



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance

Our training month of May began on Friday the 13th, but that brought no bad luck to us: we had three Part I trainings starting on that day! In Bend, Oregon, trainer **Ana Gomez** headed a fine team that included facilitators **Karen Forte**, **Patty Giffin**, **Josie Juhasz** and **Rachel Erwin**. **Carol Zancanella** handled logistics. In Louisville, Kentucky, trainers **Zona Scheiner** and **Bennet Wolper** worked with facilitator **Judith Daniel**. **Janet Vessels** volunteered to run logistics. In Fort Belvoir, Virginia, trainer **E. C. Hurley** was backed up by facilitators **Suzi Carson** and **Mark Nickerson**.

The following week, trainer **Jack McCarthy** (who also acted as facilitator) was observed by red badge **Joset Munro** in Henniker, New Hampshire. You can see their trainees below; that's Jack all the way right in the khaki pants.



And that was that for May! For a while, nothing seemed certain but change: HAP has a new Executive Director, and we've been working on changes in our registration process as well as with our bookstore software. We are also ushering in changes in the consultation component of our trainings and updating our manuals and all that goes along with them, such as the PowerPoints and the Facilitator Training Handbook. I have had a few revealing conversations about the role of logistics volunteers at HAP trainings, and that role will be explored further. Oh, yes, and our newly redesigned website is *this close* to being launched! Change is good, and we thank you for your patience as we continue to do our best in this climate of change.

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The fiscal year ends at the end of June, so if you have any reimbursement requests from the last 12 months, please send them in now so we can reimburse you and keep our books accurate. Thank you!



HAP Schedule at the 2011 EMDRIA Conference

The **HAP booth** will be up and running. We will have some exclusive items you will find only at the conference, as well as a few conference-only bargain prices on selected materials. As always, we will accept cash, checks and credit cards. There will also be information about volunteer opportunities. HAP's booth is always abuzz with activity and is a great place to meet some HAP staffers and share a smile!

HAP will host an **invitation-only reception for donors** on **Wednesday** night from **5:30pm to 7**. The location will be determined.

The **HAP Faculty Meeting** will be held on **Thursday** from **3:30 to 5pm** (location to be determined). The Faculty Meeting is for all HAP trainers and facilitators. We will go over changes regarding training events as well as review items brought up at last year's meeting. Lastly, we will take suggestions on issues to address this upcoming year.

On **Friday**, we will welcome new and potential volunteers to a **New Volunteer Q & A** from **12:15pm to 1:15**. Bring your lunch and learn about volunteer opportunities at HAP. Bring your questions and your interests, too!

In last month's newsletter, you read about **Robbie Adler-Tapia** (HAP Trainer) and **Gail Ford** (HAP's Associate Director) presenting their workshop "**Improving Lives: PTSD and the Use of EMDR in Psychotherapy for People with Intellectual and Developmental Disabilities**" on Friday, August 26, from 2pm to 5:30. At the same time, **David Eliscu** will moderate "**Targeting Oppression: Engendering Empowerment,**" a panel discussion with **Uri Bergmann, Diane DesPlantes, Sharon Enjady, Joseph Fitzgerald, K. Olivia Janis** and **Alicia Avila Outcault**. We hope you will attend one of these workshops, and send your best friend to the other one so you can share notes afterwards.

The **HAP Dance** will be held on **Friday** night at **9:30**. We will have a live band, cash bar, party lights and a dance floor that will beg you for your attention! Buy your tickets in advance at the HAP booth and become eligible for our raffle. This annual event puts the "fun" in fundraiser!

We look forward to seeing you in Anaheim!

HAP Welcomes Its New Executive Director



When **Bob Gelbach** announced his resignation as Executive Director in April, he recommended **Carol Martin** to fill his position. Carol had been working at HAP for about a year as a consultant, and the board quickly accepted Bob's recommendation.

"Since starting at HAP in 2010, I have been most impressed with the dedication and commitment shown by HAP volunteers and the myriad of ways in which they give. This, coupled with Bob's years at HAP, has put HAP in a very good place," Carol states. "After numerous discussions with HAP staff, the board and several volunteers, I have come to understand the solid foundation that Bob has created, and we will build upon it. As HAP's Executive Director, my goal during my first year

is to build on the many strengths of this organization. It is my hope that by doing so, we can help our volunteers to do the work they are committed to and that they do so well."

For example, our volunteers understand the crippling effect that trauma can have on individuals, families and communities. Carol wants to see others outside the HAP community become more educated about this. Our first initiative to address this concern is "A Walk in the Park," which aims to educate others about trauma and EMDR (see details on this event on page 4).

Carol brings more than 25 years of non-profit experience that will serve her well at HAP. Besides serving as CEO for two foundations, she has also worked as a vice president at two universities and Save the Children. Most of her years have been spent working with non-profits, both in the United States and abroad, including Africa and France. For the last few years, she has successfully run her own consulting company. She is very knowledgeable regarding resource development, public relations and marketing, having also spent considerable time working with community and alumni affairs, grants offices and lobbying efforts.

