

# P R E S E N T A T I O N   R E V I E W S

## ***Workshop 1: Francine Shapiro, PhD***

### ***Clinical Advances in EMDR (Eye Movement Desensitization and Reprocessing) Therapy***

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Francine Shapiro presented to a large audience, some new to EMDR and others who were advanced EMDR clinicians. For those new to the field, anecdotes and films were offered as a useful introduction to treatment methodology for a broad variety of maladies. Those already grounded in EMDR came for reinforcement of their learning and the privilege of seeing Shapiro. What is perhaps most remarkable about Shapiro is the calm, approachable demeanor she maintains, despite her huge following. Shapiro has made a monumental contribution to the field of psychotherapy. Her ideas were harshly criticized when they were first introduced decades ago, yet she effectively kept energy flowing in a direction that invited re-search of the effectiveness of her methodology. Her efforts resulted in the amassing of a large body of scientific evidence in support of EMDR. One gratifying aspect was to see how effectively Shapiro responded to questions and comments; her ability to remain steadfast and unruffled provides a tremendous model for professional therapists. Overall, this workshop was valuable, both in content and in the manner in which it was conducted.