



# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

February was a short month but it had some unique trainings that were of interest. For starters, the snow did not stop us from presenting two (yes, two!) trainings in New England on the same weekend! February 4 had a Part I in Wilder, Vermont, where trainer **Kathy Davis** and trainer in-training **Karen Alter-Reid** met facilitator **Sandra Berna** and red badge **Suzanne Borstein**, who was observed. **Sandy Spiegel** took logistics to new heights as she lined up every duck. Canton, Connecticut was the site for a Part I training with trainer **Lynda Ruf**, who had **Hope Payson** as a facilitator (and Sherpa, of sorts, given that Lynda needed some guidance through the mountains of snow that were present in the Nutmeg State!). Red badge **Judy Cabeceiras** observed.

On February 15, trainer **Nancy Errebo** and facilitators **Elaine Alvarez** and **Barbara Korzun** delivered a Part II in Las Vegas, while red badge **Laura Dickson** was observed. It's a safe bet to say that the Vegas trainees were in good hands with this team!

The month ended with a popular Part I training in San Diego, where trainer **Alicia Outcault** and trainer in-training **Sue Curry** taught with facilitator **Susan Brown** and **Sue Goodell**. Red badge **Enid Singer** observed while red badges **Josie Juhasz** and **Laura Dickson** were observed, and Laura became HAP's newest facilitator: way to go, Laura!

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In the photo at left, HAP Training Director **Hope Payson** (red fleece) and red badge **Judy Cabeceiras** (gray sweater) huddle with Floridian trainer **Lynda Ruf** to keep her warm while trainees form a line to block the icy wind in Canton, located in the coldest corner of Connecticut. Former HAP staffer **Teri Baber** is behind Hope's right, wearing a light brown pullover.



**Lynda Ruf** points out her fashionable-yet-functional footwear while **Hope Payson** pacifies her puppy Pie.



**Zona Scheiner** and **Bennet Wolper** were all smiles at the Birmingham (AL) training in January.

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](mailto:conrads@emdrhap.org). Thanks!

## “The best laid schemes o’ mice an’ men...”

Robert Burns once wrote, “The best laid schemes o’ mice an’ men gang aft agley,” or in American English, “The best laid plans of mice and men often go awry.” **If you are volunteering for a training and your plans go awry (or you hear from a team member whose plans have gone awry), please contact the HAP office (by phone or email) as soon as possible.** Even if we can not assist you immediately (our office is closed on weekends), at least we can address the issue and do what we can to prevent it from occurring again.

And of course, when you receive our survey after your training, be sure to tell us of any issues or problems that might have arisen during the training. If we don’t know your concerns, we cannot address them and improve your volunteer experience.

**Tell me about EMDR, George.**



# Volunteer Resources at [www.emdrhap.org](http://www.emdrhap.org)

Do you need a copy of the recently revised (December 2010) reimbursement form? If so, you can find it (and other volunteer resources) on our website. Just go to [www.emdrhap.org](http://www.emdrhap.org) and click on “Volunteers” at the top. In the drop down window, click “Volunteer Resources,” and then you will get a window where you will find the expense sheet, the Travel Expense Procedure, the Consultant Packet and some international forms. Once our redesigned website is up and running, we will have more resources available online.

If you are assigned to a HAP training, and you want details on your event, please click “Volunteers” and then “Log Into Your Existing Account.” Then you will see your assigned events, and you can view the details of each event. Details could include the per diem, directions to the event, hotel location, etc..



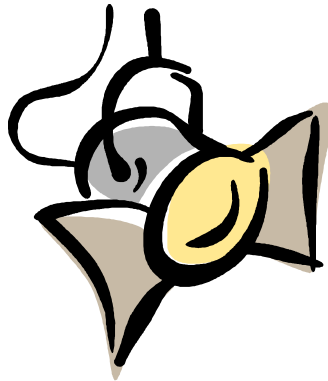
## Consultants Corner

Ten HAP volunteers provided post-training consultation to HAP trainees in February. These generous folks were **Michael D’Antonio, Rachel Erwin, Sandra Kremer, Maria Masciandaro, Barbara Meyer, Mark Nickerson, Katie O’Shea, Jan Schaad, Elaine Wynne** and **Carol Zancanella**. We appreciate them taking time out from their schedules to bring quality consultation to new trainees.

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. For more information on becoming a HAP consultant, please visit our website or email the volunteer coordinator at [volunteer@emdrhap.org](mailto:volunteer@emdrhap.org).



