

Francine Shapiro

Francine Shapiro, Ph.D., is a clinical psychologist, research scientist and innovator who is credited with the development of Eye Movement Desensitization and Reprocessing (EMDR) therapy.

As the originator of EMDR, Dr. Shapiro has conducted groundbreaking research demonstrating its efficacy for treating conditions such as post-traumatic stress disorder (PTSD), anxiety disorders, specific phobias and other psychological traumas. She has also developed an approach to understanding how memories become distorted over time and how they can be reframed ever more effective ways with EMDR therapy.

In addition to her research into EMDR, Dr. Shapiro is the author of several books on mental health topics related to trauma resolution, including *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* (2012). Through her work in promoting EMDR therapy around the world, Dr. Shapiro has had a profound impact on helping individuals address even long-standing traumas quickly, effectively and without much need for medications or psychotherapy substitutes.

EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based psychotherapy treatment modality used to effectively treat a wide range of psychological issues, including post-traumatic stress disorder (PTSD). Its efficacy has been extensively studied and documented.

This therapy works by activating different networks in the brain that store and process traumatic material while simultaneously using eye movements, tones, and tactile taps to stimulate the processing of memories related to the trauma.

In EMDR therapy, the therapist helps the client to identify connected thoughts, memories, images, and sensations related to the traumatic experience, then guides them through a series of alternating bilateral stimulation exercises.

Additionally, EMDR can also be used in combination with other treatments such as cognitive behavioral therapy for individuals on waiting lists for more intensive mental health services.

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