



# Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

There's a saying, "March comes in like a lion and goes out like a lamb," but here at HAP, this saying seemed very fitting for November: we had eight trainings in the first two weekends of this month!

On the weekend of November 5, trainer **Roy Kiessling** and trainer in-training **Janet Wright** delivered a Part I in Valparaiso, Indiana; at this event, Janet became a Part I trainer. Congratulations, Janet! Trainer **Peggy Moore** and trainer in-training **Susan Curry** tag-teamed a Part I in Tulare, California. Trainer **Jack McCarthy** lead a Part II in Haverhill, Massachusetts with facilitator **Denise Gelinas** and red badge **Andrea Goldberg**. South that same weekend in Macon, Georgia, trainer **E. C. Hurley** conducted a Part II with facilitators **Lynda Ruf** and **Roxann Hassett**. Across the pond in Nairobi, Kenya, trainer **Michael Keller** was quite busy leading Part I and II trainings as well as an R-TEP and a specialty workshop.

Four more trainings followed fast the following weekend. In San Francisco, California, trainer (and San Franciscan) **Priscilla Marquis** and facilitator **Elaine Ortman** (a very last-minute addition: BIG THANKS to you again, Elaine!) worked with red badge **Rachel Erwin**, in Rachel's agency SAGE— Standing Against Global Exploitation, which aims to address the issues involving both children and adults involved in commercial sexual exploitation. Out of Africa trainer **Michael Keller** delivered a Part II with facilitators **Jan Schaad** and **Katie O'Shea** in Jackson Hole, Wyoming, where red badge **Leslie Brown** was successfully observed and became a HAP facilitator: way to go, Leslie! In Oklahoma City, Oklahoma, trainer **E. C. Hurley** volunteered again with facilitators **Lynda Ruf** and **Susan Carson** for a Part II with Veterans Families United in Oklahoma City (see picture on page 4). In St. Petersburg, Florida, trainer **Reg Morrow** and trainer in-training **Carol Crow** taught a Part II.

The month concluded with a Part I in Chester, Pennsylvania on November 19, when trainer **Roy Kiessling** worked with trainers in-training **Karen Alter-Reid** and **Sue Evans**. So November (the month of the Leonid meteor shower) came in like a lion and went out like a lamb. I'm not "lion" when I say it wasn't a "baa-d" month. (Okay, so **you** send in a better joke!)

**DEPARTMENT OF CORRECTIONS** - Last month, I misnamed a volunteer: **Jenn Pattison** did logistics in Orlando on October 15. Sorry for the misnomer, Jenn! I also failed to acknowledge a new facilitator, **Mark Nickerson**, who completed his training that same weekend in Quincy, Massachusetts: way to go, Mark!

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# Time to Update Your Volunteer Account!



Father Time has a way of trailing us, but don't let him get his hands on your insurance and license documentation! **Please do the following to ensure that your credentials are current with HAP:**

1. **Log in to your volunteer account at <http://www.emdrhap.org/volunteers/login.php> and update the information regarding your license.** If you have forgotten your password, you can request it via the website, or drop me a line and I will assist you.)
2. **Send (by regular mail or email) copies of your current insurance information and license** to Conrad Sienkiewicz, HAP's volunteer coordinator.

Your efforts to keep your volunteer information up to date are most appreciated. Many thanks!

## HAP @ NASDDDS re: EMDR + I/DD + PTSD



HAP was recently invited by the National Association of State Directors of Developmental Disability Services (NASDDDS) to speak at their annual conference in Alexandria, Virginia, about EMDR and its effectiveness with people with Intellectual and Developmental Disabilities (I/DD). Volunteer **Robbie Adler-Tapia** and HAP Associate Director **Gail Ford** delivered their presentation to this group of leaders, who have the responsibility and authority to set policy and direction regarding services and supports to this population in their home states. The plenary presentation was scheduled from 4 to 5 pm on November 18, but some in attendance stayed until well after 6pm, to watch a video of an EMDR session and to talk further about EMDR and the importance of treating PTSD in people with IDD.

Gail and Robbie's PowerPoint can be found at :

[http://www.nasdds.org/Meetings/2010\\_Annual\\_Conference/2010\\_AC\\_Presentations/GailFord&RobbieAdler-Tapia.pdf](http://www.nasdds.org/Meetings/2010_Annual_Conference/2010_AC_Presentations/GailFord&RobbieAdler-Tapia.pdf)

# Coming Soon: Revised Facilitator Guide

**Hope Payson, Roy Kiessling, Reg Morrow** and yours truly are busy revising the HAP Facilitator guide this month, and we hope to have it completed for the new year. Once done, we will post it on the soon-to-be-revealed newly redesigned website. Stay tuned...

## New Items in the HAP Store

The HAP Store has a few new items this month. For starters, we have two CDs from Mark Grant: “Pain Control Based on EMDR” and “Calm and Confident Based on EMDR.” These CDs are only \$17 each. We also have **Robbie Adler-Tapia** and Maura Tapia’s “My EMDR Workbook” in a new disc format that allows for convenient reproducing for multiple clients. The book and cd set costs \$50.