# Volunteer in the Spotlight: Lynda Ruf

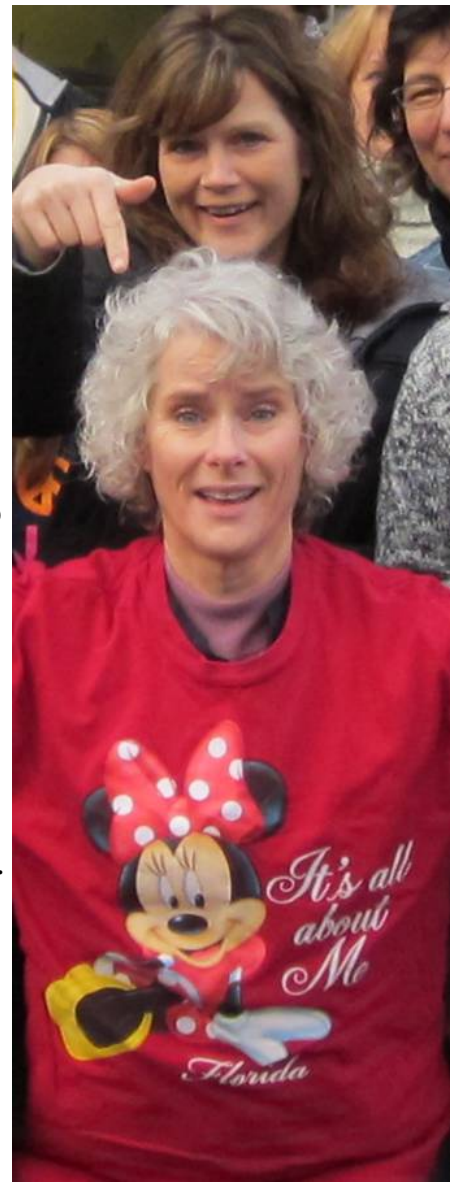


Our HAP Volunteer in the Spotlight this month is **Lynda Ruf**, a self-described “EMDR pusher and HAP junkie” who hails from Deland, Florida. HAP thanks Lynda for taking time out from her very busy schedule to let us inside her mind. Now proceed with caution...

**When and how did you start volunteering with HAP?** Since I first met **Reg Morrow**, I've been her shadow. We are in complete agreement that it's a recursive wind-wings thing now. I learn so much when we're together and she pushes me to grow. I was finishing certification with her when **Sue Rogers** did the training for Army Chaplains in Orlando in 2005. I was amazed at what Sue pulled off. That was the training where there were no manuals and a bunch of the folks weren't licensed. I wound up teaming with **LouAnn Baylock** to do the traumatology workshop for them. I loved the energy of the group. That's also where I first met **E. C. Hurley**. Once I met **Hope Payson** and **Jean Polka** [HAP Training Director and Associate Training Director, respectively] at the EM-DRIA conference, it was all over...before I left, they had me begging to do at least one training a month. I started doing logistics in January of 2008 and was facilitating the next month.

**What motivated you to get involved?** I was a teacher in a previous professional incarnation and an outside sales rep for scientific instrumentation in another. I get a real energy rush when I see the light bulb switch on or when I know I've "made the sale," so I became involved with HAP out of pure selfishness. My husband Mike says it's all about me [see photo at right], and that's why I'm passionate about EMDR: I'm lazy (don't have to work *nearly* as hard as a therapist), impatient (EMDR is as fast as greased lightning as far as I'm concerned), and the end result is that most folks love me when we're finished!

**How are you currently involved as a HAP volunteer?** I pretty much do it all. I do logistics, I love facilitating, I do consultation groups, and now I'm privileged to be a trainer. I do what I can to help Reg with the Orlando Trauma Recovery Network (TRN). I'm also a groupie and definitely a pusher. I challenge the participants at each training for at least one of them to set up another training. I also think there should be a new volunteer category for marketing -- I'm always looking for an opportunity to get someone to do a training -- heck, **Maria Masciandaro** struck up a conversation with a social worker in a bar in Massachusetts and we were pitching a HAP training to him!



