: Use It or Lose It?

Participate in a poll to determine whether HAP should use or lose the current logo.

To cast your vote, drop me an email, and I'll gladly send you the link.

It will take just a mouse click to answer this one question.

Thanks for using your freedom of choice!



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the EMDR Humanitarian  
Assistance Program**

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We're on the Web!  
[www.emdrhap.org](http://www.emdrhap.org)

I hope 2010 brings more peace to all of us, as well as your families and friends, and especially your clients.

2010 looks to be another year of positive changes for HAP. Our website is being redesigned and should be unveiled soon. **Jackie Michaud** has been busy creating online surveys for HAP training participants, and these surveys will be shared with training staff in an effort to improve the trainings.

2010 also marks the 15th anniversary (or should we say birthday?) of HAP, so we promise to make this a year of celebration.

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

Happy New Year!

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## ***Words To Live By, from Lao Tsu (Founder of Taoism, ca. 500 BCE)***

“If there is to be peace in the world,  
There must be peace in the nations.

If there is to be peace in the nations,  
There must be peace in the cities.

If there is to be peace in the cities,  
There must be peace between neighbors.

If there is to be peace between neighbors,  
There must be peace in the home.

If there is to be peace in the home,  
There must be peace in the heart.”

