

A portrait of Francine Shapiro, a woman with short, dark, wavy hair, looking directly at the camera with a slight smile. She is wearing a dark, collared shirt. The background is a blurred, greyish-blue.

# *Francine Shapiro*

1948–2019

“The past affects the present even  
without our being aware of it”



# EMDRIA, EMDR Europe, and EMDR Asia Reflect on Francine Shapiro's Impact

"We are deeply saddened by the passing of Dr. Francine Shapiro, the originator of EMDR therapy. We know our members share our sense of loss, and also appreciation for the great gift Francine gave to us."

**CAROL MILES, EMDRIA PRESIDENT**

As with all our colleagues globally, EMDRIA owes its existence to the work of Francine Shapiro. EMDRIA was originally formed in 1995, to provide professional support for clinicians trained in EMDR therapy. EMDRIA's mission was to set standards for training, provide ongoing continuing professional education, serve as a forum for further discussion and development in EMDR, and encourage quality research.

With Francine's blessing and guidance, EMDRIA launched with 473

Charter Members.

In 1997, EMDRIA opened its headquarters office in Austin, Texas, launched a website and began publishing consumer-oriented brochures on EMDR. In 1999, the EMDRIA Credit Program, Certification, and Approved Consultant designation were created. Additionally, regional networks and special interest groups sprang up during this formative period.

In 2014, EMDRIA celebrated the 25th anniversary of EMDR, and in 2015, EMDRIA's 20th Anniversary.

Our organization now has over 9,000 members and is growing rapidly. Through all of these developments over the years, Francine has been present and encouraging. We were privileged to interact with her often.

Our online community and Facebook page have many expressions from members and the public showing the power and impact of Francine's work. We include a few of those in this magazine, along with sentiments and memories from our colleagues around the world.

What began as a spark is now a bright light. As has been said, there is never an hour where EMDR is not being offered to help those with need somewhere on the planet. While we mourn Francine Shapiro's passing, we honor her work, and commit to continue the work of delivering global healing, health, and hope.

**MICHAEL BOWERS, EXECUTIVE DIRECTOR, EMDRIA**

**SUSHMA MEHROTRA, ALONG WITH EMDR ASIA TEAM**

Dr. Francine Shapiro's life was a memorable one and the gifts she left behind will be beneficial for all humankind. She will be remembered not only for her discovery of EMDR but also for teaching her skills to so many therapists and encouraging them to take it forward all over the world.

EMDR ASIA members had the wonderful opportunity to interact with her at the Bali conference in 2010 (where EMDR Asia was born) wherein she spoke of moving forward together, not only as countries but as continents! Francine, a selfless and dynamic woman, has touched so many people with her therapy for

healing trauma. I don't think she must have realized that emotional trauma and disasters have disproportionately increased in this generation; and humans are helpless to combat it.

EMDR, thanks to her, has given human beings the tools to resolve and heal people in a much more ef-

**E**MDR Europe Association has been developing in the last 20 years thanks to clients, clinicians trained in EMDR, Practitioners, Consultants and trainers as well as EMDR Europe's board and to the whole European and International community. It has been a natural team of people that have gathered around EMDR therapy and giving each one of them a personal contribution to the huge organization that EMDR Europe has become.

Today, EMDR Europe includes 31 countries and more than 25,000 members, adding 2,250 in the past



year. We have been working keeping in mind Francine Shapiro's vision: to build opportunities for clients and different vulnerable populations to re-

**We are committed to continuing to spread Francine's legacy to clients, clinicians, institutions, and the academic and scientific worlds.**

ceive EMDR as the best treatment for stress and trauma related disorders, for our members and for EMDR therapy to have even more prestige in the academic, scientific and mental health field.

Francine Shapiro was integral to helping EMDR Europe develop. She was a keynote speaker in Europe in some important conferences, including in Cork in 1998 (CBT Conference), in Naples in 1999 (CBT Conference) and several EMDR Europe's Conferences, such as Bruxelles 2005, Amsterdam 2009, and Edinburgh 2014.

So many clinicians in Europe had the opportunity to meet her and learn directly from her what EMDR Therapy was. This was of great inspiration and contributed to the development of EMDR in Europe.

In 1999 we had the first founding

countries that were Switzerland, United Kingdom and Ireland, Germany, Sweden and The Netherlands. They started meeting in Amsterdam, writ-

ing the first Constitution of EMDR Europe. This year, EMDR Europe celebrated its 20th anniversary, with pride for our accomplishments and in mourning because of Francine's passing.

