

# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

## New Year Off to a Fast Start

2010 was off to a fast start: ten basic trainings in just one month!

The year began in West Palm Beach, Florida for a Part I on January 8-10. Trainer **Reg Morrow** and facilitators **Lynda Ruf**, **Susan Carson** and **Roxann Hassett** were joined by red badge **Wendy Krauss**. **Linda Tepper** did logistics. **Barbara Meyer** is on board as a consultant.

This was followed quickly by a Part I training in Fort Hood, Texas on January 11-13, with trainer **E. C. Hurley** and facilitator **A. J. Popky**.

Meanwhile, a few Texas miles away in El Paso on January 15-17, trainer **Peggy Moore** and trainer in-training **Alicia Outcault** deftly handled a Part I training.

In Athens, Georgia at a Part I training on January 15-17, trainer **E. C. Hurley** (who volunteered as a trainer for six days within seven) worked with facilitators **Helen Morton** and **Gene Schwartz**. Red badge **Lori Nelson** observed.

That same weekend, Part I trainers **Zona Scheiner** and **Bennet Wolper** led a large training with facilitators **Janet Thornton**, **William Harrar**, **Barbara Hensley**, **Irene Giessl** and **Wally Juraschka**. There was no shortage of red badges in attendance: **Sandy Bookmeyer**, **Earl Grey** and **Andrew Seubert**. (Read about this team's various misHAPs on page 5.) **Jamie Marich** will be a consultant, too.

The following weekend found trainer **Mark Dworkin** and trainer in-training **Carol Crow** in Ruston, Louisiana for a Part I training that was rescheduled from fall of 2009. There seemed to be no easy way to arrive in Ruston, so we appreciate how Mark and Carol effectively cut a path to this event.

Our only Part II training for January was in Eugene, Oregon on January 22-24. Trainer **Rosalie Thomas** and facilitator **Judith Lindsay** managed this one.

Back on the east coast, trainer **Jack McCarthy** led a Part I training in Quincy, Massachusetts on January 29-31 with trainer in-training **George Abbott** and facilitators **Denise Gelinis** and **Farnsworth Lobenstine**. Again, no shortage of red badges here, with **Mark Nickerson** and **Hope Payson**. (See photo on page 2.)

South again to Minter, Alabama for a Part I training on January 29-31. Trainer **Carolyn Settle** led with facilitator **Joann Kurek**. (Funny story about Joann: she called me one afternoon asking very politely why HAP never asks her to facilitate. We soon discovered that we *had* been asking Joann to facilitate for a couple of years now, but we were sending these requests to an old email address!)

February 8, 2010

Volume 2, Issue 7

### Inside this issue:

Monthly Update	1
Calling All Consultants	2
HAP Trains in Wyoming	3
HAP's Newest Training Staff	4
HAP Hazards and MisHAPs	5
Words to Live By	6

# Calling All Consultants!

## Consider Answering the Call to Consult

HAP is currently in need of new consultants. If you have *never* volunteered with HAP before, consulting is a great place to start, as it gives you a nice introduction to the trainings we offer. It's also convenient and does not require a great deal of time.

During a two-hour consultation session, consultants work with training participants in groups no larger than ten. This consultation can be done by a conference call (set up by HAP with your schedule in mind), so you don't have to travel. If you do travel, HAP will reimburse you.

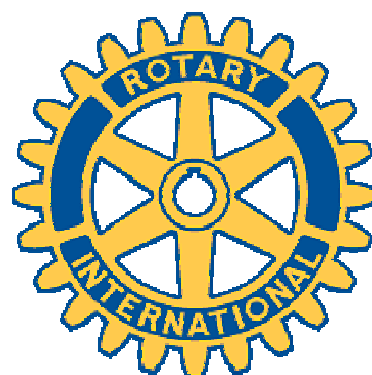
A HAP consultant must be an EMDRIA-approved consultant (or a consultant in training who has completed at least 10 of the 20 required hours of consultant in-training, and 12 hours of EMDRIA credits toward consultant status). To apply, you need to submit proof of \$1-3 million malpractice insurance as well as proof of current license or certification. A current resume is needed, too. HAP training manuals will be provided to consultants, if necessary. When you volunteer as a consultant, you help new EMDR clinicians as well as their clients, so it is like giving twice. Some consultants also become facilitators later on.

