



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

From the Executive Director

On April 15, I will be stepping down as Executive Director of HAP after 8 years in the most engaging job I have had over a forty year stretch. Family circumstances make this the right time to leave, but I will miss the opportunity I have had to be at the focal point of your amazing work.

HAP is about 12 times bigger than it was when I arrived. EMDR training by HAP volunteers in the US and internationally have grown dramatically. We have also focused more tightly on building the capacity of underserved communities to get effective trauma treatment. And now we are poised to expand our education of the general public about the prevalence of trauma and the opportunity to treat it successfully.

None of this could have occurred without the dedication of HAP volunteers and donors, and the support of a great staff at the HAP office. I salute you all. And I won't be going far; HAP's new leader has asked me to stay on call as a consultant.



At its semi-annual meeting this month, the HAP Board appointed an outstanding new Executive Director for HAP. **Carol Martin** has been a senior executive in multiple non-profit and higher education organizations, including Save the Children. She has been consulting to HAP for a year and knows us well. I have known her for years and I am sure that HAP will be in the best of hands – hers, and yours.

Warm regards and best wishes,
Bob Gelbach

April 11, 2011

Volume 3, Issue 10

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HAP Marches On!

People call me crazy when I say March is the best month for a parade (think about it). In truth, March was named after Mars, the Roman god of war, as spring was a popular time to launch military campaigns. If March was once a time for starting wars, then this March was definitely a great month for HAP promotions: two trainers and two facilitators earned their stripes all in one weekend!

On March 4 at a Part I training in Pittsburgh, Pennsylvania, trainer **Lynda Ruf** teamed up with facilitators **Earl Grey**, **Sandy Bookmeyer** and **Janet Thornton**. **Ann Schelbe** did logistics. Earl not only sponsored this training at his agency, but he also delivered the literal flavor of Pittsburgh to the team by introducing them to the “Almost Famous” Primanti Brothers’ sandwich, which boasts grilled meat, tomatoes, cole slaw and French fries all between two slices of Italian bread! Earl even showed his guests how to eat one. Lynda generously offered to do R-TEP to folks who were traumatized by merely *looking* at this behemoth of a sandwich!

We then had four trainings on the last weekend of March. At a Part II training in Kansas City, Missouri, trainer **Robbie Adler-Tapia** had a slew of facilitators at her side: **Susan Arland**, **Earl Grey**, **Larry Nieters**, **Lynda Ruf**, **Jan Schaad** and **Sue Thompson** (who also handled logistics). Red badge **Josie Juhasz** was observed, too, and is now a HAP facilitator: way to go, Josie! In Franklin, Tennessee, trainer **Deb Kennard** and trainer in-training **Karen Alter-Reid** delivered a Part I training with **Jean Hawks**, who flew in on very short notice to assist the team; **BIG THANKS**, Jean! Karen is now a Part I trainer: nicely done, Karen! Trainer **E. C. Hurley** and trainer in-training **George Abbott** presented a Part II training in Virginia Beach, Virginia, where red badge **Sheila Salama** was observed; dual congratulations are in order for George, who became a Part II trainer, and to Sheila, who became a HAP facilitator! We had a Part II in San Francisco, California, where trainers **Cynthia Kong** and **Priscilla Marquis** observed red badge **Rachel Erwin**, who also sponsored this training at her agency.

But the month did not end there! Trainer **Janet Wright** and facilitator **Hope Payson** traveled to Reykjavik, Iceland to bring them a traumatology workshop and a Part I training. Many Icelanders follow a traditional naming practice whereby sons and daughters in the same family end up with different surnames! For example, a man named Gunnar Steffansson might have a son with the last name of Gunnarsson and a daughter with the last name of Gunnarsdottir, literally (and respectively) Gunnar’s son and Gunnar’s daughter. Occasionally, some forgo this patronymic and instead create a matronymic using their mother’s first name plus “son” or “dottir.” How cool is that?



