



# Making It HAPpen

## Volunteer Newsletter of the EMDR Humanitarian Assistance

November was almost evenly split with Part I and Part II trainings. On November 4, **Jack McCarthy** led a Part II in New London, New Hampshire with facilitator **Hope Payson**; red badge **Ted Olejnik** observed. Trainer **Roy Kiessling** delivered a Part II training on Bend, Oregon with facilitators **Josie Juhasz** and **Michael Galvin**; red badge **Carol Zancanella** observed. Trainer **Nancy Errebo** and trainer in-training **Sue Curry** handled a Part II in Las Vegas, Nevada that weekend, with **Jeanne Griffin** doing logistics. In Farmington, New Mexico, trainer **Peggy Moore** headed a Part I with facilitators **Elaine Soto**, **Lil Sideris** and **Don deGraffenried**; red badge **Wendy Buchanan** was observed and became a facilitator at this event. Way to go, Wendy!

On Veterans Day weekend, trainer **George Abbott** worked with facilitators **Katie O'Shea** and **Leslie Brown** at a Part I in Mesa, Arizona; red badge **Sarah Jenkins** observed. That same weekend in Nashville, Tennessee, trainer **Lynda Ruf** and facilitators **Sandra Kremer** and **Frankie Klaff** worked extra hard at a Part I when a facilitator fell ill; kudos to Lynda, Sandra and Frankie for going that extra mile!

On November 18, trainers **Zona Scheiner** and **Bennet Wolper** brought a Part I training to Asheville, North Carolina with facilitators **Betsy Prince**, **Sue Anne Wrenn** and **Don deGraffenried**.

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Volume 4, Issue 3

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## HAP Snap!

**Katy Murray** (wearing a hat) and **Sue Evans** celebrate becoming Part I trainers in Seattle.

**Josie Juhasz** was the HAParazzi who provided this photo.



## New HAP Facilitators

It has been a while since the newsletter has published the newest HAP facilitators, so we have a little bit of catching up to do! In the April newsletter, I somehow forgot to mention that **Rachel Erwin** became a facilitator in March in San Francisco, California. In the May newsletter, I failed to acknowledge **Josie Juhasz**, who became an official facilitator in March in Kansas City, Missouri. Mea culpa, Rachel and Josie!

**Suzanne Borstein** finished her facilitator training in July in Fairfield, Connecticut. **Elaine Soto** became a facilitator in September in San Diego. In November, **Wendy Buchanan** completed her facilitator training in Farmington, New Mexico while **Joset Munro** graduated in Ethiopia.

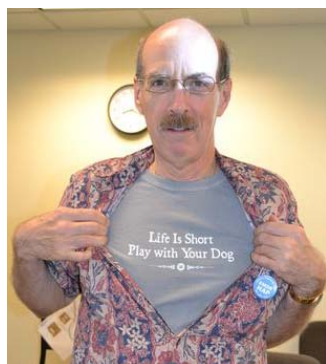
Congratulations to these six new facilitators!

**We thank** the 26 HAP volunteers who provided post-training consultation to HAP trainees in November and December. These dedicated folks were:

**Soozi Bolte, Leslie Brown, Wendy Buchanan, Stacey Cooper-Jennings, Michael D'Antonio, Karen Forte, Peggy Gale, Patty Giffin, Andrea Goldberg, Jean Griffin, Roxann Hassett, Jean Hawks, Josie Juhasz, Sandra Kremer, Farns Lobenstine, Maria Masciandaro, Bonnie Mikelson, Reg Morrow, Helen Morton, Rik Muroya, Merrill Powers, Lynda Ruf, Herminia Shea-Martinez, Sue Thompson, Jan Williams and Rosemary Wrzos.**

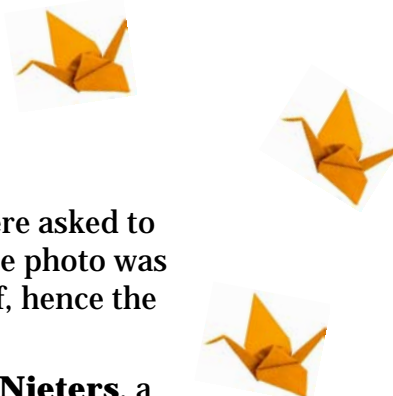
We appreciate them taking time out from their schedules to bring effective consultation to new trainees.

## Who is This HAP Volunteer?



In last month's newsletter, readers were asked to identify the HAP volunteer at left. (The photo was first printed with the head cropped off, hence the challenge.)

