



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Program

July was a busy month of Part I trainings. The month began on an American naval base in Atsugi, Japan, where trainer **Nancy Errebo** and facilitator **Marilyn Luber** were joined by red badge **Richard Smith**. Big thanks to Richard for bringing a HAP training all the way to Japan!

Back stateside, trainer **E.C. Hurley** and trainer in-training **Lynda Ruf** led a training in Oklahoma City, the city that inspired HAP's birth 15 years ago (see story on page 2). They were assisted by facilitators **Susan Carson** and **Maria Masciandaro**, while **Rita Crockett** handled logistics. **E.C** and **Lynda** then went to Macon, Georgia with facilitator **Roxann Hassett** for another military training. The Macon training was sponsored by Care for the Troops, the Georgia Association of Community Service Boards and the Georgia Association of Marriage and Family Therapists. This is the second Part I and II series sponsored by Care for the Troops, a dedicated organization that assists returning soldiers and their families in a myriad of ways.

Kansas City was the site of a lollapalooza of a kid-focused training! Trainer **Robbie Adler-Tapia** and trainers in-training **Janet Wright** and **Jamie Zabukovec** had a quartet of facilitators: **Earl Grey**, **Larry Nieters**, **Sandy Bookmeyer** and **Susan Thompson**. Red badge **Bonnie Mikelson** was observed at this training, too.

In Orem, Utah, trainer **George Abbott** led a training with facilitator **Elaine Ortman**. Red badge **Leslie Brown** was observed there, too.

The month wrapped up with a training in St. Petersburg, Florida, with trainer **Reg Morrow** and trainers in-training **Alicia Outcault** and **Lynda Ruf**. Red badge **Lori Nelson** was observed.

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Volume 3, Issue 2

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See Anyone You Know at EMDRIA Bali?



Thanks to Adithy Munna (pictured behind a heart) for sending in this great group photo from the recent EMDRIA Conference in Bali. Kudos to all involved in this successful event!

15 Years Later, HAP Returns to Oklahoma City

The Oklahoma City Bombing of 1995 led to the creation of EMDR Humanitarian Assistance Program. Now, fifteen years later, HAP returned to Oklahoma City for a Part I training (that's Major General Myles Deering pictured with HAP trainer E. C. Hurley). Here are some words about HAP in OKC in 1995:



“Sandra Wilson headed up the project [in 1995] and was the heart and soul of the project. She stayed in Oklahoma for six months managing and organizing relief efforts. Although they gave me a humanitarian services award, it was really Sandra and all the therapists who came in and provided serviced and facilitated trainings that should have received the award. At the time, I (as well as the community) needed help and received the needed help.

“For my part, I provided office space and called therapists on behalf of EMDR. I had only completed a Level II training not long before the bombing. At the time, only a couple of people in the state were trained to level II. It did take some courage to put my reputation on the line, calling every counselor and therapist I could, trying to explain EMDR. Bob Tinker and Karin Kleiner made multiple visits, as did Kay Werk, Jim Knipe, Jonathan Speare, Gerald Puk, Peggy Moore, and many many others.

“Please pass on my enduring respect and gratitude for what they have given me and my community. They cannot be thanked enough. They came to help, sacrificing their time without any guarantee their expenses would be paid. HAP was launched with great love and enthusiasm, and from the recent training here in Oklahoma City, it seems that those currently involved in the program are carrying on with that same love and enthusiasm.”

~**Joe Westerheide**, Clinical Director of A Chance to Change Foundation

The two volunteers quoted below were part of the training team in Oklahoma City in July 2010:

“On the way home [from the Part I training in July 2010], I had a brief chance conversation with a soldier as we waited to get off the plane. He'd just gotten a call that his mother might live 24 hours and was frantic to get home to Tampa to say goodbye to her. I gave him my card and invited him to call if he ever needed to talk. He responded with, "I sure could have used you a year ago in Iraq." I hope by doing what we are doing, no one ever hears words like that again! Because of the article in the paper, a vet has already contacted Cyndi Collins-Clark to get connected with an EMDR therapist! If that one soldier is helped, it was all worth it.” ~**Lynda Majure-Ruf**, HAP trainer in-training