Above, the Pittsburgh Team **Earl Grey**, **Lynda Ruf**, **Sandy Bookmeyer** and **Janet Thornton** (note the HAP pin on Janet's blouse... that's commitment!)

At left, Earl anticipates the pleasure of eating an "Almost Famous" sandwich at Primanti Brothers.



Above is the Part I team in sunny San Diego! From left to right, that's **Sue Goodell**, **Laura Dickson**, **Susan Brown**, **Enid Singer**, **Josie Juhasz**, **Alicia Outcault** and **Sue Curry**.

At right is HAPrechaun **Sue Thompson** showing her true colors on St. Patty's Day! Sue puts the "she" in shenanigans!

As we continue to revise our website and our brochures, we would love to have more photos from HAP events. For example, it would be awesome to get group shots of new trainees posed in front of their agency's sign, or candid pictures of the training team working together or sharing a meal. **Next time you attend a HAP training, please take some pictures** and send them to me at conrads@emdrhap.org. Thanks!



As Easy As A Walk in the Park!

How easy is it to help HAP? It's as easy as a Walk in the Park! In May of 1987, **Francine Shapiro** took a life-changing walk in the park and had an experience that led her to develop EMDR therapy. Now HAP is asking **you** to take a walk in the park to raise awareness and support for EMDR HAP. During this event, you can help educate others about trauma, EMDR and EMDR HAP.

Details will follow soon in a separate email.



2011 EMDRIA Conference Sneak Peak!

Robbie Adler-Tapia (HAP Trainer) and **Gail Ford** (HAP's Associate Director) are very excited to have been chosen to be presenters at the EMDRIA Conference Agenda on the first day, Friday, August 26, from 2 to 5:30. The title of their presentation is **"Improving Lives: PTSD and the Use of EMDR in Psychotherapy for People with Intellectual and Developmental Disabilities."** One of HAP's initiatives is to reach out to the Intellectual and Developmental Disability (IDD) community and provide education about trauma, its effects and EMDR.

In order to accomplish the strategic goal of bringing effective trauma treatment to this community, it is important that EMDR clinicians be available and prepared to work with people with IDD. We hope that you support us in this goal and consider attending this presentation. It would also be an added plus if Trauma Recovery Networks (TRNs) could have at least one member in attendance, too.

Mark this date in your calendar now!

Consultants Corner

A baker's dozen of HAP volunteers provided post-training consultation to HAP trainees in March. These generous folks were:

Sandra Berna, Judy Cabaceiras, Michael D'Antonio, Don deGraffenried, Patty Giffin, Sandra Kremer, Farnsworth Lobenstine, Maria Masciandaro, Bonnie Mickelson, Katie O'Shea, Hope Payson, Merrill Powers and Elaine Wynne.

We appreciate them taking time out from their schedules to bring quality consultation to new trainees.

Over the last few months, a committee has been meeting to discuss potential improvements for the consultation component for HAP trainings. In next month's newsletter, we will have an update on this committee's work from **Hope Payson**.

HAP is looking to increase the number of consultants we currently have. HAP consultants provide two hours of group consultation in-person or by conference call. If you are an EM-DRIA-approved consultant (or consultant in-training with at least 10 of your 20 hours completed), then you can serve as a HAP consultant. Consulting is a great way to begin your volunteering with HAP. Perhaps you know a person who would make a good consultant: if so, please recommend him/her to me and I will gladly follow up.

For more information on becoming a HAP consultant, please visit our website or email the volunteer coordinator at volunteer@emdrhap.org.



It Takes a Village...

Josie Juhasz and **Sheila Salama** finished their facilitator training in March, but they did not accomplish their goals alone. Josie was interviewed by **Carol Crow** and mentored by **Karen Forte**. She then observed **Roy Kiessling** and **Janet Thornton** and was observed by **Susan Brown** and **Jan Schaad**. Sheila was interviewed by **Janet Thornton** and mentored by **Maria Masciandaro**. She then observed **Don deGraffenried** and **Roxann Hassett** and was observed by **Sandra Kremer** and **E. C. Hurley**.