HAP caps are also available in six colors (as modeled below by HAP staff: stone, blue, pink, forest green, white and mustard) and are on sale for only \$10; they make great holiday gifts! Sport a HAP cap and start a conversation! **Peggy Moore** recently noted, “It finally happened! I was at the butcher shop where I have been shopping for more than 30 years and I was wearing my HAP cap when one of the clerks said, ‘OH! EMDR HAP CAP! It’s wonderful. I have been doing it and it is so helpful.’ I cried!”

To shop with HAP, go to <http://www.emdrhap.org/store/index.php>



## HAP Reimbursement and Expense Policy

HAP has recently updated our Travel Expense and Reimbursement policy, which will be posted on our soon-to-be-revealed newly redesigned website. The most notable revision asks volunteers to **please submit reimbursement requests within 90 days of an event**. This way, we will be able to process your request and reimburse you in a timely fashion.



# HAP Snaps from Around the Globe!



**Dorothy Ashman** (front row on right, wearing a red blouse and scarf) facilitated in Addis Ababa, Ethiopia in October.

While posing for this picture, a trainee in the group said, “Go with that!”

Read more about EMDR in Ethiopia at Dorothy’s blog at <http://www.outreachethiopia.blogspot.com/>



**Suzie Carson** (left) and **Cynde Clark-Collins** of Veterans Families United take a break during the Part I training in Oklahoma City.

I’m not sure if Suzie is reacting to the fact that she wore the same black vest as Cynde or if Suzie just realized she was supposed to be in Kansas City!

Thanks to **Lynda Ruf** and her candid camera!

(Nice training space, eh?)

Got a good photo of HAP volunteers?

Send it to me ([conrads@emdrhap.org](mailto:conrads@emdrhap.org)) and maybe it will end up in a future newsletter!

# Volunteer Spotlight on: Maria Masciandaro



This month's volunteer spotlight is aimed at **Maria Masciandaro** of Elizabeth, New Jersey. Being so close to New York City, New Jersey often fails to collect the respect it rightly deserves. The Garden State claims such native sons as Frank Sinatra, Bruce Springsteen and both Abbott *and* Costello; now it beams with pride over Maria, who is (in this editor's humble opinion) the busiest woman in New Jersey. Maria has volunteered for HAP as a consultant, facilitator and mentor. She is also coordinating a Trauma Recovery Network in northern New Jersey and is an EMDRIA Regional Coordinator, too. Here is Maria's HAP story in her own words.

\* \* \*

"I am fuzzy about when I started volunteering at HAP. I was one of the fortunate folks to be trained by Francine Shapiro in the mid 90s when she personally did the Part 1 and Part 2 trainings. I found a consultation group led by my mentor, Sheila Bender, and remained in a monthly group for the better part of a decade, becoming an EMDRIA Certified therapist and eventually an Approved Consultant. Somewhere in there, Sheila introduced me to Victoria Britt and Barb Korzun (who was then Executive Director of HAP). Sheila and Victoria welcomed **Betsy Prince** and I to join them in becoming Regional Coordinators for NJ. Together we set up a HAP-NJ Disaster Response Network of clinicians who were willing to provide 3 sessions of pro-bono treatment post 9/11.



"I learned a great deal. Personally I was juggling the needs of three step- and three bio-daughters. This involved school boards and Girl Scout Troops. When my family pressures eased, I became a HAP facilitator. **Marilyn Luber** was a great trainer and I still perform her little visual mnemonic for my consultation groups, guiding them how to determine if a particular statement is a good negative cognition. I have worked with some remarkable people in HAP.

"I believe that training others is an important aspect of my work. I think of that **TV commercial\*** that went, "You tell two people, and they tell two people etc.." and each time I give up an office hour where I might help one person, I think of all the people that will benefit from being helped by the group of therapists I teach during that hour. This has enabled me to have a standing commitment to HAP for two hours every other Tuesday to provide phone consultation to a group of newly trained folks from around the country where HAP is not able to provide face-to-face consultation. When my schedule allows, I also enjoy facilitating HAP trainings and was privileged to work with E. C. Hurley during the last Oklahoma City training. Professionally, I also utilize hypnosis in my practice; I am the Vice President of the Clinical Hypnosis Society of NJ.

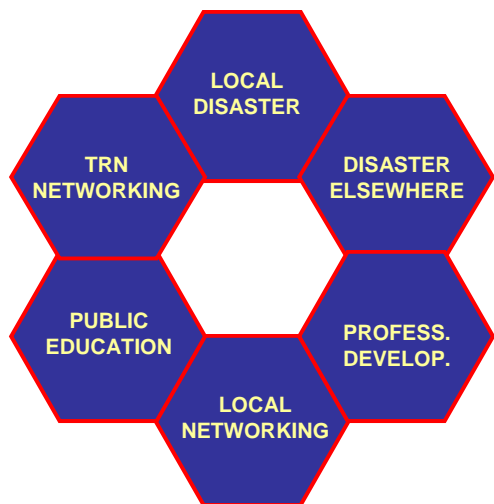
"Now that the girls are grown up — four married and #5 planned for next summer — I have time for community work and am active in my local Rotary Club. I love ice skating (which I began after 50!) and bike riding and each fall I take up my knitting again. I am an Apple junkie and I have to keep telling myself that I don't really need an iPad."