“I wish we could report that 15 years later EMDR was alive and well in OKC but instead what we found was that people were desperate for our training - some saying that they had been waiting over a year. The stumbling blocks are the same ones we face all over - misinformed administration stalling the process until there is a wellspring of requests. Cyndi and Lynda were able to catalyze the positive momentum as a result of Cyndi's son's experience. [There was a] string of emails from the military as a result of the Major General's efforts (which were fueled by his own experience). So I believe there will be even more need in the coming year for HAP teams to respond. I encouraged the previously trained folks who attended to pursue their training through the Approved Consultant stage because there is a desperate need for EMDRIA Approved Consultants. (I don't think any exist in the state.) What I did feel was a tremendous thirst for the material. Many people were sold before the training began and the rest became converts. It was truly thrilling to hear an active duty military general speak from a place squarely behind this form of psychotherapy.” ~**Maria Masciandro**, HAP Facilitator

Comments Taken from Evaluations Completed at the July Part I Training in Oklahoma City

- I am in awe of the giving nature of the trainers, who were anything but proprietary with their knowledge. I am grateful.
- Very good—I feel confident to try this.
- All consultants were full of information and were considerate in delivering the information—not condescending. Just wonderful—so excited to use this!
- EMDR will be incorporated with my use of CBT, drug/alcohol counseling, bereavement counseling, family and couple counseling, child and adolescent counseling, all trauma events, etc..
- It was amazing to not only hear about the effectiveness of EMDR, but also experiencing it firsthand has made a believer out of me.
- I feel empowered!
- Thanks so much to all of you for coming! I have wanted to do this training for some time.
- Excellent presentation of EMDR. Such a simple (scripted) procedure with splendid results. I'm looking forward to the second portion of EMDR training and I'm looking forward to incorporating EMDR into my practice on all levels.
- As a military family member, I received healing and the hope to work with clients—thank you.
- Overall, it was well-organized throughout and a valuable opportunity.
- Absolutely nothing needs improvement. Thank you from the bottom of my heart!

Volunteer Spotlight on: Roy Kiessler

HAP is proud to shine the spotlight on **Roy Kiessler** of Cincinnati, Ohio, a tremendously dedicated volunteer who has been active with HAP since 2001. Roy's commitment to HAP has taken him to scores of clinics and military bases all around the country, as well as to Gaza, Ramallah and Russia. If all goes as planned, Roy will lead his 100th HAP training in the next few months.

Roy became a trainer when asked by Francine Shapiro. "What better way to contribute," said Roy, "than to teach villages to fish. Just the thought of sharing one's knowledge and experience (first with participants, and more recently in mentoring trainers in-training) in a way that grows EMDR exponentially every day. I receive far more from the experiences, staff and participants than I could ever give."

Roy also volunteers with other organizations within the EMDR community, and if you have not met him yet, you should visit him at his booth at the EMDRIA conference in Minneapolis. When not volunteering in one way or another, Roy relishes time spent with his family, especially his wife Pam and their grandchildren. Roy enjoys annual visits to Disneyland with the ever-expanding Kiessler clan. Speaking of Disney, Roy confesses, "I'm beginning to feel like one of the toys in "Toy Story 3"—a bit worn out, being replaced by younger and better—yet it seems there will always be a time, place and opportunity—in many respects—thanks to HAP."

Roy, you've got a friend in us!





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.

HAP Welcomes Advancement Officer

Thanks to a generous grant from the Mental Wellness Foundation, HAP was able to engage Carol Martin as an advancement officer. (Special thanks, too, to Wil Busse of the Mental Wellness Foundation board.) Carol is from Milford, Connecticut, and has a great deal of experience with public relations and institutional advancement, having consulted for Save the Children, the Fashion Institute of Technology, Yale, and Southern Connecticut State University.

Her goals include increasing HAP's profile and portfolio, as well as increasing the capacity of the HAP infrastructure so as to continually reach a larger community and result in increasing financial support and volunteers. She also looks forward to educating, engaging and enlisting other partners to work with HAP community, to make more people aware of HAP and our ability to address trauma with many diverse populations. She will also explore increasing ways of giving to HAP.

