

18 years ago, when my wife Lucy and I saw on TV the destruction and suffering Hurricane Paulina had caused to our Mexican brothers and sisters, we felt the overwhelming need to be with them and offer our help. We never imagined that leaving the comfort of our offices in Mexico City to go work with children under a mango tree at high temperatures would give us the most profound experience of our professional lives. On our way home, we made the decision to dedicate our lives to alleviate the human suffering caused by psychological trauma using EMDR therapy.

Dr. Francine Shapiro open our eyes to the need of research. In her words: *“to solidify the work in the eyes of the world and heal thousands and thousands more in the coming years.”*

Dr. Louise Maxfield, Journal of EMDR Practice and Research Editor in Chief, with her humanity, wisdom and patience, gave me the crucial support to publish our field work with children, adolescents and adults in worst case scenarios like natural disasters, technological disasters, geopolitical crisis, human massacres, and also with cancer patients with PTSD cancer-related.

EMDRIA Research Foundation has a website with a great EMDR Early Intervention Researcher’s tool-kit to help address the global burden of trauma. Therefore, I invite all our EMDR therapy colleagues around the world not to wait until a disaster to leave your offices.

On this day, in your own city, exists what I call “urban disasters”, such as patients with cancer or other severe illness, immigrants, interpersonal violence and rape victims, just to name a few examples. Go where the survivors are suffering...they are waiting for you.

Butterfly Hugs.

Dr. Ignacio (Nacho) Jarero.