"I have a passion for bringing opportunities, resources and people together to effect positive change," she says, "and I hope to continue that at HAP."

You can reach Carol by phone at (203) 288-4450 or by email at cmartin@emdrhap.org. If she has not met you yet, she looks forward to meeting you soon... perhaps at EMDRIA in August!

Big thanks to the nine HAP volunteers who provided post-training consultation to HAP trainees in May. These talented folks were **Michael D'Antonio, Rachel Erwin, Patty Giffin, Earl Grey, Farns Lobenstine, Maria Masciandaro, Lawrence Nieters, Susan Thompson** and **Elaine Wynne**. We appreciate them taking time out from their schedules to bring effective consultation to new trainees.



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



Helping HAP is As Easy As A Walk in the Park!

Back in May of 1987, **Francine Shapiro** took a walk in the park and had a life-changing experience that led her to develop EMDR therapy. (What a coincidence that May was National Mental Health month!) Now HAP is asking *you* to take a walk in the park to raise awareness and build support for EMDR HAP. We hope that this annual event will result in (1) spreading the word about the importance of treating trauma and the effectiveness of using EMDR therapy, (2) promoting HAP's mission to ensure that this important treatment is available to underserved populations and (3) raising money so that we can continue funding HAP's mission.

You can keep it simple by organizing a walk in the park and using that event to educate your colleagues and friends about trauma, EMDR and EMDR HAP. Pick a park, contact your colleagues, lace up your walking shoes and go! HAP can provide you with information about:

- Francine's famous walk in the park and vignettes on how EMDR has helped people get through everyday trauma
- the work EMDR HAP does
- HAP workshops and trainings

We can also send you brochures about HAP trainings, Trauma Recovery Networks, and volunteer roles such as facilitating and consulting.

After the walk, you could continue the celebration and host a HAP house party. If you are feeling more ambitious, you could organize a lecture or workshop about trauma to educate others about EMDR and HAP.

These are simply suggestions: **if you have any ideas on how to raise awareness and support HAP, go with that!** We are here to support your efforts as you spread the word about trauma, EMDR and HAP. Any event that meets one or more of these ends would be welcome, regardless of when it occurs.

We hope we can count on your support. If you have any questions about organizing a **Walk in the Park** in your neighborhood, please contact me and I'll be glad to lend a hand.



HAP Snaps of Trainers in-Training!



These trainers in-training are all smiles as they take a well-deserved break from their orientation at Sea Ranch with **Francine Shapiro**. In the top photo from the left, that's **Sue Curry**, **Carol York** (longtime friend of Francine's), **Suad Mitwali**, **Lynda Ruf**, **Janet Wright**, **Karen Alter-Reid** and **Katy Murray**. In the photo below, they share a meal; **Khader Rasras** sits between Carol and Sue.



**Got HAP snaps?
Send 'em to the volunteer coordinator!**

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



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Here's a list of upcoming HAP trainings:

- Part II: Grace Church in **High Point**, North Carolina 6/3-5
- Part II: Northwest CT HAP in **Torrington**, Connecticut 6/3-5
- Part II: Crozer Chester Medical Center in **Chester**, Pennsylvania 6/10-12
- Part I: Lakeside Behavioral Healthcare in **Orlando**, Florida 6/10-12
- Part I: Crisis Center of Tampa Bay in **Tampa**, Florida 6/10-12
- Part II: Yakima Valley Farm Workers Clinic in **Yakima**, Washington 6/24-26
- Part II: Robert Young Community Mental Health in **Rock Island**, Illinois 6/24-26
- Part I: Care for the Troops in **Brunswick**, Georgia 6/24-26
- Part II: Fairfield University Graduate School of Education and Allied Professions in **Fairfield**, Connecticut 7/8-10
- Part II: in **Pittsburgh**, Pennsylvania 7/15-17

Got Skype? I do, and I'm not alone! HAP mentor **Don deGraffenried** used Skype to meet with his facilitator candidate. I use Skype to meet with my mentor, who lives in New York City. Skype is fun—it reminds me of the Jetsons—and it can be a bit warmer than a phone call. If you would like to contact me via Skype, my Skype name is **conrad.sank** ("sank" is sometimes easier to use than "Sienkiewicz") and I would welcome your Skype call any weekday between 8am and 3pm eastern time.

The photo below is a sneak peak of what you'll see when you Skype me at the HAP office. (Have you ever wondered if I roll my eyes when reading emails from you? Now you can Skype me and see for yourself!) If you have Skype but have not tried it out yet, feel free to try it out with me. Skype is a free download at www.skype.com and only requires a camera and microphone on your computer.

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Words To Live By:
Leonard Cohen
(Canadian Poet, b. 1934)

**“There is a crack in everything—
That’s how the light gets in.”**