



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

At the HAP world headquarters in beautiful downtown Hamden, Connecticut, January was a very cold month with lots of snow and frigid temperatures, but we managed to hold some hot trainings nonetheless: seven trainings over just two weekends!

On January 7, Bay Staters **George Abbott** (trainer) and **Mark Nickerson** (facilitator) met Nutmeggers **Karen Alter-Reid** (trainer in-training) and **Joan Petty** (facilitator) in Fairfield, Connecticut for a Part I training. That same weekend, trainer **Lynda Ruf** and a terrific trio of facilitators (**Sandra Kremer**, **Janet Thornton** and **Farnsworth Lobenstine**) brought a Part I training to Virginia Beach, Virginia. Farther south in Clarksville, Tennessee, trainer **E. C. Hurley** and facilitators **A. J. Popky** and **Wally Juraschka** taught a Part II training. Way out in Des Moines, Iowa, trainer **Roy Kiessling** and facilitator **Susan Arland** managed a Part II training where red badge **Bonnie Mikelson** was observed: congratulations to Bonnie for becoming a facilitator—our first of the new year!

On January 21, trainers **Zona Scheiner** and **Bennet Wolper** were seen together (again!) leading a Part I training in Birmingham, Alabama, with facilitator **Roxann Hassett**. Trainer **Roy Kiessling** and trainer in-training **Katy Murray** worked with facilitator **Jan Schaad** at a Part I training in Rock Island, Illinois. In St. Paul, Minnesota, trainer **Deb Kennard** was assisted by facilitators **Sue Evans** and **Michael Galvin** at a Part II; red badge **Larry Anderson** observed.

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Are Your HAP Credentials Current?

Please do the following to ensure that your credentials are up-to-date 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!



A well-balanced team at the Fairfield training: **Joan Petty, George Abbott, Karen Alter-Reid and Mark Nickerson.**



Farns Lobenstine's easy-going style is clearly evident as he facilitates during a practicum at Virginia Beach.



Can you spot the differences between these two photos of the trainees and team members at Virginia Beach? There are at least six. Good luck!

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

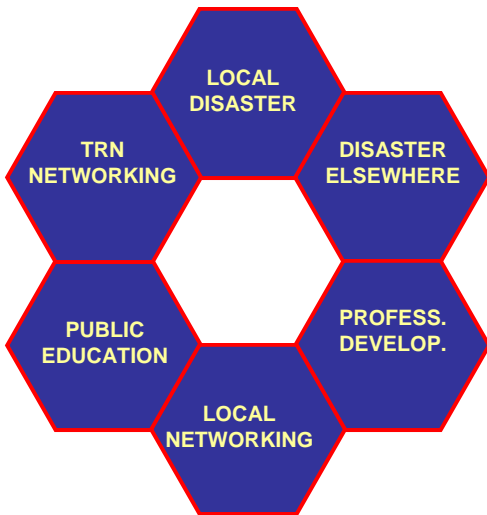


Japan team and trainees
July 2010



High Point NC team and trainees
August 2010

HAP TRN Talk



Maria Masciandaro recently organized an abbreviated training in Recent Traumatic Episode Protocol (R-TEP) to draw attention to the **NJ Trauma Recovery Network**, which she coordinates. On January 22, approximately 40 EMDR therapists attended this event at Care Plus NJ, Inc. in Bergen County, New Jersey. For three hours, Maria, **Sheila Bender** and **Victoria Britt** (three of the NJ EMDRIA Regional coordinators), presented **Elan Shapiro** and **Brurit Laub's** R-TEP protocol.

Dr. Shapiro and Ms. Laub were very generous with their guidance about this event. In addition to an interactive lecture - a la a Greek chorus - a demonstration was conducted with Victoria as the therapist and Sheila as the client, while Maria provided commentary about the protocol. Following Dr. Shapiro's format for his demonstrations in his longer training, each of the important decision points were illustrated: EMD, EMDr and then EMDR. The feedback from the participants was wonderful.

Maria also distributed information about the NJ TRN and asked for any certified therapists who might be willing to donate 1-3 pro bono sessions to individuals who may be identified who experienced a trauma and who cannot afford private treatment.

Consultants Corner

An even dozen HAP volunteers provided post-training consultation to HAP trainees in January. These generous folks were **Kass Atkinson, Leslie Brown, Wendy Buchanan, Michael D'Antonio, Patty Giffin, Roxann Hassett, Sarah Jenkins, Florence Lim, Farnsworth Lobenstine, Maria Masciandaro, Merrill Powers** and **Laurie Tetreault**. 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 the volunteer coordinator at volunteer@emdrhap.org.



Volunteer in the Spotlight: Farns Lobenstine



Our HAP Volunteer in the Spotlight this month is **Farnsworth Lobenstine**, a busy clinician from Amherst, Massachusetts, and HAP's reigning "King of Consultations." HAP is grateful for Farns for providing this exclusive interview as well as photos from his amazing garden. Who knew that Farns is the man to call if you suffer from anthophobia?

