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EL E.M.D.R. Otro modelo de Psicoterapia en Crisis.

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In 1987, Dr. Francine Shapiro in Psychology, Researcher "Senior" in the Mental Research Institute in Palo Alto, California, discovered that voluntary eye movements reduced the intensity of distress associated with negative thoughts.

To measure the effectiveness of EMDR began an investigation (1989) subject to trauma in the Vietnam War and victims of sexual abuse and found that the new technology will significantly reduce the symptoms of Posttraumatic Stress Disorder in these subjects.

Dr. Shapiro received in 1994 the "Award for Outstanding Scientific Achievement in Psychology" by the California Psychological Association.

To date, about 20,000 therapists have been instructed to use this treatment only in the United States and many other practitioners in Europe and Latin America, and is estimated to have already been dealt with successfully over a million people suffering from various traumas emotionally, throughout the world.

The method discovered and developed since 1987 by Dr. Francine Shapiro is to use bilateral stimulation in a special protocol, allowing the desensitization of the traumatic situations, sensorceptivos reintegrating fragments deposited in the memory, allowing resynchronization of the hemispheres.

This is what causes the disappearance of symptoms and restoration of resources for patients, from the reprocessing of information.

At the same time this makes a cognitive correction, allowing a reversal of the painful experience of the past, allowing a better adapted to the realities of today.

The methodology has eight stages and several elements of the procedure.

Recent studies tend to show that EMDR works by reintegrating the information in a manner analogous to the neurophysiological mechanisms of stage REM (Rapid Eye Movement) sleep.

Several scientific investigations have shown that EMDR is highly effective as a resource counseling. The prestigious Journal of Consulting and Clinical Psychology published research by Wilson, Becker and Thiner, which showed that people suffering TPET-Stress Disorder Post-Traumatic-improved significantly with EMDR treatment. Fifteen months later still had the same results.