We founded EMDR Europe to be consistent with principles espoused by Francine: optimism, universal mental health care and high-quality training and practice. We have made united efforts to have it recognized, advocating, explaining, disseminating. As a result, in many countries, clients and clinicians are the ones demanding EMDR therapy and are looking to EMDR as a therapy of excellence.

We are committed to continuing to spread Francine's legacy to clients, clinicians, institutions, and the academic and scientific worlds.

**ISABEL FERNANDEZ, PRESIDENT OF EMDR EUROPE**

**"If you give away your wealth, it does not multiply further. If you give your knowledge, it multiplies in many folds!"**

*– Message from an Indian saint on Art of Giving*

fective manner.

EMDR therapy in Asia began in response to the natural disasters, starting with the devastating floods

in Bangladesh during 1998, and the earthquakes in India in 2001, followed by the tsunami in 2004–2005, which struck India, Thai-

land, Sri Lanka, and Indonesia; the earthquake in Pakistan in 2005, and the earthquake in Sichuan in 2011. The tsunami in Japan in 2011, and constant terror attacks in several parts of Asia. Under the Guidance of Francine, the mentors from EMDR Institute, Trauma Recovery- Humanitarian Assistance

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# Expressions of Loss and Appreciation for Francine Shapiro

10 "Dear friends from EMDR great community, our hearts from Bosnia and Herzegovina are together with you in this sad and painful moment of loss of such great teacher Francine Shapiro that we had, that we have, and she will be our great teacher for ever."

**Mevludin Hasanovic (EMDR Bosnia / Herzegovina)**

3 "Still shocked by the news of the death of Francine, I join all of you to express that her legacy of these 30 years, will continue to live in all of us and we will be a living continuator of it."

**Francisca García Guerrero (EMDR Spain)**

7 "A great and very early loss for us and for the trauma community... Her precious gift to the world is immortal! May we all follow her example of modesty and wisdom and be aware of the responsibility of representing the EMDR model in the way she taught us!"

**Domna Ventouratou (EMDR Greece)**

5 "On behalf of the Dutch EMDR association, I want to express my condolences to you all for the loss of Francine Shapiro. We will guard her ideas well and continue on the path she has taken."

**Annemieke Driessen (EMDR The Netherlands)**

6 "Deep in pain in our heart, we learned about the sad news. Francine Shapiro was one of the greatest heroes of our time. We wish the world would be flooded with her spirit, to bring understanding, patience, the courage to reparation, and healing to the inhabitants of the earth."

**Judit Havelka (EMDR Hungary)**

4 "Many, many people will mourn her passing. But what a legacy she has left to the world."

**Mike O' Connor (EMDR Ireland)**

8 "On behalf of EMDR Georgia I would like to express our condolences on such a huge loss to you and to the whole EMDR society. It would be difficult to measure the impact she has had on the many people's lives. Her memory will no doubt live on through the loved ones and the professionals like you all."

**Ketevan Pilauri (EMDR Georgia)**

2 "On behalf of the EMDR Portugal Association and our community of EMDR, I wish to express our condolences and sadness to the great loss of Francine Shapiro. She'll always be with us, forever."

**Carlos Anunciação (EMDR Portugal)**

9 "On behalf of EMDR Albania, we are deeply sorry for her loss. She has certainly left an indelible impact all over the world. Her mission and her passion pass through our hearts. We are grateful for her gift and pleased to continue to care about her memory with love and honour. Accept our deepest condolences."

**Besarda Taci (EMDR Albania)**

1 "Me uno conjuntamente con los emederistas cubanos al homenaje que desde el corazon le enviamos a alguien que estara presente siempre que estemos delante de un paciente, su nombre continuara vivo en cada paciente que este sentado en el otro barco".

**Maria del Pilar Soterias del Toro (EMDR Cuba)**



11 "On behalf of the EMDR Lithuanian society I wish to express our sadness after we received news about the loss of Francine Shapiro. Her memory and her works will be long remembered in Lithuania."

*Paulina Zelviene (EMDR Lithuania)*

12 "I and all the other members of EMDR China are very sad to hear the news this morning. We appreciate her contribution on trauma therapy the support for EMDR China. The only thing we can do is going on the way of EMDR and try our best to help more people with stress and trauma."

*Jinsong Zhang (EMDR China)*

13 "We are very saddened by the news, especially for the fact that EMDR Asia owes a debt of gratitude to Dr Francine for its development and standing today. We will always acknowledge her great contribution to the field of trauma in which she has pioneered a work that has alleviated the sufferings of millions around the world. Dr Francine has left a wonderful and amazing legacy behind."

