



EMDR: Una Terapia Revolucionaria Para Superar La Ansiedad, El Estrés y Los Traumas



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Francine Shapiro PhD Emdr, Margot Silk Forrest

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Accessible and well documented, this examination provides an introduction to the groundbreaking meth...

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562 pages

From the Back Cover

Hailed as the most important method to emerge in psychotherapy in decades, EMDR has successfully treated psychological problems and illnesses-- from depression, phobias, and recurrent nightmares to post-traumatic stress disorders and grief-- in more than one million sufferers worldwide, and with a rapidity that almost defies belief. In this remarkable book, Dr. Francine Shapiro, the originator and developer of EMDR, explains how she created Eye Movement Desensitization and Reprocessing (EMDR), how it works, and how it can help those who suffer from debilitating behaviors, anxiety, and stress. Describes a breakthrough therapy acclaimed by clinicians and supported by exhaustive research Includes an extensive list of EMDR resources and directions for finding and choosing one of the more than 20,000 trained EMDR therapists in the United States Features case histories of people whose lives have been transformed through EMDR. About the Author

Francine Shapiro is a fellow and clinical psychologist at the Mental Research Institute in Palo Alto, California and the creator of the EMDR approach. She is the author of various books about EMDR as well as numerous articles in scientific journals. **Margot Silk Forrest** is a writer and editor and the founder of the nonprofit organization the Healing Woman. They both live in Palo Alto, California. **David Servan-Schreiber** is a clinical professor of psychiatry at the University of Pittsburgh School of Medicine and the cofounder of the Center for Integrative Medicine at the University of Pittsburgh Medical Center. He lives in Pittsburgh, Pennsylvania.

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