

- Raise awareness of gender inequality
- Encourage action for equality
- Donate and fundraise for women-focused charities
 Encourage solidarity and teamwork for people of all
- genders to support women's rights







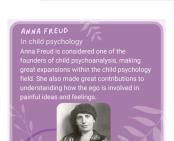






DR FRANCINE SHAPIRO
The founder of EMDR
Dr Francine Shapiro is a pioneering
figure in psychology, best known for
developing EMDR. Her innovative
approach has transformed the
treatment of trauma.









PR MARSHA LINEHAN
Founder of DBT
Dr Masha Linehan
created Dialectical
Behavioural Therapy
after setting out to to
create the psychological
treatment she needed to
help her own struggles
with mental health.