*Matthew Woo (EMDR Asia)*



14 "Extremely shocked by the sudden news of Dr Francine Shapiro leaving us behind when we in Bangladesh have just budding to grow as EMDR community. We all from Bangladesh, express our deep condolence for her departed soul to be rested in peace. Now the only and best way to show genuine tribute is to carry her amazingly powerful two fingers legacy to install positive change in the eyes of trauma."

*Shaheen Islam (EMDR Bangladesh)*

15 "Francine's contribution to the healing of the world is immense. However, she has done her task entrusted to her magnificently and it is for us to carry her work forward. We share with you the feeling of her loss."

*Janet Nethisinghe (EMDR Sri Lanka)*

16 "Dear Francine Shapiro, you have made this a better world! You will be forever in us who practice EMDR and to our patients whose lives you have made better!"

*Lourdes C. Medina (EMDR Philippines)*

17 "EMDR Pakistan joins the international EMDR fraternity to express their deep regret and condolences to Francine's family and friends. Millions around the world including Pakistan owe their healing souls to her."

*Mowadat Rana Patron (EMDR Pakistan)*

# EMDRIA Members Share Fond Memories and Gratitude for Francine Shapiro

EMDR saved my life. Receiving EMDR therapy truly saved my life. I was in a very dark place grieving the loss of my adult son. I never got to the place where I was suicidal but I was awfully close when I saw an EMDR clinician who used EMDR to help me process my grief. I was truly overwhelmed by the experience and I immediately knew I had to learn how to use EMDR (that was in 2006), I completed a couple of HAP Trainings in 2007. I attended my first EMDRIA Conference in 2009 in Atlanta. My first evening at the conference I happened to get into a conversation with Francine while I was hanging out at the bookstore area. I was five minutes into the conversation when I figured out that I was actually talking with Francine. I was quickly overcome with emotion and asked if I might give her a hug as I believed that her EMDR had saved my life. She consented and I was blubbing and sobbing afterwards. I was just really getting started using EMDR by that time. I am a better, person, husband, father, grandfather and Clinical Social Worker because of experiencing, learning and using EMDR with literally hundreds of clients over the past 12 years. I will always be eternally grateful to Francine and everyone I have met and come to know through the EMDRIA community. I am so grateful for this experience. Thank You Francine!

*Wm. Clinton Davis, EMDRIA member*

EMDR and Francine Shapiro has changed so many lives for the better. I am so thankful for her brilliance and passion to heal people. It is truly an honor to be trained in this therapy, to be a part of this beautiful community and to continue the legacy of Francine Shapiro.

*Wendy Byrd, EMDRIA member*



*RIP Dr. Francine Shapiro - My mentor, supporter, encourager, driver & inspiring friend. There are certain people in your life, when you look back, you just don't know where your life would have gone...if you had not met them. Forever blessed & grateful for Francine, a gift to this world. On we go, armed with her love, inspiration & determination! Sending Heartfelt hugs to our global EMDR community!*

*Sara G Gilman, EMDRIA member*

I have always felt such gratitude for what Francine has brought forth into the world. She has changed my practice, my clients, and has provided a healing modality that will change, heal, and transform people for generations to come. I took the Basic Training with her in 1996 and have never looked back. Many blessings to you Francine as you take your journey to the other side. Your spirit and leadership have paved the way for a new generation of therapist to continue to move forward as we build on the foundations that you have created. She will live on in all of us as we continue to maintain the integrity of EMDR therapy and build on her accomplishments.

*With Gratitude and Many Blessings,*

*Irene Siegel, EMDRIA member*

Words are inadequate to express the debt of gratitude I owe Francine Shapiro for creating EMDR Therapy. I don't know who I would be now or how I would have remained a trauma therapist as long as I have were it not for my introduction to EMDR Therapy back in 1999. She transformed my work and fed my faith in the power of the human spirit to prevail over trauma. Not only did she create a revolutionary therapy modality that helps people truly heal - not just cope with persistent symptoms of

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Program from USA and Trauma Aid from Germany and Switzerland have not only trained clinicians from Bangladesh, Cambodia, China ( Mainland), Hong Kong, India, Indonesia, Japan, Myanmar, Nepal, Pakistan, Philippines, Singapore, Sri Lanka, S. Korea, Taiwan, Thailand and Vietnam but have

also trained consultants and trainers in some parts. The training is ongoing.

She trusted some of us in Asia to become trainer of trainers and generously shared the recent Manual of EMDR Institute so that our path is paved, and we move forward in the journey of healing for humanity.

