

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

Short Month is Long on Trainings

February may have been a short month, but it was busy nonetheless. The first weekend saw three trainings: call it a HAP hat trick!

The month started on February 5 with a Part II training in Mt. Pleasant, Michigan. This was deftly handled by trainers in-training **Deb Kennard** and **Reg Morrow**. **Earl Grey** also became a facilitator after being observed as a red badge at this training. Nicely done, Earl!

Next came a Part I training in Tucson, Arizona, with a team who dubbed themselves the Diamond Lils. Seems there was a gem show in town that weekend, and rumors were rampant about deals to be made! Trainer **Laurie Tetrault** was the ringleader (get it? *ring* leader?) who was ably assisted by facilitators **Suzi Carson** (who also did logistics), **Ann Gildersleeve**, **Karin Kleiner** and **Jill Zimmerman**. Red badge **Nezhat Edelation** observed this training.

That same weekend, **Kathy Davis** was the trainer for a Part II in San Francisco. **Susan Curry** and **Lynne Dixon** were the facilitators. Red badge **Eugenie Hsu** finished her facilitator training at this event and is HAP's newest facilitator. Congratulations, Eugenie!

Also in the Golden State, trainer **Roy Kiessling** led a Part I in San Diego on February 12 with facilitator **Susan Brown**.

The month ended with a large Part II training in Minneapolis on February 26. Trainer **Elaine Alvarez** had no less than eight facilitators to assist her: **Susan Arland**, **Don deGraffenried**, **Sue Evans**, **Cocoy Garcia**, **Earl Grey**, **Katie O'Shea**, **Susan Schaefer** and **Jill Strunk**. **Elaine Wynne** ran logistics. **Sheila Salama** observed as a red badge.



HAP Trauma Recovery Networks

Trauma Recovery Networks are blossoming like daffodils in spring! Emerging TRNs include New Haven, Denver, Long Island, northern New Jersey, Orlando and Tampa. If you would like details about TRNs, or if you would like to coordinate a TRN in your neighborhood, drop me a line at conrads@emdrhap.org and we'll talk TRNs.

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HAP in Haiti: First Encounters and Future Plans

By Bob Gelbach, HAP Executive Director

HAP sent two seasoned disaster responders to Haiti in late February, where they treated over 100 children in an orphanage near Port au Prince, assessed the potential for training Haitian therapists and made some promising contacts. At this point, we are working toward a first sequence of Basic EMDR training for Haitian psychologists in the later part of April. With \$30,000 in donations received to date for Haiti, this became possible, so we publicly thank all who responded. And we know that more than a single round of training (Parts I and II) will be needed, so our quest for funds earmarked for Haiti continues.

Vivian Lamphear, PhD from Long Beach, California and **Roger Ludwig**, MA from Cheyenne, Wyoming, were HAP's first emissaries. Vivian has spent many years in Haiti working as a researcher and EMDR clinician with numerous church communities and church-related social services. As we write this, Vivian has returned on a second trip to work with additional church communities and to do important groundwork for setting up EMDR training. And Roger has written a moving first-person account that will engage all EMDR clinicians. Please see Roger's article below.

A substantial number of Haitian clinicians are motivated for EMDR training. They speak French and Creole, so we are determined to have a HAP team composed of French-speaking trainers and facilitators. If you are fluent in French and a HAP facilitator or trainer, and willing to go to Haiti at some time over the next several months to help introduce EMDR there, we want to hear from you. And if you are fluent in French and certified or a consultant, but not a trainer or facilitator, we may still need your help to offer direct service. *If you have not yet done so*, please contact HAP's Volunteer Coordinator at conrads@emdrhap.org to request the link to this simple online survey.

“The Dignity, Pride and Faith of the Haitians Sustain Them. They Astound Me.”

By Roger Ludwig, MA

Mena Sophonie died three weeks and three days after the Haitian earthquake. She was nine years old. Yet unlike the estimated 215,000 killed in the fourteen second crush of falling rubble, nothing fell on pretty Sophonie. She suffered no injury. Psychologist Vivian Lamphear and I sat on a pew in the Eglise de Jesus Christ, attending her funeral...

To read the rest of this article, please go to <http://www.emdrhap.org/news/articles/6.php>

HAP's Newest Trainers and Facilitators

Carol Crow recently finished her Part I pages and is HAP's newest trainer. Awesome work, Carol. That's something to "crow" about!

Deb Kennard and Reg Morrow became Part II trainers after co-training recently in Michigan. Congratulations to this dynamic duo!

