

Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance

“June is Busting Out All Over”

June brought an even balance of Part I and II trainings, with a pair of Traumatology and Stabilization workshops tossed in to spice things up a bit.

The month started in Seattle, Washington, with trainer **Rosalie Thomas** leading a Part I training with trainers in-training **Susan Curry** and **Katy Murray**. Due south in Bend, Oregon, trainer **Roy Kiessling** headed a Part II training with facilitators **Karen Forte** and last minute addition **Janet Thornton** (thanks for your flexibility, Janet) . Red badge **Josie Juhasz** observed this training while red badge **Patty Giffen** was observed for the last time and is now a facilitator.! We also had a Part I training in Orlando, Florida, where trainer **Reg Morrow** was assisted by trainer in-training **Lynda Ruf** and facilitator **Earl Grey**. **Jennifer Pattison** handled logistics. Consultants will include **David Eliscu** and **Karen Arthur**.

Jack McCarthy conducted a two-day Traumatology and Stabilization workshop for Intellectual Disabilities/Developmental Disabilities providers in Fairhaven, Massachusetts. **Mark Nickerson** and **Karen Alter-Ried** presented a one-day Traumatology and Stabilization workshop in Lebanon, Virginia.

South again to Montgomery, Alabama, the site for a kid-focused Part II with trainers **Robbie Adler-Tapia** and **Carolyn Settle**. West to Phoenix, Arizona for a Part II with trainer **Deb Kennard** and facilitator **Frankie Klaff**. Then back to the northeast for a Part II training in New Haven, Connecticut with trainer **Kathy Davis** and facilitator **Don deGraffenried**; red badge **Phoebe Kessler** was observed for the last time, and now she is a facilitator!

Lastly, we crossed the ocean for a Part I in Atsugi, Japan, at a US Navy base in the shadow of Mount Fuji, with trainer **Nancy Errebo**, facilitator **Marilyn Luber** and red badge **Richard Smith**.

July 6, 2010

Volume 3, Issue 1

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Volunteer Hosts HAP House Party for Haiti!



HAP Volunteer **Leanne Dahlin** recently came up with a great way to literally drum up some money for HAP's Haiti Recovery Project; she invited a drumming circle to raise the roof of her log cabin while she opened her doors to folks interested in helping Haiti recover from its recent earthquake. Leanne envisioned and organized this event and then hosted it in her home in Issaquah, Washington. HAP merely arranged for the perfect weather. The drum circle absolutely enchanted the guests with hypnotic rhythms; nothing says "life goes on" quite like the heart-beat of a drum. Guests also enjoyed all sorts of yummy nibbles. Inside, Leanne presented a PowerPoint (photos on left and bottom) on EMDR and HAP's Haiti Recovery Project. While all the guests were familiar with the earthquake, many of them knew little about EMDR and HAP's efforts to bring this therapy to Haiti.

Big thanks to HAP volunteers **Vivian Lamphear** and **Roger Ludwig**, who generously shared their Haiti photos with Leanne. Thanks, too, to **Doug Plummer**, husband of HAP Volunteer **Robin Shapiro**, for taking these photos of the HAP fundraiser.

Leanne raised about \$2000 with this event, and a splendid time was had by all. HAP thanks her for her hospitality and dedication to HAP.



Volunteer Spotlight on: Janet Thornton

HAP is proud to shine the spotlight on **Janet Thornton** of Youngstown, Ohio, a dedicated volunteer who has been known to willingly take on a HAP assignment on *very short notice*.

Janet became a consultant in 2000 but didn't immediately follow through to become a facilitator: she felt there were very few trainings near her and she would never be asked. "Then **Jamie Marich** brought trainings to my hometown," she said, "and here I am!"



*[Editor's note: Thank you, Jamie! One person **can** make such a difference!]* Janet became a HAP facilitator in February of this year.

When asked what she gets out of volunteering with HAP, Janet explained, "Four years ago, I was really searching for a volunteer project I could be passionate about. EMDR and the idea of increasing the number of inner city people who can be helped by EMDR is something I can be passionate about. I have also really enjoyed the other HAP team members. Visiting places I have not been to is a plus, like seeing beautiful mountains in Bend, Oregon. Lastly, seeing the trainees have experiences that will forever affect their work is truly awesome!"

Janet not only volunteers for HAP but also is active with her church's adult Sunday school program, and she leads holistic retreats as well. She and her husband host a spiritual discussion/meditation group in their home, too.

The only dirt I could dig up on Janet is that she is an enthusiastic gardener of flowers and veggies. Now, as a HAP facilitator, she sows the seeds of EMDR! Thanks, Janet!

HAP's Newest Facilitators: A Triple Play!

HAP is happy to welcome three new facilitators this month: **Wendy Krauss, Patty Giffin** and **Phoebe Kessler** just wrapped up their red badging in Orlando, Florida; Bend, Oregon; and New Haven, Connecticut (respectively). HAP congratulations them on their success!