\* \* \*

Maria is also an accomplished cook who makes her own sauce and jars an average of 1200 pounds of tomatoes each summer! They say if you want something to get done, ask a busy woman to do it. Maria is just that woman, and we are thankful for her generosity within the EMDR community.

**\*Do you recall this 1980s tv commercial? The first person to tell me the correct product featured in this commercial will get a free HAP cap!**

## HAP TRN Talk



HAP currently has ten Trauma Recovery Networks in the US. You can find them in **Western MA; Minneapolis, MN; New York City; Bend, OR; Seattle, WA; Phoenix, AZ; Orlando, FL; Long Island, NY; New Haven, CT; and Northern New Jersey.** About another ten TRNs are in the early planning stages. One of my goals for 2011 is to tighten up the TRNs by collecting information from each TRN and improving communication between TRNs. To meet these ends, I will be contacting TRN coordinators early in 2011.

If you are interested in establishing a TRN in your neighborhood, please drop me a line and I will gladly assist you.

## Consultants' Corner: Committee Conference Call!



At the HAP faculty meeting at the EMDRIA Conference, numerous HAP volunteers stepped forward to form a consultation committee to review the format of consultations during and after HAP trainings. This group met via conference call this week to examine the current format and make possible suggestions for improvement. These volunteers included **Robbie Adler-Tapia, Susan Brown, Carol Crow, Kathy Davis, Sue Evans, Earl Grey, Deb Kennard, Peggy Moore, Reg Morrow, Katy Murray, Katie O'Shea, Jocelyne Shiromoto** and **Jamie Zabukovec**. We appreciate their dedication to helping improve the consultation component of HAP trainings.

**BIG THANKS** to the HAP volunteers who provided post-training consultation to recent trainees in November: **Karen Arthur, Linda Bowers, Jim Cole, Roxann Hassett, Amy Kahn, Farnsworth Lobenstine, Maria Masciandaro, Rik Muroya, Lynda Ruf, Jill Strunk** and **Elaine Wynne**.

Just a reminder: if you are an active HAP volunteer, you can **access information** about the events that you have volunteered for **by logging on to your volunteer account** on our website. Once logged in, you can see the past and current events you have signed up for and also access other valuable information such as:

- the **names of the other volunteers** on your team and their contact information
- the **event location** and other contact information for the event
- logistical information** offered by the sponsor agency, such as recommended hotels
- the **per diem** rate for that area
- the **roster** for the event

In the past, HAP forwarded "Information Sheets," but we are no longer able to keep up with this practice due to the increased amount of training events. Accessing the event through your volunteer account allows you instant access to this information anytime you need it.

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the EMDR Humanitarian  
Assistance Programs**



**2911 Dixwell Avenue  
Suite 201  
Hamden, CT 06518**

Phone: 203-288-4450

Fax: 203-288-4060

E-mail: [conrads@emdrhap.org](mailto:conrads@emdrhap.org)

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: Northland Family Help Center in **Flagstaff**, Arizona 12/3-5
- Part I: Occupational Enterprises in **Lebanon**, Virginia 12/10-12
- Part I: Fairfield University School of Nursing in **Fairfield**, Connecticut 1/7-9
- Part I: Virginia Beach Child and Youth Services in **Virginia Beach**, Virginia 1/7-9
- Part II: House of Mercy in **Des Moines**, Iowa 1/7-9
- Part II: Blanchfield Army Community Hospital in **Clarksville**, Tennessee 1/7-9
- Part I: Beacon Addiction Treatment Center in **Birmingham**, Alabama 1/21-23
- Part I: Robert Mental Health Center in **Rock Island**, Illinois 1/21-23

December is a great month. It has several holidays that focus on the light amidst the cold darkness, and that is a fitting metaphor for what our volunteers provide. December is also an appropriate time to look back at the achievements of the year, and HAP would not be where it is now without the generous contributions of its dependable and skilled volunteers.

Whatever you celebrate in December, we at HAP hope you have a month filled with the warmth of family and friends. We look forward to working with you in 2011, too!

Wishing you all the best,

**Conrad Sienkiewicz**  
Volunteer Coordinator  
[conrads@emdrhap.org](mailto:conrads@emdrhap.org)  
(203) 288-4450



***Words To Live By: Arlo Guthrie  
(American Folksinger, born 1947)***

**“You can’t have a light  
without a dark to stick it in.”**

(That’s Arlo riding on a float at the  
2010 Macy’s Thanksgiving Day Parade)