When and how did you start volunteering with HAP? What motivated you to get involved? I first got involved with HAP in 1999. I got trained with the Institute in 1998 and knew I wanted to bring EMDR to my agency. Two agencies collaborated and we got 160 clinicians trained in two Part One trainings and 70 in a single Part Two training over the course of 12 months. Clinicians came from all over western Massachusetts. And I offered a General and a Child-focused EMDR Study Group every month. From my religious upbringing, my parents' values, and my political perspective, I have always had a strong commitment to serving the poor, and hence to community mental health.

How are you currently involved as a HAP volunteer? I became an Institute Facilitator in 2003 and a HAP Facilitator in 2005 and have been part of training teams often since then, primarily in the Northeast. In 2009, I began to do two phone consultations with HAP trainees every month. I enjoy this process immensely. Several other consultants have sat in on these phone sessions to get comfortable with the process, and now enjoy this opportunity as well. I type quickly and have been typing a transcript of all of my consultation sessions as I meet or speak by phone with consultees and then sharing it. For the past several months, I have been able to email my HAP phone consultees this transcript. I also send them a couple of handouts by postal mail. **Rosemary Gelbach** [HAP's Consultation Coordinator] always provides me with this information.



Why do you keep volunteering? What do you get out of volunteering? It is such a joyful opportunity and privilege to teach and to consult. And of course, it improves my own work. I have so often observed and guided the power of EMDR as a Facilitator, and so enjoyed the collegiality of the team and sometimes of the trainees, that these weekends are always a precious time.

Any memorable experiences while volunteering with HAP? I formed a rather magical bond with two best friends who were in my Part 1 and Part 2 trainings in Haverhill: **Deborah Courtney** and **Amy Toller**. They later joined an Introductory EMDR Consultation Group I led. And the EMDR HAP training inspired one of them, Deborah, to create a new EMDR game for children and adolescents, The EMDR Journey. Working with **Hope Payson** as she gently pushed herself to become a Facilitator was a thrill. She is so amazing! As a result of her deepened confidence, she and three of her consultees joined my Advanced Seminar. So I had the privilege of working closely with the Gang of 4 for a whole year!

Care to say a few words about your other volunteer interests? In an earlier part of my career as a social worker, I was an organizer. So it's natural that I have been an active part of the Western MA EMDRIA meeting since its inception in 2001. I helped create a directory of EMDR Trained Clinicians in Western Mass which is going into its Tenth Edition, both in print version and on our website. I have been on the planning committee for the first six of our seven annual conferences. For the past 11 years, I have led monthly EMDR Study Groups, a general one and one focused on children and adolescents. EMDR is very much my home base. And we have been fortunate to have such a rich community of EMDR therapists in western Massachusetts.

When you are not working or volunteering, what do you do for fun? I am blessed with a warm and vibrant family. My wife and I have four children (two biological and two foster) and three grandchildren. Our extended families gather as we can. Thanksgiving is my favorite holiday and we always host 20-28 people here. I love gardening, growing vegetables and LOTS of flowers to enjoy and share. I have 50 varieties of iris and 35 varieties of peonies and many lilies, some 6 and 7 feet tall!



Sad News

HAP was saddened to hear of the passing of Mike Morrow, husband of Reg Morrow (a HAP trainer, coordinator of the Orlando Trauma Recovery Network and EMDRIA Regional Coordinator). We have been informed that a trust fund for Reg's children Michael and Becca is being set up. Cards and donations to the trust (checks made to Reg Morrow, with "Trust" written in the memo) may be sent to Reg Morrow c/o Windermere Counseling Corp., 104 W 6th Avenue, Windermere, FL 34786.

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

Phone: 203-288-4450
Fax: 203-288-4060
E-mail: conrads@emdrhap.org



Here's a list of upcoming HAP trainings:

- Part I: Hartford School District— Regional Alternative Program in **Wilder**, Vermont 2/4-6
- Part I: Northwest CT HAP in **Canton**, Connecticut 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
- Part I: Chrysalis Mental Health and Wellness in **Pittsburgh**, Pennsylvania 3/4-6
- Part II: Synergy Services in **Kansas City**, Missouri 3/25-27
- Part II: SAGE in **San Francisco**, California 3/26-28
- Part I: Landspítali—Dept. of Women's and Children's Health in **Reykjavik**, Iceland 3/29-31
- Part II: Park Avenue Alt. NJUHSD in **Grass Valley**, California 4/8-10
- Part II: Tulare Youth Service Bureau in **Tulare**, California 4/8-10
- Part I: Community Counseling Center in **Las Vegas**, Nevada 4/29-5/1
- Part II: Northland Family Help Center in **Flagstaff**, Arizona 4/29-5/1
- Part II: Fort Defiance Indian Hospital in **Fort Defiance**, Arizona 4/29-5/1

It seems that Punxsutawney Phil and Staten Island Chuck were both in agreement: these east coast groundhogs emerged from their dens and did *not* see their shadows, so we can anticipate an early spring! Long Island's Malverne Mel cancelled his appearance because of the foul weather: not a good sign. Here's hoping the groundhog in *your* neighborhood brought you some good news!

Conrad Sienkiewicz
Volunteer Coordinator
conrads@emdrhap.org
(203) 288-4450



***Words To Live By: Margaret Mead
(Cultural anthropologist, 1901-1978)***

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

(Sounds like she is talking about Trauma Recovery Networks!)