If you are an EMDRIA-approved consultant (or a consultant in-training with at least ten hours) and would like details on how to become a facilitator, drop me a line at conrads@emdrhap.org and I'll gladly assist you.



Put on a HAPpy Face(book)

HAP has recently created a page on Facebook. If you have an account on Facebook, we invite you to visit our page. Just go to Facebook and search EMDR HAP. We hope that the Facebook page will be a place where we can educate others about HAP and communicate with HAP volunteers and friends.

Also, check out Causes on Facebook and vote for EMDR HAP in the Chase Community Giving. Chase is giving away money to the top twenty charities and HAP needs your votes! The winners will be announced on July 14, so act now!

Got Egencia? Your Check is in the Mail...

If you haven't had to purchase a plane ticket in your HAP travels for some time, you will want to have a traveler account with Egencia (Expedia for business travel) and maybe with SWABIZ (Southwest Airlines for business travelers). HAP has been using this service for about a year and a half, with good reviews from both volunteers and staff. If you need an account set up, please contact **Gail Ford** at gford@emdrhap.org. We need to know how your name appears on your travel documents. With Egencia and SWABIZ, HAP is billed directly so you do not have to submit your air travel expenses.

HAP is taking another big step in professionalism and efficiency in its operations. Beginning July 1, we will be paying invoices, expense reimbursement and other bills using computer written checks. Payments will be made every two weeks, so you might have to wait just a wee bit longer for your check. When you receive an expense reimbursement check, it will now come with a check stub for your records, and it will arrive in a window envelope. Very professional!

Got questions about submitting HAP receipts? Drop me an email at con-rads@emdrhap.org and I'll gladly send you the HAP reimbursement policy. Also, if you need a reimbursement form, I can send you one of those.

Hounded by HAParazzi?

HAP needs your photos of past HAP events, such as trainings, TRN meetings, past EMDRIA conferences and regional meetings. These HAP snaps will be part of a PowerPoint that we hope to show at the EMDRIA Conference this year as part of our 15th birthday celebration.

If you have any HAP photos, please send them (preferably by email as attachments, or by regular mail) at conrads@emdrhap.org or 2911 Dixwell Avenue, Suite 201, Hamden, Connecticut 06518. Please identify who is in each photo, as well as where and when the photos were taken. Photos mailed to me will be scanned and returned to you.

If you are attending any upcoming HAP trainings or events, please feel free to take some photos and send them to me so I can include them in this PowerPoint as well as in future issues of the volunteer newsletter. Thank you!



Recommended Reading



Zeitoun is a powerful novel by Dave Eggers, author of *What Is the What*. *Zeitoun* follows the true story of a young man named Abdulrahman Zeitoun as he attempts to take care of his family (and his community) during Hurricane Katrina. Eggers brings you right into the center of the storm, but it is Zeitoun himself who is the center of the story; this humble everyman is tested in his quietly heroic efforts to protect his family, his community, and his own humanity.

What book is in your beach bag? Send me your reading recommendations, and I will try to include them in future newsletters!

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Assistance Program**

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

Here's a list of upcoming HAP trainings:

- Part I: Veterans Families United in **Oklahoma City**, Oklahoma on July 9-11
- Part I: Care for the Troops in **Macon**, Georgia on July 16-18
- Part I: Synergy Services in **Kansas City**, Missouri on July 16-18
- Part I: Green House Center in **Orem**, Utah on July 16-18
- Part I: Suncoast Center in **St. Petersburg**, Florida on July 23-25
- Part II: China Project in **Sichuan**, China on August 9
- Part II: Florida Council Against Sexual Violence in **Tallahassee**, Florida on August 13-15
- Part I: Grace Church in **High Point**, North Carolina on August 27-29
- Part II: Veterans Village in **San Diego**, California on August 27-29
- Part I: Yakima Valley Farm Workers Clinic in **Yakima**, Washington on September 3-5
- Part II: Pathways Hospice in **Fort Collins**, Colorado on September 17-19

More trainings are being added, so be sure to check the schedule online for updates.

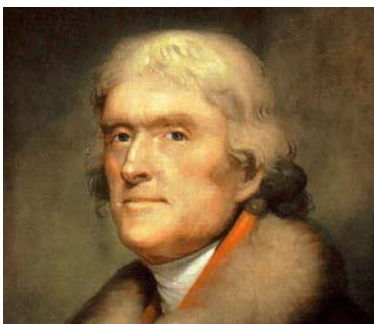
Want to help arrange a HAP training in your neighborhood? Contact Hope Payson, Training Coordinator, at training@emdrhap.org, and she'll discuss the details with you.

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

Keep on the sunny side!

Conrad Sienkiewicz
Volunteer Coordinator

Words To Live By: Thomas Jefferson
(Third President of the U.S., 1743-1826)



"But friendship is precious, not only in the shade, but in the sunshine of life, and thanks be to a benevolent arrangement, the greater part of life is sunshine."