



# Headington Headlines

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## SO FAR IN 2010...

Winter of 2010 has been a busy time for us. Here's a glimpse of our recent and future travel schedule:

- ◆ Don traveled to **Honduras** in January to provide training and support at a "high risk" security training for staff of a large humanitarian organization.
- ◆ Don traveled to **South Africa** in late February to provide consultations & trainings at another security training event.
- ◆ Lisa traveled to **London** to present a workshop and staff retreat on issues of spirituality and resilience in partnership with London-based, Inter-Health.
- ◆ Linda and Brent traveled to **Afghanistan** late February to provide training and consultations to three international development teams.
- ◆ We will be providing regional training for humanitarian staff and mental health professionals in **Kenya, Indonesia and Cambodia** later this spring.



Photo by Marcello Casal, Jr.

## HEADINGTON INSTITUTE RESPONDS TO HUMANITARIAN ORGANIZATIONS IN HAITI

Many of our conversations in the past month have included a response to the question, "*How are you involved in responding to the earthquake in Haiti?*" While our most important work tends to be done before and after humanitarian disasters rather than during one, we reply as follows:

- ◆ We are providing counseling support and management consultation to three large humanitarian organizations and their combined staff of nearly 500 workers currently in Haiti. This support is currently limited to telephone and internet communications. We anticipate providing in-person counseling and training in Haiti and the Dominican Republic in the near future.
- ◆ We will provide individual and team debriefs for a large team of relief workers that will rotate out of Haiti after their first deployment of 90 days.
- ◆ We are providing consultations to HR managers, operations managers, and CEOs of humanitarian organizations to help them assess their current capacity to provide staff-care and plan an effective response.
- ◆ We are participating in a large collaborative effort to provide stress and trauma recovery resources for relief workers in Haiti in the next 2 to 3 months. We have received positive feedback from several organizations currently using the resources we have contributed for staff in Haiti, including our training materials available in French and Creole. You can view these materials on our website.

## ALSO IN THE NEWS...



We had over **32,000** visitors to our website in January, many of whom downloaded one of our **8 training modules**, now available in **8 languages**.

## FROM THE PRESIDENT & FOUNDER



The earthquake in Haiti has created one of the most complicated humanitarian emergencies in memory. Relief and development organizations are mobilizing their staff for recovery programs that will be measured in years rather than

months. These workers will need our assistance, if they are to maintain their resilience and cope with trauma associated with their jobs. Because requests for our training workshops and counseling services have grown beyond our capacity to respond, we are expanding our staff and partnering with other organizations to multiply our impact. We're grateful for donors who have generously supported this work despite the recession, enabling us to move forward with plans to develop new and more effective ways to support humanitarian personnel world-wide. Together, we are making a difference. People are being helped. Although there is much more to do, we're making good progress in fulfilling our vision: *One day, all humanitarian workers will have the personal skills, social support, organizational resources, and public interest needed to maintain their wellbeing and thrive in their work.* Thanks for your help.

-Jim Guy

### Headington Institute News & Notes

- ◆ We bid farewell to **Dr. Nancy Magnusson**, secretary and member of the Board of Directors since 2002. She completed her tenure as Vice President of Pepperdine University and is now serving as Senior Vice President of Lipscomb University in Nashville, TN.
- ◆ **Dr. Lloyd McKay** of Brisbane, Australia, member of the Board of Directors since 2005, resigned after completing his four year term. He continues to travel extensively as an economist and consultant.
- ◆ New to our website—a **podcast series** specifically for humanitarian staff and **Creole & Khmer** (Cambodian) translations of the *Understanding and Coping with Traumatic Stress Module*.



## THE HEADINGTON INSTITUTE WELCOMES BOARD MEMBERS



◆ Dr. Winston Gooden, Dean of the Graduate School of Psychology at Fuller was appointed in September 2009 to the Board of Directors. He has written and presented widely on issues of attachment, shame, and intimacy in couples of various ethnic backgrounds.



◆ Ms. Joan Riboli also joined the Board of Directors in late 2009. She is the CFO for the San Antonio Winery and has extensive experience in charitable event planning and business management.



◆ In January 2010 we welcomed Mr. Christopher Martin to our Board of Directors. Chris is an investment manager at Headington Oil Company in Dallas, Texas.

## SUPPORTING STAFF IN KENYA AND INDONESIA

As part of our commitment to provide services to staff of international humanitarian organizations we are pleased to announce the following workshops:

**Building Resilience: Self Care, Management and Communication Skills for Managers, March 17th & 18th in Jarkarta, Indonesia.** This two-day workshop is offered in partnership with **People in Aid** and will focus on important management and leadership issues including team dynamics, conflict management and team resilience. Individuals can register at the People in Aid website: [www.peopleinaid.org/events](http://www.peopleinaid.org/events).

**Understanding and Addressing Vicarious Trauma and Burnout, April 21 & 22nd in Nairobi, Kenya.** Counselors in many roles regularly hear distressing stories, and witness the effects of violence, poverty and disaster. Engaging in a helping role with survivors of traumatic life experiences places them at high risk of experiencing vicarious trauma and burnout. This workshop will help counselors understand their own vicarious trauma and burnout and identify ways to increase and sustain their resilience. For more information visit our website training page.