As new facilitator applicants send in their applications, I need facilitators to interview and mentor them. The interviews are done by phone. Mentoring is ideally done in person, but if geography prohibits this, it can be done by phone or Skype. (If you are new to Skype, I will gladly assist you in testing the waters. Skype can be fun: it's like being on the Jetsons!)

So, if you are a HAP facilitator, please consider interviewing or mentoring a facilitator applicant. If you are eager to interview or mentor, please let me know and I will connect you.

Volunteer in the Spotlight: Janet Wright



Our HAP Volunteer in the Spotlight this month is **Janet Wright**, a HAP Part I trainer from Fort Collins, Colorado. HAP thanks Janet for taking time out from her very busy schedule to give us this interview.

When and how did you start volunteering with HAP? The 2003 EM-DRIA conference in Denver was pivotal. Robert Tinker spoke about his and Sandra Wilson's work using an adapted EMDR group protocol with Kosovar Albanian refugee children. At the same conference, I attended a workshop with **Jim Knipe** and others about HAP's work in Turkey and New York City (following 9/11). It was the first time I heard of HAP.

Before I was trained in EMDR in 2000, I had trained clinicians in the West Bank in art and play therapy. EMDR training convinced me that Palestinian clinicians needed more training in EMDR, so I worked with Sandra and Bob to conduct a pilot study using the group protocol with drawings and the butterfly hug with 30 children diagnosed with PTSD in the Bethlehem area of the West Bank. Following that pilot study, clinicians at the East Jerusalem YMCA/Beit Sahour asked to be trained in EMDR. As one clinician said, "We have an ethical dilemma. Now that we see what EMDR can do, we *have* to have further EMDR training in order to alleviate some of the suffering in our community." I became a HAP facilitator in 2005. Thanks to HAP and **Marilyn Luber** for excellent facilitator training!

In 2005, I joined the HAP team that had already provided EMDR training in Gaza and the West Bank (in 2001). Over the years, there have been long lists of Palestinian therapists waiting to be trained. I have raised funds and facilitated Part 1's and Part 2's with **Peggy Moore**, **Jim Knipe** and **Philip Dodgson** (in the United Kingdom). Strategically, we have worked toward the goal of having an all-Arab HAP training team. In January, 2011, we celebrated having trained over 200 West Bank therapists and **Mona Zaghrou-Hodali**, a Palestinian therapist, having become the first to complete her training to become a full Part I trainer. Several other Arab clinicians are on their way to becoming trainers through HAP. [See pictures on the following page.]



I'm an EMDR HAP Part 1 trainer, working on becoming a trainer for Part 2. When possible, I write grants to raise funds for trainings in the Middle East. I still facilitate and provide consultation hours for HAP trainees.

Why do you keep volunteering? What do you get out of volunteering? The power of EMDR to heal is the great motivator. In addition, it's a privilege to train those who work with vulnerable populations all over the world. The opportunity to volunteer with HAP has changed my life in terrific ways and continues to strengthen my own practice of EMDR. I continue to be inspired by HAP staff and volunteers, especially the commitment of **Bob Gelbach** [HAP's Executive Director].

Any memorable experiences while volunteering with HAP? I love the commitment and flexibility of HAP teams. Trainings always bring unexpected experiences! Most memorable: the commitment and desire on the part of so many of our West Bank colleagues, who come for EMDR training in spite of checkpoints, closures, political violence and limited financial resources. Their personal and professional commitment to helping their clients heal is inspiring. Many beg to be let into the training after the maximum number of clinicians has been met. Another joy: at the end of trainings, clinicians ask me to convey their gratitude to **Francine Shapiro**.

