



# Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy

By Francine Shapiro

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## Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy By Francine Shapiro

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide.

Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *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. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers.

An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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### Editorial Review

#### Review

Real People, real life stories, and real emotional healing of past hurts and traumas! In this book, Dr. Shapiro offers a collection of self-help techniques facilitating emotional healing based on EMDR therapy, used by thousands of clinicians and proven successful. Her true stories depict how stressful, painful or traumatic experiences influence our lives and block our potential – and how they can be changed and even resolved. An eye-opener to the layperson!

- Ruth Colvin

Recipient of the Presidential Medal of Freedom  
Co-Founder of ProLiteracy

Dr. Francine Shapiro presents a panoply of practical and powerful methods for processing unresolved memories and thus overcoming the anxieties that hold us back. A treasure trove of research-supported and EMDR-inspired techniques for achieving self-change and moving forward in life. Read it, try it, and reap the rewards!

- John C. Norcross, PhD, ABPP  
Distinguished University Fellow, University of Scranton  
Editor, *Journal of Clinical Psychology: In Session*

Dr. Shapiro is a pioneer in the field of helping people overcome trauma and negative past experiences. *Getting Past Your Past* is a powerful book that will help people understand their own behavior and more importantly give them a set of tools to immediately help them be happier and more effective. I highly recommend it.

- Daniel G. Amen, MD  
Author of *Change Your Brain, Change Your Life*

Francine Shapiro has given a life-transforming gift to the world by her rigorous development of a science-validated approach to soothing the suffering of our small and large life traumas. Through case examples and clearly articulated instructions within *Getting Past Your Past* our skillful guide takes us through the powerful and practical steps, derived from the treatment of literally millions of people, that can transform trauma into triumph. Explore this book with someone you love...beginning with yourself!"

- Daniel J. Siegel, MD  
Clinical professor of psychiatry at UCLA School of Medicine  
Author of *The Developing Mind* and *Mindsight*

In *Getting Past Your Past*, Dr. Francine Shapiro, the developer of EMDR and one of the leading clinical innovators in psychotherapy, translates her groundbreaking method into practical suggestions for those who

have been stuck in past events from which they have been unable to free themselves. Eminently readable, Dr. Shapiro has written a volume that is a wonderful resource for those in psychotherapy, as well as those seeking to help themselves. This is a valuable companion for anyone who seeks an understanding of how the past can be carried in our memory networks influencing how we perceive the world, as well as offering practical strategies for growth.

- Jeffrey J. Magnavita, Ph.D., ABPP

Past President of the Division of Psychotherapy of the American Psychological Association

Founder of the Unified Psychotherapy Project

Francine Shapiro's discovery of EMDR is one of the most important breakthroughs in the history of psychotherapy. Having used it as part of my practice for the past 15 years, I, and many of my patients, still marvel at the depth and speed with which it can help heal and change the minds and brains, and even bodily symptoms of people who have been locked in, and suffering from trauma, often for decades. Getting Past Your Past is a wonderful place to begin to understand how such mental healing can occur, filled with case histories of people that are so transformed that these accounts may seem exaggerated. They are not. This book has all the sobriety of a master clinician who has worked in the field of trauma for decades, and is clear, serious, helpful, as it shares with the reader a method of healing trauma that has already helped millions.

- Norman Doidge, MD

Author of *The Brain That Changes Itself*

In *Getting Past Your Past*, Francine Shapiro takes her innovative therapy, EMDR, to people everywhere, making the insights and strategies of EMDR treatment available to a broad audience. The transformation of EMDR treatment strategies into self-help techniques is yet another step in Shapiro's journey to make healing from trauma available to all. This book will be a valuable resource for therapists and clients alike, as well as for the many individuals who struggle with the effects of painful life experiences but who do not seek formal treatment.

- Laura S. Brown, Ph.D. ABPP

Past-President, APA Division of Trauma Psychology

Director, Fremont Community Therapy Project

I am forever indebted to Francine Shapiro and EMDR therapy, which helped me to heal from a terrifying panic disorder. People in pain will now be able to read this groundbreaking book and understand how disturbing memories can be reprocessed. Our lives can become joyful instead of fearful. We can live in the present instead of the past.

