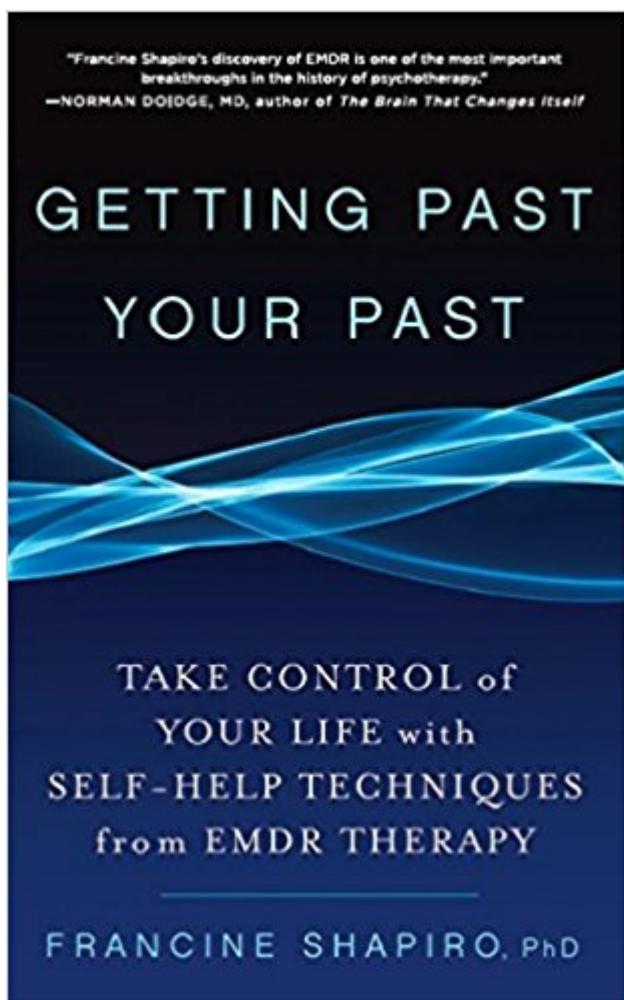


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# Getting Past Your Past: Take Control Of Your Life With Self-Help Techniques From EMDR Therapy



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

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, MDAuthor 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. ABPPPast-President, APA Division of Trauma

PsychologyDirector, Fremont Community Therapy ProjectI 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, PhDProfessor of Psychiatry and Director of the Brain-Body Center at the University of Illinois at ChicagoAuthor 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 MDMedical Director Trauma Center, Justice Resource InstituteDirector, National Complex Trauma Treatment Network Professor of Psychiatry Boston University School of MedicineIt 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 is bright 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

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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*.

My psychiatrist recommended EMDR treatment after many years of being on anti-anxiety and anti-depression medication. I purchased this book to learn more about the treatment. The book is well written and easy to follow. There is no doubt I have unprocessed memories that EMDR will help me to resolve. I highly recommend reading this book to better understand the treatment and help available out there.

Amazing. I bought the hard back 7 yrs ago and read thru it w/out doing the actual work. It was insightful then, but I wish I had started the actual work at that time. I got the kindle version and will never lose it and have started the work in earnest and WOW I am learning what really is running 'the show'. I am also doing the eye movement pattern when processing a trigger event and have incorporated positive memories and thoughts into my patterns. So grateful for this info. It will change my life.

Fascinating! I learned a lot from this book and recommend it to anyone interested in understanding and moving on from past hurts.

Helpful book and the "one that started it all" according to my Doc. I've learned a lot from it and so has he so I would absolutely recommend it, especially if you are considering EMDR as part of your therapy. I even recommend it frequently to therapists and they also find it helpful.

Francine Shapiro has, once again, provided clients and therapists alike a practical and comprehensive guide to healing from trauma. She offers easily understandable lessons and strategies from EMDR. As a licensed clinician and certified EMDR therapist, I found the text to be a comprehensive overview of the EMDR treatment protocol and I am recommending it to my clients who desire a resource that will assist them to delve a little deeper into their healing process. I think that the book is also a wonderful resource for therapists whether they are EMDR certified or not. Many of the strategies can be used to reduce anxiety and promote healing with clients. A true gem of a book!

As a therapist, I am using this for the coping skills and as a source of encouragement for my clients. I haven't been trained in EMDR but these are simple techniques I can help my patients learn. The imprinting created is very effective for my guys with PTSD. Really value this book.

This is an outstanding book on overcoming abusive experiences of one's past regardless of what they are. Dr. Shapiro makes an excellent point that everyone has a past to get past. Unfortunately, some people, unaware that all memories get stored in one's mind as long as the pain associated with these memories remains unprocessed, get stuck in the past, because they do not deal with painful memories. This author, insightfully, categorizes all painful memories as either a large "T" or a small "t" trauma. Large "T" traumas would be the worst things that happen to people from what has

been called "PTSD"--Post Traumatic Stress Disorder. These would be such things as: physical and sexual abuse, especially in childhood, and surviving torture, etc. Small "t" traumas would be such things as: teenage bullying, a bad marriage, verbal abuse, loss of job, loss of financial security, loss of love, etc. Dr. Shapiro wisely states that several small "ts" may be as painful as one large "T." Religious or spiritual abuse, especially fear of being tormented in hell fire forever, may also be a large "T" depending on the age of onset, severity, duration, and personal response. Such abuse may well result in what I have termed another form of PTSD—Post Traumatic Spiritual Disorder. All of this information is in perfect accord with what I, as a Board Certified Chaplain and National Board Certified Counselor, have shared with my patients and have written in my books, "Spiritual Terrorism: Spiritual Abuse from the Womb to the Tomb" and "Christianity Without Insanity: For Optimal Mental/Emotional/Physical Health."

EMDR changed my life! Whether it's social anxiety, depression, nervousness while speaking in a group, or some hurtful childhood memories, I had them all, but EMDR changed all that. Free at last!

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Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)  
Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)  
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)  
Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series)  
The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)  
How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1)  
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Self-Help Workbook) Beat Procrastination: Proven Methods for Motivation, Productivity, and Getting  
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