

How EMDR was created

Summary:

In the book 'Whispering In The Wind' one of the co-founders of NLP, John Grinder describes how Francine Shapiro at that time a administration worker in his office, approached him with the idea to something that finally was branded and marketed by Francine under the name EMDR.

Source: Whispering In The Wind, John Grinder & Carmen Bostic; 1st ed. (31. Dezember 2001) ISBN-10: 0971722307 / ISBN-13: 978-0971722309

Ever wondered about EMDR and its spin offs? Here is what John Grinder wrote on the Whispering in the Wind forum re EMDR and its real origins.

"Francine Shapiro worked (administration and sales) in the Santa Cruz offices of Grinder, Delozier and Associates in the 80's. She approached me (John Grinder) one day and told me that a friend of hers from New York has been raped and she wanted to help her through this trauma and ensure that she exited cleanly and without scars. I told Francine to systematically move her eyes through the various accessing positions typical of the major representational systems (with the exception of the kinesthetic access). I suggested that she see, hear (but not feel) the events in question - obviously the kinesthetics were to remain resourceful (the anchored state) while she processed the event.

Francine later reported that the work had been successful. You may imagine my surprise when I later learned that she had apparently turned these suggestions into a format she called EMDR presented in an extended training, with no reference to source, with her own claim of copyright and a rather rigorous set of documents essentially restricting anyone trained in this from offering it to the rest of the world."

EMDR and its subsequent copies came from NLP and directly from John Grinder, who is never referenced as the source in the new therapies.

People have been renaming EMDR through the years dipping into a scrabble bag of letters coming up with new acronyms to describe an old process, one that came right from John Grinder.

Downloaded from Facebook on June 17, 2020:

[https://www.facebook.com/RealJohnGrinder/?__tn__=kC-R&eid=ARDDFWJ_dEqGGI5tW9ZC3gUkO78LhOcZ2Msw2kJSGbvLon3r8nzxkLJm0VrVJK21zFZ3CSc-7IpIf7tA&hc_ref=ARQg7PvuSzRELaejn90tSyNcg67DGI0UTlajSbRa3YuU2q-qCQWogSazQ48Axisb3IY&fref=nf&__xts__\[0\]=68.ARC2Cauv8Fm8zB9mlY6jdzmgTuyXJIA0QtVbkC-Ck8OYuirIh2epI3VwFbkPOXhEP1FIT00SHLakPbqmhj0I1pFqIY-OU8SxIotpGzeIVucHL2WZoULQKChQOUHhio9DRZAF8GDlxBWOvGKut__ZiVbTt8-ywKPYBBomv7yI5LOvIZeJbKg06QCWRrB6iRq4ExEKwLR5qvwEOuxqGPoiYzeqYvqzJRaHnudTybpWp94](https://www.facebook.com/RealJohnGrinder/?__tn__=kC-R&eid=ARDDFWJ_dEqGGI5tW9ZC3gUkO78LhOcZ2Msw2kJSGbvLon3r8nzxkLJm0VrVJK21zFZ3CSc-7IpIf7tA&hc_ref=ARQg7PvuSzRELaejn90tSyNcg67DGI0UTlajSbRa3YuU2q-qCQWogSazQ48Axisb3IY&fref=nf&__xts__[0]=68.ARC2Cauv8Fm8zB9mlY6jdzmgTuyXJIA0QtVbkC-Ck8OYuirIh2epI3VwFbkPOXhEP1FIT00SHLakPbqmhj0I1pFqIY-OU8SxIotpGzeIVucHL2WZoULQKChQOUHhio9DRZAF8GDlxBWOvGKut__ZiVbTt8-ywKPYBBomv7yI5LOvIZeJbKg06QCWRrB6iRq4ExEKwLR5qvwEOuxqGPoiYzeqYvqzJRaHnudTybpWp94)

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