- Priscilla Warner, author of *Learning to Breathe* and coauthor of *The Faith Club*

*Getting Past Your Past* provides readers with powerful new insights to understand how traumas and disturbances of all kinds disrupt human potential, and how they can deal with their own distress. Through well-chosen case studies the reader shares the profound experiences of a wide range of individuals and learns the EMDR treatment strategies that have enabled clients to strip "visceral" feelings from memories as a turning point on their path to self-regulation and personal safety.

- Stephen W. Porges, PhD

Professor of Psychiatry and Director of the Brain-Body Center at the University of Illinois at Chicago

Author of *The Polyvagal Theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation*.

I am grateful to Francine Shapiro for having written *Getting Past your Past*, a lucid and practical book for transforming people's lives and helping them to savor living in the moment. EMDR is a powerfully effective treatment for overcoming the traumatic imprints of the past.

- Bessel van der Kolk MD  
Medical Director Trauma Center, Justice Resource Institute  
Director, National Complex Trauma Treatment Network  
Professor of Psychiatry  
Boston University School of Medicine

It appears that Dr. Francine Shapiro has discovered a profound linkage between the mind and body so that each might be healed. These stories of the rebalancing and revivifying of our dynamic nature reminds us that there are successful approaches to healing that are presently offering remarkable cures.

- Stephen and Ondrea Levine, authors of *Who Dies?: An Investigation of Conscious Living and Conscious Dying*

Are you painfully enslaved by emotional roadblocks and/or poor relationship choices? Unprocessed memories could be the problem...and EMDR could be the answer. EMDR is a powerful, scientifically validated process that has helped millions of people reclaim their freedom. In *Getting Past Your Past*, Francine Shapiro makes her practical methods available to the public for the first time. This is self-help at its finest.

- Jeffrey K. Zeig, PhD  
Director, The Milton Erickson Foundation  
Director, Evolution of Psychotherapy Conference

This self-help book is a cause for tremendous optimism. With EMDR the world finally has a therapy against the damaging effects of trauma, one that is scientifically proven to be effective and quick, low-cost, and widely applicable in a range of settings and cultural milieus. The future of the human potential--and the world-- looks so much brighter for Francine Shapiro's discovery of EMDR.

- Rolf C. Carriere, former UN development professional and UNICEF Representative in five Asian countries

#### About the Author

Dr. Francine Shapiro is the originator and developer of EMDR therapy. She is a Senior Research Fellow at the Mental Research Institute in Palo Alto, California, Director of the EMDR Institute, and founder of the non-profit EMDR Humanitarian Assistance Programs, which provides pro bono training and treatment to underserved populations worldwide. She is a recipient of the International Sigmund Freud Award for Psychotherapy of the City of Vienna, the American Psychological Association Trauma Psychology Division Award for Outstanding Contributions to Practice in Trauma Psychology, and the Distinguished Scientific Achievement in Psychology Award, from the California Psychological Association. As a result of her work, over 70,000 clinicians have treated millions of people during the past 20 years. She is an invited speaker at psychology conferences and universities worldwide, and has authored numerous articles, chapters, and books about EMDR therapy, including the primary text *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures*. Her new book for both laypeople and clinicians is called *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*.

#### Users Review

##### From reader reviews:

**Phillip Ruiz:**

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite e-book and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*. Try to face the book *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* as your buddy. It means that it can to be your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortuned in your case. The book makes you much more confidence because you can know almost everything by the book. So , we need to make new experience along with knowledge with this book.

**James Roberts:**

This *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* are generally reliable for you who want to be described as a successful person, why. The main reason of this *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* can be on the list of great books you must have is usually giving you more than just simple examining food but feed an individual with information that possibly will shock your preceding knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions in e-book and printed people. Beside that this *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* giving you an enormous of experience for example rich vocabulary, giving you demo of critical thinking that we realize it useful in your day task. So , let's have it and revel in reading.

**John Charles:**

People live in this new day of lifestyle always attempt to and must have the extra time or they will get lots of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not really a robot. Then we question again, what kind of activity are there when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is definitely *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*.

**Virginia White:**

What is your hobby? Have you heard that question when you got pupils? We believe that that concern was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. So you know that little person such as reading or as reading become their hobby. You need to understand that reading is very important in addition to book as to be the thing. Book is important thing to add you knowledge, except your teacher or lecturer. You discover good news or update with regards to something by book. Amount types of books that can you choose to adopt be your object. One of them is *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*.

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