***Why do you keep volunteering? What do you get out of volunteering?*** I'm an energy junkie and I get such a buzz when I see the faces of the participants as they each "get it" and get hooked themselves. I love the idea of paying it forward. I spend 16-20 hours out of the office doing a training (travel Thursday and train Friday). That means 10-20 sessions (I do a lot of extended sessions). In a training, I will influence at least 18 clinicians (usually more) in that same time period, who go home and use the EMDR approach with their clients, and *now* what effect have I had? Like I said, it's all about me. Now, they get their colleagues to train in EMDR, the clients tell their family and friends, and it grows exponentially -- and that's only from *one* training. That's why I try to do at least one a month. We *really can and will* change the world! And I learn something new at every training -- most of the time from the participants!

***Any memorable experiences while volunteering with HAP?*** There have been so many. There's been great company, food, and beverage... I guess one of the most powerful is being able to pay it back as well as forward in Oklahoma. Though I'm a grits girl (raised in the South -- a la Mississippi), I grew up in Oklahoma. I left there over 30 years ago and never looked back. Thanks to Facebook, I reconnected with old high school friends last year, one of whom happens to be the Adjutant General of the Oklahoma National Guard. So, having not seen each other in over 40 years, MG Deering, facing the deployment of many of his troops to Afghanistan this spring (some for the fourth time), helped us begin an EMDR renewal (as I understand it, HAP was born as a result of the Murrah Building bombing) in Oklahoma by bringing **E. C. Hurley** and a HAP team to Oklahoma. I was privileged to be a part of the training team as E. C. helped agency clinicians prepare to help our servicemen and women and their families with the gift of EMDR. As in every training, I was privileged, honored, and awed by the courage of the participants as they put themselves "out there" -- risking personally and professionally, and allowing themselves to experience some profound personal healing and growth.

***Care to say a few words about your other volunteer interests?*** I'm active in our EMDRIA Regional community and our local TRN, and I support a local EMDR no-fee study group. My Honey is retired (which means he volunteers full-time at our church). He is in charge of the Ministry to the Sick and Homebound, so weekends that I'm home, we take communion to parishioners who aren't able to attend Mass. He is also a 4th degree Knight of Columbus, so we are active in that service community as well as in Cursillo and Ultreya, which is a charitable spiritual community in the Catholic church.

***When you are not working or volunteering, what do you do for fun?*** One of our favorite pastimes these days is Mike's one-and-only granddaughter, who is 11 months. Mike babysits two or three days a week, so I get to wake up to a smiling face. We are also active in our bonsai community and have a greenhouse for succulents (keeps them dry in the summer) and tropical bonsai in the winter; yes, it's even snowed here twice in the last 25 years and will drop below freezing several nights out of the year! We enjoy the nature in our neighborhood -- turkeys, sandhill cranes, owls, fox squirrels, raccoons, possums, and armadillos (not so much the last three, as they tear things up!). We are equipped with bicycles and kayaks for those adventurous times (not that we have much time to be adventurous these days).

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the EMDR Humanitarian  
Assistance Programs**



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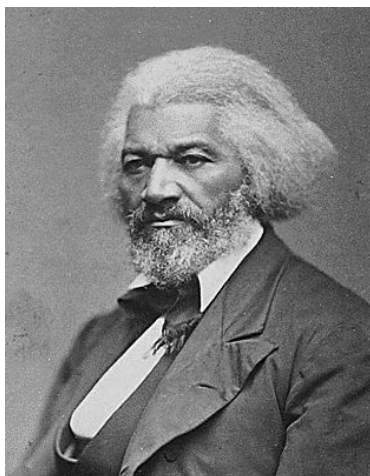


Here's a list of upcoming HAP trainings:

- Part I: Chrysalis Mental Health and Wellness in **Pittsburgh**, Pennsylvania 3/4-6
- Part II: Synergy Services in **Kansas City**, Missouri 3/25-27
- Part I: Refuge Center for Counseling in **Franklin**, Tennessee 3/25-27
- Part II: Virginia Beach Child and Youth Services in **Virginia Beach**, Virginia 3/25-27
- Part II: SAGE Project in **San Francisco**, California 3/26-28
- Part I: Landspítali—Dept. of Women's and Children's Health in **Reykjavik**, Iceland 3/29-31
- 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: Indigena Counseling and Wellness in **Campbell**, California 5/20-22

For many of us in the US, this has been a winter to remember... or to forget, depending on your perspective! All of us at the HAP office are looking forward to seeing this snow and ice melt; the waters of March will soon soak the ground and nourish the dormant life in the soil. We hope that this spring finds you similarly invigorated and nourished!

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***Words To Live By:***  
**Frederick Douglass**  
**(American social reformer, 1818-1895)**

**“If there is no struggle,  
there is no progress.”**