The volunteer in the picture is **Larry Nieters**, a facilitator at the Joplin training. No one had the correct answer, but **Julie Stowasser** was closest, so she will receive a string of three peace cranes.



# Important Reminders Regarding HAP Policies

## Basic Training Consultations

As many of you probably already know, HAP is removing consultations from the training weekends: **however, HAP will continue to honor our commitment to the agencies that booked their events prior to these changes.** This includes a number of events booked for early in 2012. For these events, three hours of consultation will be built into the weekend, and HAP will reach out to volunteer consultants who are willing to be linked with the agencies to provide the post-training consultation. As we actively phase in our new changes in the coming year, the three hours of consultation we used to embed with the training weekends will be removed, and HAP trainings will end an hour earlier each day. (That's one easy way to know if a training is part of the new system—it will end at 5pm on Friday and Saturday, and 4pm on Sunday.)

In the future, HAP will no longer connect trainees to volunteer consultants: instead, we will direct trainees to the HAP website, where we will have a list of HAP-affiliated consultants (who are either EMDRIA-approved or consultants in-training halfway through their consultation training) and to the EMDRIA website. Fees and scheduling will be negotiated between the consultant and the trainee. Trainees will have to arrange and pay for consultation on their own.

HAP will be reaching out to EMDRIA-approved consultants and consultants in-training, inviting them to provide us with a profile for our online directory, and we will also provide trainees with the “Find a Consultant” link on the EMDRIA website.

## Reimbursement Policy

In an effort to reduce paperwork and reimburse volunteers in a more expedient manner, HAP is no longer using the expense report forms. Instead, the volunteer coordinator will send an email to each training team member on the Monday or Tuesday following their event, and ask each team member to enter the amounts spent on travel and accommodations, as well as the days requested for the per diem. Receipts must be scanned or faxed, not mailed. This email and the scanned (or faxed) documents will then go directly to **Linda Blackburn**, our accounting support person, who will process your request.

This will streamline the process and eliminate the mailing of forms and receipts, which has sometimes resulted in double payment.

Also, expense requests must be submitted within 30 days to ensure prompt payment, as well as to help us keep our books accurate and up to date.

If you wish to donate some or all of your expenses to HAP, you must submit your expenses so that we may formally thank you and give you documentation for tax purposes.

# HAP Volunteer in the Spotlight



This month, HAP is plugging in the spotlight and aiming it at **Don deGraffenried**, who hails from Hamden, Connecticut. Don is a very active HAP facilitator and consultant, and has also sponsored numerous trainings over the years. He had a lot to say about his experiences with HAP!

**What motivated you to volunteer for HAP?** I received my Level I training in Boscawen, New Hampshire in 1999, when I was Clinical Director at Familystrength. We had 45 clinicians from the agency trained, who all took Level I at the same time. **Roger Solomon** was the trainer, with facilitator assistance from **Barbara Korzon** and **Roger Poire**. This was a private training which transformed me from the “doubting Thomas” into a clinician who was both intrigued and amazed by EMDR.

One day over a long breakfast, Roger Solomon and I met, as I had many questions about EMDR and the “EMDR family.” While Roger shared a lot of information with me, it took awhile for it to sink in. After a period of time I realized that there was some kind of “humanitarian organization” that provided EMDR training for nonprofit agencies. I thought this was a fantastic idea and later contacted Barbara Korzon, who was the Executive Director of the EMDR Humanitarian Assistance Program. One thing led to another and in a few months we set up the Level II training for the Familystrength staff. The trainers were **Kay Werk** and **Barbara Parrett**, and **Farnsworth Lobenstine** was the facilitator.

It was a unique experience for me to be trained by talented, passionate clinicians who were donating their time and energy to train agency-based staff in EMDR. This impressed as a dynamic combination of specialized clinical training and the opportunity to help move social justice forward in impoverished settings. Often agency staff feel that they do not have adequate training or sufficient resources to work with clients who present with complex trauma. EMDR had the potential to ensure that effective trauma services can be available in private practice and in public community mental health agencies. This presented to me as a special opportunity to impact on “mental health social justice” and to help bring EMDR to impoverished communities. This pulled on me like a magnet and recognizing the HAP training that I had received, I wanted to “pay it forward.”

So I began the training process to become an Approved Facilitator. I was fortunate along the way to receive support and training from a wonderful group of clinicians: **Michael Patterson, Marilyn Luber, Roy Kiessling, Co-coy Garcia, Leslie Weiss** and **Kathy Davis**.