Congratulations also to Earl Grey and Eugenie Hsu, who both recently completed their red badging with HAP. We thank them for the time and energy they dedicated to achieving this goal.

Are you interested in becoming a HAP facilitator? Then please drop me a line at conrads@emdrhap.org and I'll gladly send you the details.



Calling All Consultants!

Are you an EMDRIA-approved consultant, or if not, are you a consultant in training who has completed at least 10 of the 20 required hours of consultation-of-consultation? If so, then you could be a HAP consultant for HAP trainees after their Part I and Part II trainings.

Consultation is a great way to assist recent trainees as well as their clients. If you would like details on becoming a HAP consultant, drop me a line at conrads@emdrhap.org and I'll assist you.

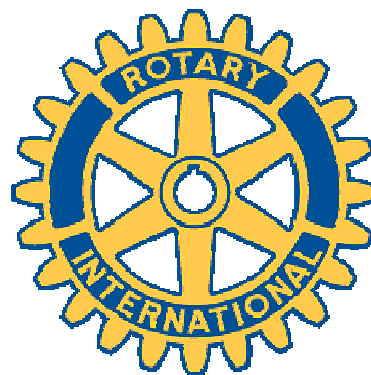
We especially need consultants who work with children, as we have numerous trainees practicing with this population.

HAP Turns Up the HEAT: HAP Educates About Trauma

HAP volunteer **Linda Hershmann** recently spoke about EMDR at two Rotary clubs in Pennsylvania, resulting in at least one call for therapy.

HAP volunteers are making dates to educate others about trauma in California, Colorado, Idaho, New York, Vermont, Florida, Maryland and Hawaii.

Are you interested in speaking to a local Rotary club about trauma, EMDR and HAP? If so, drop me a line at conrads@emdrhap.org: I'll make the introductions and you can make the date.



EMDR HAP and the ID/DD Community:

Bringing EMDR to People with Intellectual and Developmental Disabilities

By Gail Ford, HAP Associate Director

You may have read that HAP has identified people with ID/DD as an underserved population and is working on a project to connect the ID/DD community to the EMDR community.

We have begun to provide Traumatology and Stabilization Training at service provider agencies for this population, and we are giving presentations to national ID/DD organizations. We have been invited to two conferences sponsored by a national leadership association. The focus of the conferences is providing state of the art practices in services for people with ID/DD.

HAP has the opportunity to reach out to an underserved population that is also vulnerable and experiences trauma at a high rate. Our work is two fold - we need to educate the ID/DD community about EMDR and we need to reach out to EMDR clinicians to ensure that the treatment is available to people with ID/DD who need it.

In order to succeed in this project, we need to recruit some volunteers who have experience, or want to get some experience in working with this population. Volunteers are needed to educate members of the Intellectual and Developmental Disability community about Trauma and EMDR, to mentor those with little or no experience in using EMDR with people with ID/DD, and to work with us as members of a steering committee for HAP on this project. The Steering Committee and mentoring will be done via telephone conference calls, no more than an hour at a time.

If you could please complete this brief seven-question survey, we would be most appreciative. It won't take more than 10 minutes.

Even if you can't volunteer at this time, we would appreciate you filling out the survey so we can gather information on the ID/DD experiences of our volunteers.

If you have already completed this survey in an earlier email, we thank you and ask you not to complete this survey again.

To take this survey, please contact HAP's Volunteer Coordinator at conrads@emdrhap.org to receive the link to the survey.

I am coordinating this project, so please feel free to contact me directly at gford@emdrhap.org with questions and/or suggestions.

Donate to HAP Online

Please consider making a donate to HAP safely and conveniently online.

Just go to **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**
 - **HAP Kids**
- **Trauma Recovery Networks**

Thanks in advance for your generosity!



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We're on the Web!
www.emdrhap.org

This short month was not short on new developments within the HAP office. We are busy working on our soon-to-be-revealed newly designed website, we are using a new process for ordering materials through the HAP store, and we are adjusting to a new system for our office computers.

More trainings are on the horizon, and we've got a growing number of red badges who are working on becoming facilitators. More people are signing up as consultants, too, but we can always use more.

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

Spring is coming: please think about how you can help HAP grow!

Conrad Sienkiewicz

HAP Volunteer Coordinator

***Words To Live By, Mohandas K. Gandhi
(Political and Spiritual Leader, 1869-1948)***

"The best way to find yourself is
to lose yourself in the service of others."

"Whatever you do may seem insignificant to you,
but it is very important that you do it."

"In a gentle way, you can shake the world."

"You must be the change you want to see in the world."