Are you interested in learning more about becoming a HAP consultant? Drop me a line (see page 6) and I will gladly assist you.

## HAP Educates About Trauma

HAP volunteer **Marie Cooper** recently spoke about veterans, PTSD and EMDR to about a dozen Rotarians in Camden, New Jersey. She notes, "Everyone seemed pleased, I made one contact, and the food was good."

**Karen Alter-Reid** also addressed a Rotary club in Stamford, Connecticut. She brought a laptop and had some slides defining trauma and memory processing. She arrived a stranger but was pleasantly surprised to learn that she knew three Rotarians at this meeting. Other HAP volunteers are arranging speaking dates in California, New York, Vermont, Florida, Pennsylvania, Maryland and Hawaii. (Yes, Hawaii!)



Are you interested in speaking to a local Rotary club about trauma, EMDR and HAP? If so, drop me a line (see page 6): I'll make the introductions and you can make the date.

# One Determined Volunteer Ropes in a HAP Training in the Cowboy State



HAP will be offering a Part I Basic EMDR Training in Jackson, Wyoming on May 14-16. This is HAP's first training in the Cowboy State, and it's all because of one volunteer: **Faye Campbell**.

“The idea to initiate a HAP training in my home state started as I sat and listened during the HAP lunch meeting at the EM-DRIA Conference in Atlanta this past August,” said Faye. “I was impressed with the thought that my rural, underserved state could have our clinicians trained in EMDR. I knew our Community Counseling Center in Jackson would benefit greatly by this training, as they serve Native Americans, a population in need.”

Once the seed of this idea was planted, Faye needed only to make a few phone calls. “I was excited,” she noted. “I called my colleague [and fellow HAP volunteer] **Debra Sprague** at the CCC when I got home. I also talked to **Hope Payson** (HAP's Training Coordinator) and **Jim Knipe**, who offered to do the training.” And who was promptly assigned to handle logistics? Faye!

That is how one volunteer can successfully open the door for HAP to enter. If you would like to get a training in your state, please contact Hope Payson, the HAP Training Coordinator, by sending her an email at [hpayson@emdrhap.org](mailto:hpayson@emdrhap.org), and she will gladly walk you through the process.

## Donate to HAP Online

Consider making a donate to HAP safely and conveniently online. Just go to [www.emdrhap.org/donations](http://www.emdrhap.org/donations). As you complete the donation information, you can decide where you want your donation to be directed. Choose from:

**Combat PTSD**

**Fort Hood Memorial**

**Haiti Recovery Project**

**HAP in Africa**

**HAP in the Middle East**

**HAP in the Gulf Coast**

**KAP Kids**

**Trauma Recovery Networks**

Thanks in advance for your generosity!

# HAP's Newest Trainers In-Training

Seven HAP facilitators will be trained by Francine Shapiro in the trainer in-training program this year.

**Karen Alter-Reid, Susan Curry, Sue Evans, Katy Murray, Lynda Ruf, Janet Wright and Jamie Zabukovec** will be doing pages at HAP and Institute trainings throughout the year.

Excelsior!

## HAP's Newest Facilitators

Congratulations to **Janet Thornton** and **Hope Payson**, who both recently completed their red badging with HAP.

We appreciate the time and energy they have spent on achieving this goal.

HAP is glad to add their names to the growing list of facilitators.

## HAP Snaps

Here's a snapshot submitted by the Quincy Part I Team (from left to right): **George Abbott, Farnsworth Lobenstine, Hope Payson, Denise Gelinis, Mark Nickerson** and **Jack McCarthy**.