Care to say a few words about your other volunteer interests? My husband, Jeff, is quite the EMDR booster and often travels with me overseas. We lead alternative tour groups to the Middle East, meeting with Palestinian and Israeli peace groups who are working to bring a just peace to the region, as well as seeing many of the region's sites that are important to the three religions. I volunteer with a local program that provides respite for parents of adoptive and foster children. In our church, I lead parenting courses and help teach children.

When you are not working or volunteering, what do you do for fun? I love to read (I am in two book clubs) and I also enjoy cooking and, of course, traveling. We have two adult sons: a computer whiz who is married and living in Denver, and one living in England who works for *The London Times*. This summer, he heads to Cairo for an Arabic-language course. We cherish time with our family and hope for grandchildren one day—though our sons have this crazy idea that their lives are more about them than us!



Above left, **Mona Zaghrout-Hodali**, the first Arab EMDR trainer, stands by a poster for a Part I training at the East Jerusalem YMCA in Beit Sahour. Top right, trainer in-training **Khader Rasras** and Mona at a Part I in Ramallah. Middle right, trainer in-training **Suad Mitwali** at the same Part I in Ramallah. Bottom right, the East Jerusalem team. Back row, from left to right: facilitator **Mohammed Mahaineh**, Mona, facilitator **Lama Odeh**, facilitator **Omaima Shahrouh** and facilitator in-training **Mustafa Omar**. Seated: facilitator in-training **Ala Abu-Ayyash** and facilitator **Ibtisam Adileh**.



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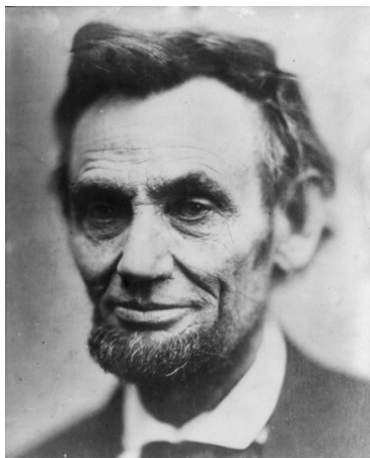
Here's a list of upcoming HAP trainings:

- Part II: Park Avenue Alt. NJUHSD in **Grass Valley**, California 4/8-10
- Part II: Tulare Youth Service Bureau in **Tulare**, California 4/8-10
- Part I: Community Counseling Center in **Las Vegas**, Nevada 4/29-5/1
- Part II: Northland Family Help Center in **Flagstaff**, Arizona 4/29-5/1
- Part II: Fort Defiance Indian Hospital in **Fort Defiance**, Arizona 4/29-5/1
- Part I: Deschutes County Mental Health in **Bend**, Oregon 5/13-15
- Part I: Chaplain Family Life Ministry and Training Center in **Fort Belvoir**, Virginia 5/13-15
- Part I: Seven Counties Services in **Louisville**, Kentucky 5/13-15
- Part I: Indigena Counseling and Wellness in **Campbell**, California 5/20-22
- Part I: New England College in **Henniker**, New Hampshire 5/20-22
- Part II: Northwest CT HAP in **Torrington**, Connecticut 6/3-5

According to the calendar, spring arrived in the northern hemisphere on March 21, but according to the thermometer, winter is still here in New England! Some weather prognosticators in Connecticut were predicting up to eight inches of snow on April Fools' Day but we only received a dusting. Here's hoping the days warm up and the crocuses finally arrive. No joke: a big blue butterfly alighted on my head recently, so that must be a harbinger for something!

April 11 begins National Volunteer Week, so if you have a hankering to volunteer with HAP, drop me a line and we can talk about volunteer opportunities. As I am fond to say, the squeaky wheel gets the grease, so feel free to call me or send me an email. If you already volunteer with us, tell a friend and bring him or her on board! Our best volunteers often come from current volunteers... no fooling!

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Words To Live By:
Abraham Lincoln
(American President, 1809-1865)

“The problem with finding quotes on the internet is that you can never be entirely sure that they are genuine.”