

# Women Who Made Strides in Therapy and Treatment Techniques



**Anna Freud** (1885 – 1982)

Anna founded psychoanalytic child psychology.



**Virginia Satir** (1916 – 1988)

Virginia is remembered for her innovation in family therapy.



**Insoo Kim Berg** (1934 – 2007)

Insoo pioneered Solutions-Focused Brief Therapy.



**Marsha Linehan** (1943 – present)

Marsha created Dialectical Behavioral Therapy (DBT) and her work on borderline personality disorder.



**Francine Shapiro** (1948 – 2019)

Francine founded Eye Movement Desensitization and Reprocessing (EMDR) therapy.



**Julie Gottman** (1951 – present)

Julie co-founded the Gottman Institute and co-creating the Sound Relationship House Theory.