***How are you currently involved as a HAP volunteer?*** I have worked as an Approved Facilitator at over 20 EMDR HAP trainings throughout the United States. While working at a mental health agency in New Haven, I was able to sponsor nine EMDR trainings in about two years. Trainers such as **Ana Gomez, Roy Kiessling, Jack McCarthy** and **Kathy Davis** helped to train many agency clinicians in the New Haven, CT area. Sometimes it was hard to remember which “EMDR hat” I was wearing: logistics person, sponsor, facilitator, etc. I was fortunate to have area EMDR clinicians who volunteered to help at the trainings such as **Lloyd Cloud, David Eliscu, Cheryl Kenn,** and **Millie Grenough**. All these trainings required a fair amount of organizing and I was influenced by the work of Malcolm Gladwell, who wrote “Tipping Points.” He identified three key roles that can come together (as it did with EMDR in New Haven) maven, salesman and connector, to generate significant change in a short period of time.

***What do you get out of volunteering with HAP?*** The EMDR Humanitarian Assistance Program gives me a unique opportunity to combine many of my interests and to focus on service to “public practice agencies.” These interests include community organizing, supporting/training clinicians in EMDR, advancing my trauma skills and the ongoing ability to “pay it forward.” I have found volunteering for EMDR HAP gives the chance to meet trainers/facilitators from all over the country and to form “training teams” at each Level I and Level II training – the work is energizing and rewarding.

***Have you had any memorable experiences while volunteering with HAP?***



There are many memorable experiences in my work with EMDR HAP. I am continuously inspired by the clinicians that I meet and their passionate dedication to be of service to EMDR and the community. One other experience that stands out was the day that **Francine Shapiro** came to “cut the ribbon” at the Urban Trauma Center in New Haven. We were opening a trauma center in a poor, besieged, trauma-ravaged neighborhood. The center specialized in working with survivors of homicide individuals that have had a family member murdered and Francine graciously agreed to come and cut the ribbon on opening day and make some remarks to the Board of Directors and community members.

***Any other volunteer interests?*** I was also honored to serve on the EMDR International Association for three years.

***When you are not working, what do you do for fun?*** I am a fan of the legendary Sleeping Giant State Park in Hamden, CT and spend many hours on the trails exploring the mountain. I also enjoy spending time with my two daughters, Taylor age 24 and Morgan age 20. In addition, I like motorcycles and can be seen in the New Haven area, riding my candy apple red Yamaha 1100.

Thank you, Don, for making time for HAP!

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



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Here is a list of upcoming HAP trainings:

- Part I: WEAVE in **Sacramento**, CA 1/4-6
- Part II: Pesach Tikvah in **Brooklyn**, NY 1/8, 9 and 12
- Part I: Dorothy Hersh Center in **New Brunswick**, NJ 1/13-15
- Part I: Chaddock in **Quincy**, IL 1/16-18
- Part I: YWCA in **San Diego**, CA 1/20-22
- Part I: Youth Services Bureau in **Tulare**, CA 1/20-22
- Part I: Carson Center in **Holyoke**, MA 1/20-22
- Part I: Phoenix Vet Center in **Mesa**, AZ 1/27-29
- Part I: Naval Hospital in **Camp Lejeune**, NC 2/3-5
- Part II: Refuge Center in **Nashville**, TN 2/3-5
- Part II: Family Crisis Center in **Farmington**, NM 2/3-5
- Part II: Health/Education Services in **Haverhill**, MA 2/10-12
- Part II: Seven Counties Services in **Louisville**, KY 2/10-12
- Part II: MAHEC in **Asheville**, NC 2/10-12

Whatever holidays you celebrate this month, we at HAP hope your celebrations are warm and memorable! We look forward to working with you in 2012.

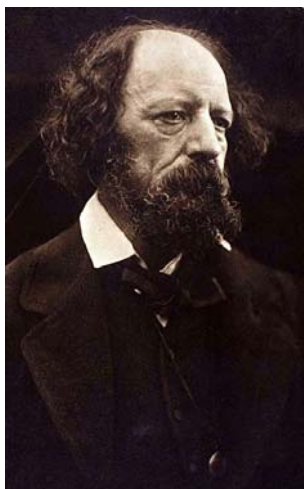
Ring those happy bells!

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***Words To Live By:***  
**Alfred, Lord Tennyson**  
**(English author, 1809-1892)**

“Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.”