



# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

HAP's August began with trainer **Judith Boel** and facilitator **Eugenie Hsu** making the trek to Sichuan Province, China to deliver a Part II training. Eugenie wrote a great blog of her experience in China that you can read at <http://thoughtfullyours.wordpress.com/>.

HAP also returned to Tallahassee on August 13 for a Part II. Trainer **Reg Morrow** headed the team, which included trainer in-training **Carol Crow**, facilitator **Chris Inger**, and red badge **Lori Nelson**, who became a facilitator at this training. (Clap, clap, clap!) We also had a Part I that weekend in Fresno. **Roy Kiessling** was the trainer while **Sue Curry** and **Lynda Ruf** were trainers in-training. Lynda became a Part I trainer here! (Clap, clap, clap!) **Laura Dickson** observed as a red badge.

Speaking of **Roy Kiessling**, at a Part II training on August 27 at Camp Pendleton CA, Roy completed his 100th HAP training! (Stand, clap, clap, clap, sit!). **Alicia Outcault** was the trainer in-training. Red Badge **Susan Goodell** was observed and became a HAP facilitator. (Clap, clap, clap!)

That same weekend, HAP had a Part I training in High Point, North Carolina. New trainer **Lynda Ruf** was assisted by facilitators **Sandra Kremer** and **Roxann Hassett**, while red badge **Sheila Salama** was observed.

## Visit HAP at the EMDRIA Conference!

HAP is looking forward to being a part of the EMDRIA Conference in Minneapolis this year. Stop by our booth to say hello to **Bob Gelbach**, Executive Director; **Hope Payson**, Training Director; **Jean Polka**, Associate Training Director; **Rosemary Gelbach**, Consultation Coordinator; **Carol Martin**, Advancement Consultant; and **Conrad Sienkiewicz**, Volunteer Coordinator. At the HAP booth, you can learn more about where HAP has been and where we are going, buy items from our bookstore (this could be your last chance to purchase a HAP cap!), explore volunteer opportunities, and buy a ticket to Friday night's HAP Dance, which is immediately following the EMDRIA Awards Dinner. A ticket purchased in advance includes a raffle for neat prizes, including a grand prize of a night's stay at the conference!

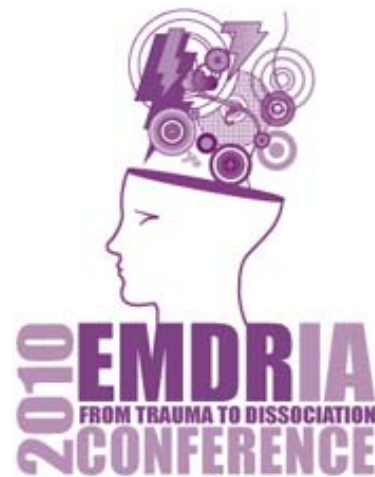
If you are attending the conference, please consider attending the **HAP Shout-Out** on Friday at 12:15 in Directors Row 2, on the 3rd floor just outside the ballroom. This Shout-Out is an opportunity to tell us what is good about HAP and suggest ways for us to improve. No need to RSVP, but please bring your lunch.

September 24, 2010

Volume 3, Issue 3

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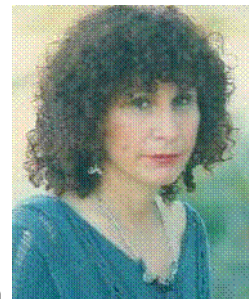
## R-TEP + TRN = HAP Success!

HAP's successful series of workshops on Recent Traumatic Episode Protocol (R-TEP) was a direct result of combined volunteer efforts to deliver a well-received event in three different states.



It all started with **Elan Shapiro** and **Brurit Laub** waiving their normal training fees to help bring their R-TEP workshop to several locations in the US. They had presented this workshop at the 2009 EM-DRIA Conference in Atlanta and had made plans to present it again at this year's conference in Minneapolis. HAP thought their workshop would be a great event for Trauma Recovery Networks (TRNs), which could use this training to improve the skills of their members as well as provide training to area EMDR clinicians.

