



Making It HAPpen

Volunteer Newsletter of the EMDR Humanitarian Assistance Programs

HAP Events in November

There was plenty to be grateful for in November, especially after the political phone calls and commercials ended! Whether your candidates won or lost, let us hope that this country can improve its ability to work together in the spirit of compromise.

We had ten trainings in November. On November 2, **George Abbott** brought a Part I to Mesa, Arizona with trainer in-training **Rachel Erwin** and facilitators **Julie Miller** and **Elaine Soto**. Trainer **Michael Keller** and facilitator **Jan Schaad** conducted a Part II with facilitator in-training **Leanne Harper**, who is HAP's newest facilitator: nice work, Leanne! In Lubbock, Texas, trainer **Jack McCarthy** and trainer in-training **Jean Hawks** presented a Part I with facilitator **Michael Galvin**. East in Charlotte, North Carolina, trainer **Lynda Ruf** and facilitator **Roxann Hassett** managed a Part II.

We were just as busy on the weekend of the 16th, which was bursting with Part I events. In Bakersfield, California, trainer **Lynda Ruf** and trainer in-training **Rachel Erwin** worked with facilitator **Janice Lowe**. In Salt Lake City, Utah, trainer **Peggy Moore** and trainer in-training **Jan Schaad** teamed up with facilitator **Leslie Brown**. In Minneapolis, Minnesota, trainer **Sue Evans** volunteered (very last minute—BIG THANKS to Sue!) with facilitators **Roger Ludwig**, **Larry Nieters** and **Michael Galvin**. In Fort Bragg, North Carolina, trainer **E. C. Hurley** was paired with facilitator **Jim Gach**.

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On November 30, trainer **Michael Keller** reported having a “divine” time in Dubuque, Iowa, where he and his facilitators **Leanne Harper**, **Gary Scarborough** and **David Ogren** stayed in a convent during their Part II event. In Hamden, Connecticut — just across the street from HAP World Headquarters — trainer **Karen Alter-Reid** and trainer in-training **Don deGraffenried** taught a Part I with facilitators **Hope Payson** and **Joanne Twombly**; they were joined by facilitators in-training **Susan Marcus**, **Cheryl Kenn** and **David Eliscu**.

That's Karen in the blue scarf, showing solidarity with **Aili Arisco**, from the Connecticut Women's Consortium, where we held the Hamden training.

HAP Keeps Trainees Connected

In an effort to keep new HAP trainees connected to both HAP and the community of clinicians treating trauma, HAP has launched a newsletter called **The HAP Connector**. This electronic newsletter will be sent out seasonally to new HAP trainees and agency representatives, and will include useful information such as tips they can use on their clinical practice and information on upcoming trauma-related workshops. We could use your help in making this an effective newsletter:

- **With every issue, we would like to include an article for the clinical corner.** If you have an article that you would like to give us for publication in the newsletter, please send it to us (preferably as a PDF).
- **We also want to publicize trauma-related workshops that might be of interest to new trainees.** If you are presenting or sponsoring such a workshop, please let us know, so we can include details and links in this newsletter.

If you would like to contribute an article or submit a workshop listing, please contact **Conrad Sienkiewicz**, HAP's Volunteer Coordinator, at conrads@emdrhap.org, and he will gladly assist you with this. **We hope to send out another issue in early January.**

Help us help trainees stay connected and improve their practice!

HAP's Traumatology & Stabilization Workshop

HAP has recently revised the Traumatology & Stabilization workshop, a one-day event that defines trauma and how it affects people. The goals are to help participants recognize the signs and symptoms of trauma in adults and children, gain a basic understanding of the psychology of trauma, and learn psychological self-care techniques and how to teach them. It is open to non-clinicians as well, such as case managers, teachers, etc.

If you would like to become a presenter of this workshop, please contact the Volunteer Coordinator **Conrad Sienkiewicz** at conrads@emdrhap.org for details and an application.

(If you already sent your application to HAP, Conrad will likely contact you soon to discuss your interest.)

For information on how to get this workshop in your agency, please contact our Training Coordinator **Jackie Michaud** at jmichaud@emdrhap.org.

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The (Fiscal) Year In Numbers

During the fiscal year of July 1 2011 to June 30 2012,

EMDR HAP held **94** basic and specialty trainings

in **66** agencies

in **6** countries

and **31** states,

with over **2100** people being trained.

We thank you for helping us make all this happen.



Ask the Answer Man!

Dear Answer Man,

Last week I volunteered at a HAP Basic Training, and one person on the roster told me that he was auditing the course. What is an auditor?

Signed, Perplexed in Peoria

Dear Perplexed,

Auditors are people who are just sitting in on the morning lecture. Typically, they are looking for a refresher in Basic EMDR, and they meet HAP's eligibility requirements. They contact us directly to proceed with registration, as we need proof that they have already been trained. We also request that they do not ask advanced questions during the lecture, as this may interfere with the trainer's ability to cover the Basic Training material. Auditors pay \$200 and do not attend the afternoon practicum, but they are included on the roster and must sign in and out. For example, a roster may have 20 clinicians, but if two people are auditors, the team will still manage two groups of nine each in the afternoon, as the auditors will not be present. Auditors receive a manual but no certificate of completion and no continuing education credits.

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Here is a list of upcoming HAP trainings in the US:

- Part I: Rollins College in **Winter Park**, FL 1/4
- Part II: Colorado Christian University in **Loveland**, CO 1/4
- Part II: Fairfield University in **Fairfield**, CT 1/4
- Part II: Fremont Community Therapy in **Seattle**, WA 1/11
- Part II: Avila University in **Kansas City**, MO 1/11
- Part II: Granberry Counseling Center in **Monroe**, LA 1/11
- Part II: Youth ETC in **Phoenix**, AZ 1/18
- Part I: Rose Rock Recovery Center in **Vinita**, OK 1/25
- Part I: Olive Crest in **Bellflower**, CA 2/1
- Part I: MARC Center in **Mesa**, AZ 2/1
- Part I: Community Counseling Center in **Las Vegas**, NV 2/15
- Part II: Watters Family Life Center in **Fort Bragg**, NC 2/18
- Part II: HAP in **Minneapolis**, MN 2/22
- Part II: Fulton County Stress Center in **Wauseon**, OH 3/8

Whatever holiday you might — or might not — celebrate this season, take time to seek and appreciate all the wonder that surrounds us.

I hope you enjoy a wonder-full winter season!

Peace,

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***Words To Live By: E. B. White
(American Writer, 1899-1985)***

**“Always be on the lookout for
the presence of wonder.”**