If you are attending the EMDRIA conference in Minneapolis, please stop by the HAP booth to meet Carol (and Bob, Hope, Jean, Rosemary and Conrad).

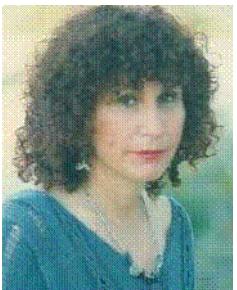


Here's a HAP snap taken at a recent staff meeting (we did *not* have perfect attendance that day). From left, Carol Martin, Mary Ann Coughlin, Stan Antos, Gail Ford, Jackie Michaud and Bob Gelbach. (Note the bowl of cherries on

R-TEP Returns to the United States



Last year at the EMDRIA conference in Atlanta, **Elan Shapiro** and **Brurit Laub** gave a workshop on Recent-Traumatic Episode Protocol (R-TEP), part of a comprehensive approach to Early EMDR Intervention. This workshop incorporates and extends existing protocols within a new conceptual framework, together with additional measures for containment and safety. Checking for sub-clinical sticking points which can obstruct Adaptive Information Processing (AIP) and don't necessarily show up on the DSM radar, the R-TEP may reduce sensitization and accumulation of trauma memories. R-TEP is taught with video case illustrations, live demonstration and a practicum.



This September, HAP is bringing Elan and Brurit to New York, Connecticut and Florida to present this workshop again. EMDRIA Regional Councils and HAP Trauma Recovery Networks on Long Island, New Haven and Orlando will each be hosting this full-day workshop, which costs \$125 and has 6.5 EMDRIA credits and CEUs. This workshop is open to all clinicians who have completed basic EMDR training.

For a flier with the details, please contact Conrad Sienkiewicz at HAP. To register online, go to www.emdrhap.org.

For info on the September 11 R-TEP workshop on Long Island, contact **Stephanie Leibowitz** at shleibowitz@optonline.net or **516 524-7276**.

For info on the September 19 workshop in Connecticut, contact **Don deGraffenried** at donald.degraffenried@dncmhs.org or **203 776-8390**.

For info on the September 25 workshop in Orlando, contact **Reg Morrow** at reg@cfl.rr.com or **407 876-2078**.

Recommended Reading



Some readers are calling Colum McCann's *Let the Great World Spin* one of the best novels ever written about New York City. Balancing on a tightrope becomes a metaphor for living as the lives of several New Yorkers from various backgrounds are united by Phillippe Petit's 1974 high-wire walk between the Twin Towers of the World Trade Center. These wounded characters search for healing while a Frenchman balances above them and dances gracefully across a wire. You don't have to be a New Yorker to enjoy this beautifully written and emotionally wrenching novel.

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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the EMDR Humanitarian
Assistance Program**



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We're on the Web!

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Facebook, too!

EMDR HAP

Here's a list of upcoming HAP trainings:

- 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: Department of Behavioral Health in **Fresno**, California on August 13-14
- Part II: **Camp Pendleton**, California on August 27-29
- Part I: Grace Church in **High Point**, North Carolina on August 27-29

- Part I: Yakima Valley Farm Workers Clinic in **Yakima**, Washington on September 3-5
- Part I: House of Mercy in **Des Moines**, Iowa on September 10-12
- R-TEP Workshop in **Hicksville**, New York on September 11
- Part I: Vet Center in **Las Vegas**, Nevada on September 14-17
- Part II: Pathways Hospice in **Fort Collins**, Colorado on September 17-19
- Part II: TBI Program in **Gainesville**, Florida on September 17-19
- R-TEP Workshop in **Middletown**, Connecticut on September 19
- Part I: La Familia Guidance Center in **Minneapolis**, Minnesota on September 24-26
- Part II: Fremont Community Therapy Project in **Seattle**, Washington on September 24-26
- R-TEP Workshop in **Orlando**, Florida on September 25

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.

Enjoy these final dog days of summer!

Conrad Sienkiewicz
Volunteer Coordinator



***Words To Live By: Philippe Petit
(French high wire artist, born 1949)***

"You must not fall. When you lose your balance, resist for a long time before turning yourself toward the earth. Then jump. You must not force yourself to stay steady. You must move forward."