Elan and Brurit were also able to use the workshop as an opportunity to gather research data. **Kathleen Wheeler** of Fairfield University is coordinating an R-TEP Outcome Study as well a Fidelity Study.



The **Long Island (NY) TRN** helped coordinate the first R-TEP workshop in Hicksville, Long Island on September 11. **Stephanie Leibowitz** and **Carol Forgash** spread the word and made the arrangements. 46 clinicians from New York, New Jersey, Connecticut and even Florida attended.

The **New Haven (CT) TRN** then welcomed Elan and Brurit at an R-TEP workshop held on September 19 at Middlesex Hospital in Middletown, Connecticut. **Lynn Persson**, **Don deGraffenried** and **Robert Page** helped get the information out and fielded questions from potential registrants. **Lou Ann Baylock** was able to secure the hospital as the site for the event. 72 people from Connecticut, Massachusetts, New York, New Jersey, Vermont and Rhode Island were trained in Middletown. (During a demonstration at this workshop, Brurit the trainer found herself in the role of a student as she was taught the word "klutz" while a workshop participant described a negative cognition.)

The **Orlando (FL) TRN** is hosting the last workshop, set for September 25. **Reg Morrow** and **Lynda Ruf** have been busy with all the necessary details. 64 people are currently registered, but that number is growing, so Florida may prove to have the biggest workshop of this series.

Elan and Brurit will then present R-TEP to a capacity crowd at the EMDRIA conference on September 30 before returning to Israel. HAP thanks all those who were involved in making R-TEP in the US such a success.

# New CEUs Option Available to HAP Trainees

I am happy to announce a new benefit for our HAP trainees. As some of you many know, HAP has not offered CEUs for our basic EMDR trainings. In the past, I provided the sponsoring agencies with the information they need to apply on their own. Many agencies did apply, but sadly due to time constraints or other barriers, many agencies did not. Continuing Education Credits are a valuable commodity for our trainees and I am happy to announce that we have established a relationship with a CEU provider, Ce-Classes, to offer continuing education credits for our specialty and basic training events.

Now, when a sponsor agency contacts HAP to organize a basic training they are offered the option of applying for CEUs on their own (we will assist them in the application process) or the choice to provide participants the opportunity to purchase CEUs through Ce-Classes for a cost of \$10.00 per training day, so \$30.00 for Part I or II of basic training. When agencies choose this option, training participants will receive a certificate of attendance after the event and instructions on how to purchase CEUs online from Ce-Classes if they would like to.

If you have volunteered to work at one of our training events and you are wondering which option the agency has chosen, you can contact the HAP office to find out or you can tell by quickly glancing at the event in the training schedule posted on our website. If an agency has chosen this option, it will be noted on the event posting.



Ce-Classes is an approved provider for a wide range of disciplines including: Psychologists, Social Workers, Mental Health Counselors, Marriage and Family Therapists and others. For more information about this continuing education provider, take a look at their website at [www.ce-classes.com](http://www.ce-classes.com). We are very excited to have formed a collaborative relationship with them to better serve our trainees.



As always, thank for all you do for EMDR HAP!

Hope Payson LCSW, LADC  
Training Director  
EMDR HAP

Looking for a new face on Facebook?  
Do a search for EMDR HAP  
and find us on Facebook!



## Volunteer Spotlight on: Earl Grey

This month's HAP volunteer in the spotlight is no stranger to the spotlight. **Earl Grey** of Pittsburgh, Pennsylvania is an accomplished EMDR clinician by day, but after hours, he is an active thespian!

