



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

December was a month rich with holidays, including (but certainly not limited to) Chanukah, Muharram, Ashura, solstice, Pancha Ganapati, Christmas, Boxing Day, Kwanzaa, and New Year's Eve. Oh, yeah, and Festivus for the rest of us! With all these holidays on the calendar, there was scant room for trainings.

On the weekend of December 3, trainers **Laurie Tetrault** and **Robbie Adler-Tapia** worked with trainer in-training **Sue Curry** to deliver a Part I training in Flagstaff, Arizona. Facilitators **Lil Sideris**, **Sue Thompson** and **Jan Schaad** were there to assist.

The following weekend, trainer **Lynda Ruf** and facilitator **Michael Galvin** brought a Part I training to Lebanon, Virginia. Special thanks to Lynda and Michael for completing this training with one less facilitator than anticipated.

And that was it for December! We at HAP used the relative quiet to work on the soon-to-be-revealed website, organize some files and materials, as well as prepare for a slew of trainings in January and February. 2011 looks to be a very busy year for us, and we thank you for your generous donations of time, talent and treasure. **Here's hoping 2011 will be a great year for all of us!**

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Are Your HAP Credentials Up to Date?

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.)
2. **Send (by regular mail, email or fax) 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!**

Consultants Corner

Several HAP volunteers provided post-training consultation to HAP trainees in December. These fine folks included **Robbie Adler-Tapia, Linda Bowers, Jim Cole, Sue Curry, Sarah Jenkins, Farnsworth Lobenstine, Maria Masciandaro, Barbara Meyer** and **Elaine Wynne**. 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 EMDRIA-approved consultant (or consultant in-consultation 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 me at conrads@emdrhap.org.



Still Searching for HAP Snaps!

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. See the examples below.

Next time you attend a HAP training, please take some pictures and send them to me at conrads@emdrhap.org. Thanks!



January is National Mentoring Month

National Mentoring Month was started in 2002 to promote youth mentoring in the United States. HAP also utilizes mentors, but for a different purpose: to provide guidance and support to facilitators in-training. After passing a phone interview, a facilitator candidate is assigned a mentor, who will review the facilitator's handbook with the candidate to prepare him/her for red badging (that is, observing and being observed at Parts I and II trainings). Once the mentor has reviewed the handbook, the mentor then signs off and the facilitator candidate is now a red badge, ready to observe and be observed at part I and II trainings.

Mentors are encouraged to stay in touch with their mentees, as red badges might encounter challenges at trainings, and mentors could help them process their experiences.

Here is a list of **HAP mentors** and their mentees from the last year or so:

- **George Abbott** / Mark Nickerson
- **Robbie Adler-Tapia** / Soozie Bolte
- **Karen Alter-Reid** / Phoebe Kessler
- **Susan Brown** / Sara Gilman and Susan Goodell
- **Donna Bruzzese** / Kass Atkinson
- **Suzy Carson** / Earl Grey
- **Sue Curry** / Rachel Erwin
- **Nancy Errebo** / Richard Smith
- **Carol Forgash** / Andrea Goldberg
- **Karen Forte** / Judith Boone, Patty Giffin, Josie Juhasz and Carol Zancanella
- **Ann Gildersleeve** / Enid Singer
- **Ana Gomez** / Nezhad Edalatian
- **Nancy Knudsen** / Amy Kahn
- **Harriet Mall** / Merrill Powers
- **Maria Masciandaro** / Sheila Salama
- **Peggy Moore** / Wendy Buchanan, Raylah Etlantus and Elaine Soto
- **David Ogren** / Laura Dickson
- **Elaine Ortman** / Leslie Brown
- **Hope Payson** / Judy Cabeceiras
- **Joan Petty** / Suzanne Borstein
- **Lynda Ruf** / Wendy Krauss
- **Jan Schaad** / Marsha Sage
- **Jill Strunk** / Larry Anderson and Bonnie Mikelson
- **Leslie Weiss** / Dorothy Ashman

Mentoring is a highly rewarding experience. If you would like to be a mentor to a facilitator candidate, please send an email to me at conrads@emdrhap.org.

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www.emdrhap.org**

**and find us on
Facebook, too!**



Here's a list of upcoming HAP trainings:

- 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
- Part II: in **St. Paul**, Minnesota 1/21-23
- Part I: Hartford School District— Regional Alternative Program in **Wilder**, Vermont 2/4-6
- Part I: Northwest CT HAP in **Winsted**, Connecticut 2/4-6
- Part I: Community Counseling Center in **Las Vegas**, Nevada 2/4-6
- Part II: Vet Center Readjustment Counseling Service in **Las Vegas**, Nevada 2/15-17
- Part I: Center for Grief Care and Education at San Diego Hospice in **San Diego**, California 2/25-27

January was named after Janus, the two-faced god of doorways, who was able to look both backwards and forwards. January is a great month to look back on what we have done in 2010 and look forward to what we hope to accomplish in 2011. Without a doubt, this work is only made possible by the contributions of our volunteers. Thanks for all you have done and continue to do!

Happy New Year!

Conrad Sienkiewicz
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Words To Live By: Léon Bloy
(French novelist, 1846-1917)

**“Suffering passes,
but the fact of having suffered
never leaves us.”**