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Getting Past Your Past Francine Shapiro

Francine Shapiro, PhD, is an American psychologist who is the originator and developer of EMDR (Acronym for 'Eye Movement Desensitization and Reprocessing'),

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Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy. In a particularly touching chapter called A Part of the Whole, Dr Shapiro captures a few stories of society's most damaged individuals: child molesters, perpetrators of domestic violence, and drug addicts.

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EMDR Therapy and Getting Past Your Past February 27, 2012 By Francine Shapiro, PhD, Featured GoodTherapy.org Presenter On Friday, March 2nd, 2012 , GoodTherapy.org is thrilled to welcome Dr

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Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy. Shapiro goes on to discuss post-traumatic stress disorder (PTSD). PTSD involves extreme emotional distress from significant trauma such as major accidents, physical or sexual abuse, combat or natural disasters.

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Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us.

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