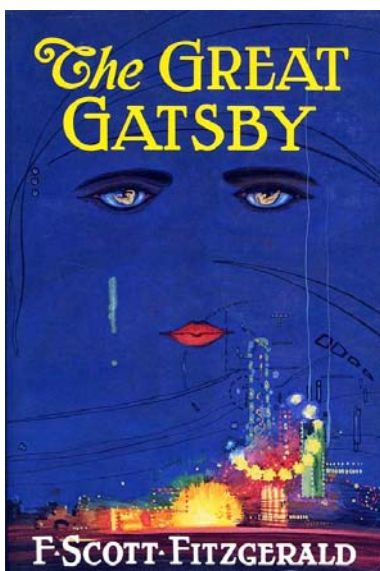
While attending the EMDRIA Conference in Atlanta in 2009, Earl visited the HAP booth and was motivated to become a volunteer because of his "passion for the fidelity and purity of EMDR combined with the HAP mission." By the 2010 conference, he had been trained as a HAP facilitator. At these HAP trainings, Earl enjoys meeting new people while spreading the power of EMDR.



Earl is presenting at the 2010 EMDRIA Conference and is also entered in the poster session, both as an individual and with a colleague. Earl will be feted this November by Pittsburgh Magazine and Pittsburgh Urban Magnet Project as one of Pittsburgh's "40 Under 40" who are making a positive difference in the region. (Read all about it at <http://www.40under40pittsburgh.org/winners.htm>) Earl is the founder and director of Chrysalis Mental Health and Wellness, and is also a Regional Coordinator for EMDRIA.

When he's neither working nor volunteering, Earl enjoys spending time with his six (yes, six!) dogs. He also enjoys writing, dancing and singing, and once toured the United States playing Bert in *Sesame Street Live*. HAP is grateful to Earl for sharing his energy, expertise and enthusiasm with us.

## Recommended Reading



With the summer over and our thoughts on Minnesota, the time is right to read *The Great Gatsby*, a novel about the excesses of the summer of 1922, perfectly penned by Minnesota's favorite literary son F. Scott Fitzgerald. Arguably *the* Great American Novel, *Gatsby* is undeniably Fitzgerald at his artistic peak; you can hear the jazz playing in his words. This timeless novel has it all and then some. Chances are good this book was required reading when you were in high school, but take another look at it now and see how time has only added to its beauty and richness. Put a Bix Beiderbecke record on the Victrola and enjoy this book out on the verandah as the sun sets and the birds fly south to warmer climes...

Do you have a book title to suggest? Send me your reading recommendations, and I will try to include them in future newsletters!

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



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**Note the new address!  
Please don't use our  
old p. o. box!**

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We're on the Web!  
[www.emdrhap.org](http://www.emdrhap.org)  
Facebook, too!  
EMDR HAP

Here's a list of upcoming HAP trainings:

- Part I: La Familia Guidance Center in **St. Paul**, 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
  
- Part II: Palm Beach Atlantic University in **Orlando**, FL on October 15-17
- Part I: South Shore Mental Health in **Quincy**, Massachusetts on October 15-17
- Part II: La Frontera in **Tucson**, Arizona on October 22-24
- Part I: (Location to be announced) in **Fort Defiance**, Arizona on October 22-24
- Part II: Kinship Center in **Salinas**, California on October 22-24
- Part II: Green House Center in **Orem**, Utah on October 22-24
- Part I: Park Avenue Alternative Education/Nevada Joint Union High School District in **Grass Valley**, California on October 29-31

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 Director, at [training@emdrhap.org](mailto:training@emdrhap.org), and she'll gladly discuss the details with you.

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

And I hope to see you in Minneapolis at the EMDRIA conference!

Less bark and more wag,

Conrad Sienkiewicz  
Volunteer Coordinator



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***Words To Live By: Bob Dylan  
(American Poet, born in MN 1941)***

"May your hands always be busy, may your feet always be swift.  
May you have a strong foundation when the winds of changes shift.  
May your heart always be joyful and may your song always be sung.  
May you stay forever young, forever young."

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