This was a diverse HAP team. George is a trainer in-training, while Mark is a red badge (training to be a facilitator). Hope just became HAP's newest facilitator, completing her red badging in Quincy. Denise is volunteering for the first time with HAP, while Jack and Farnsworth are dependable HAP veterans. If you have a team photo from a HAP training, or a photo of your TRN in action, drop me a line and I'll try to print it in an upcoming newsletter.

## HAP Hazards and MisHAPs: Tenacious Tennessee Training Team Tackles Troubles like True Titans!

The recent HAP training in Tennessee seemed to have no shortage of mis-HAPs, yet this team maintained their professionalism and optimism to deliver a successful training.

For starters, the GPS wrongly led some team members to an area where active police cars outnumbered regular vehicles. On Saturday, a facilitator had to leave to take care of a family emergency, but Jean Polka had assigned an extra facilitator just in case, so **Wally Juraschka** was there to assist. (Thanks, Wally!) Another GPS malfunction followed on Saturday during lunch, and some wireless mics did not work during the training, either.

Sunday quickly brought new challenges: one team member was dealing with a bad reaction to Saturday night's dinner, one facilitator slept through an alarm clock malfunction, and another volunteer visited the ER on Sunday afternoon.

Ever the intrepid pair, **Zona Scheiner** and **Bennet Wolper** stayed in town on Monday to explore the area, only to discover that no one in Nashville serves bacon and eggs after 11 in the morning, the tour of local sites was canceled due to poor attendance, and the hotel open mic event required earlier reservations.

*So, who is coming back to Nashville for Part II?*

Seriously, this dedicated training team successfully demonstrates how determined and resilient our HAP volunteers can be. HAP volunteers are true giants in the field!

## HAP Logo Poll Results

In last month's "Use It or Lose It" poll, HAP volunteers voted 3 to 1 to keep the logo.

Vox populi, vox HAP.



---

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

2911 Dixwell Avenue  
Suite 201  
Hamden, CT 06518

Phone: 203-288-4450  
Fax: 203-288-4060  
E-mail: [conrads@emdrhap.org](mailto:conrads@emdrhap.org)



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

We also had a Combat Veterans Training in Haverhill, Massachusetts on January 30. Again, **E. C. Hurley** (fresh from Texas and Georgia trainings earlier in the month) rose to the occasion and educated over two dozen participants on military culture. E. C., we salute you!

Also, January 2010 was the month of a catastrophic earthquake in Haiti. HAP has been making connections with established organizations in Haiti, as part of the recovery effort we have joined. HAP psychologist volunteers **Vivian Lamphear** (who has worked in Haiti for many years) and **Roger Ludwig** are in Haiti as we send this to you. They will be working at orphanages to treat groups of children, gather data, and assess the best ways for HAP to be helpful immediately and in the long run.

Numerous volunteers have expressed an interest in going to Haiti with HAP. Their availability is noted and appreciated. As plans crystallize, we will contact all HAP volunteers to outline the project and organize our efforts.

Donations to support work in Haiti are urgently needed and will affect our capacity to respond. A generous supporter has just promised to match the next \$10,000 received for Haiti Recovery. You can donate online at our website.

As always, I welcome your suggestions and contributions to this newsletter. Make the most of this short month!

**Conrad Sienkiewicz**, HAP Volunteer Coordinator  
[conrads@emdrhap.org](mailto:conrads@emdrhap.org)

---

## ***Words To Live By, Zora Neale Hurston (American Writer, 1891-1960)***

"I am not tragically colored. There is no great sorrow dammed up in my soul, nor lurking behind my eyes. I do not mind at all. Even in the helter-skelter skirmish that is my life, I have seen that the world is to the strong regardless of a little pigmentation more or less. No, I do not weep at the world - I am too busy sharpening my oyster knife."

"Sometimes, I feel discriminated against, but it does not make me angry. It merely astonishes me. How can any deny themselves the pleasure of my company? It is beyond me."