As I sit and prepare for an EMDR training today, I can only reflect on India's greatest poet Rabindranath Tagore's words: "Death is not extinguishing the light. It is putting out the lamp because the dawn has come." Thanks to her, in Asia and all over the world, we see a new dawn of healing and helping mankind.

pain - she also persevered in building an irrefutable body of research that proved its effectiveness to the doubters in the status quo. She transformed the field - shifting the paradigm from pathology to adaptation. She transformed the world - through her deep understanding and demonstration of our innate capacity to heal the trauma of the past. There is no way to give adequate thanks. But we can carry the torch forward - a parade of light thousands deep, stretching all around the world.

*Elizabeth Venart, EMDRIA member*



The world has lost an amazing woman that gave us the gift of EMDR therapy and brought immense healing to humanity. My heart mourns the loss of a teacher and a mentor. Dear Francine your work and your teachings will live on forever in the lives that you have touched. Dear teacher you will always have a special place in my heart!

*Ana Gomez, EMDRIA member*

When I took parts one and two from Francine in 1993, my life and practice changed forever. I learned to make trauma go away, instead of help people get used to it. I learned more and more ways to use this marvelous tool and to tie into every other kind of therapy. When EMDRIA came about, I got to join a diverse group of clinicians in changing psychotherapy, our own lives, and the lives of hundreds of thousands of clients.

26 years later, people all over the world have had their lives transformed by EMDR. There are training organizations all over the U.S. and the rest of the world. Francine was the beginning. Her leadership of EMDR in getting the research done, and in insisting on consistent training gave it a great start. Since then, it's gotten away and blossomed into a diversity of uses, inventive changes of protocol for dissociative and other clients, and specifically focused trainings, both "basic"

and "specialty."

While we grieve the loss of our amazing founder, let's continue to celebrate the Standard Protocol and all of its iterations. I'm sad that Francine Shapiro is no longer alive. I'm glad that her invention/discovery will live on.

In grief and celebration,

*Robin Shapiro, EMDRIA member*

I think that many therapists around the world feel greatly indebted to Francine. Without her wonderful discoveries and contributions, we might all still be talking with clients, ad nauseam, scratching our heads trying to figure out how to get the client to move beyond something that we have discussed many times with them. EMDR therapy is uplifting and gratifying to both client and therapist and I will be forever grateful for how her contributions changed my practice, and ultimately the course of my professional and personal lives.

*Susan Goodell, EMDRIA member*

I am so grateful for the impact on my life that was brought to me by Francine Shapiro and EMDR therapy. The number of people she has touched in so many ways throughout the world is a magnificent legacy that we all can be inspired by as we continue to do her work and do important research. The strength of the EMDR therapy community will be felt by us all as we mourn her passing and gain strength from each other. My thoughts are with all my colleagues and most especially with all her family and closest friends.

*Jocelyn Barrett, EMDRIA member*

Dr. Shapiro positively impacted the world through her dedication, passion and brilliance. I am indebted to her beyond measure. I mourn, together with the vast EMDRIA community she spearheaded, for this great loss. I remember Dr. Shapiro from a small gathering in New Haven in 2007 where she remarked, "EMDR is only as good as the hands that use it." I seek to honor her vision by carrying forward the principles she embodied.

*Cheryl Kenn, EMDRIA member*

This is taking me awhile to integrate. Not there yet. Simply put, Francine entirely changed my life profession-

ally, personally, spiritually, as so many others appreciate, I would not be who I am today, if not for Francine. She trained me (level 2 1996) and I was lucky enough to meet her several times since. The gratitude I feel, and so very many of my clients and colleagues feel, I cannot put into words. Francine, I hope you look down on us and watch us continue your work, smile, and say "Go With That!"

*Susan Yorke, EMDRIA member*

I feel as if the Universe has suddenly tilted with the loss of Dr. Shapiro. I'll never forget her words to me after my own EMDR therapy training to "Pay It Forward." May her legacy move forward in the hands of us all to all of the ends of our world, healing trauma and changing lives as she has done for mine.

*Sharon Rollins, EMDRIA member*

The legacy of Francine is going to be the many hands, hearts and minds paying it forward, and finding their own niches, and own fertile gardens to plant Seeds of Healing, as I like to call it. That kind of healing will extend beyond all our lifetimes. And in a breadth and to a depth not one of us can truly anticipate nor adequately imagine.

*Gary Scarborough, EMDRIA member*



June 18, 2019: It is with deep sadness that we mourn the passing of Dr. Francine Shapiro. As recent as six weeks ago Francine contacted me, we shared three phone calls over two days discussing what more could be done to address EMDR's response to veteran suicide. Our birthdays were the same day, each year I would receive a birthday message from her as we exchanged wishes. I know many other FB friends share similar memories. We all will miss her.

*EC Hurley, EMDRIA member*