

Official Butterfly Hug Humanitarian Training (BHHT) for Self-Care in Emergencies

Ignacio (Nacho) Jarero, Lucina (Lucy) Artigas &
Nicolle Mainthow





"We are all responsible for the world we live in. Worldwide, clinicians are forging bonds that transcend countries and ideologies. Bonds that can help heal the trauma and pain that lead to ongoing violence and suffering. To make a difference that affects generations to come—don't leave it to anyone else. We all have to take a part in it."

—Dr. Francine Shapiro.

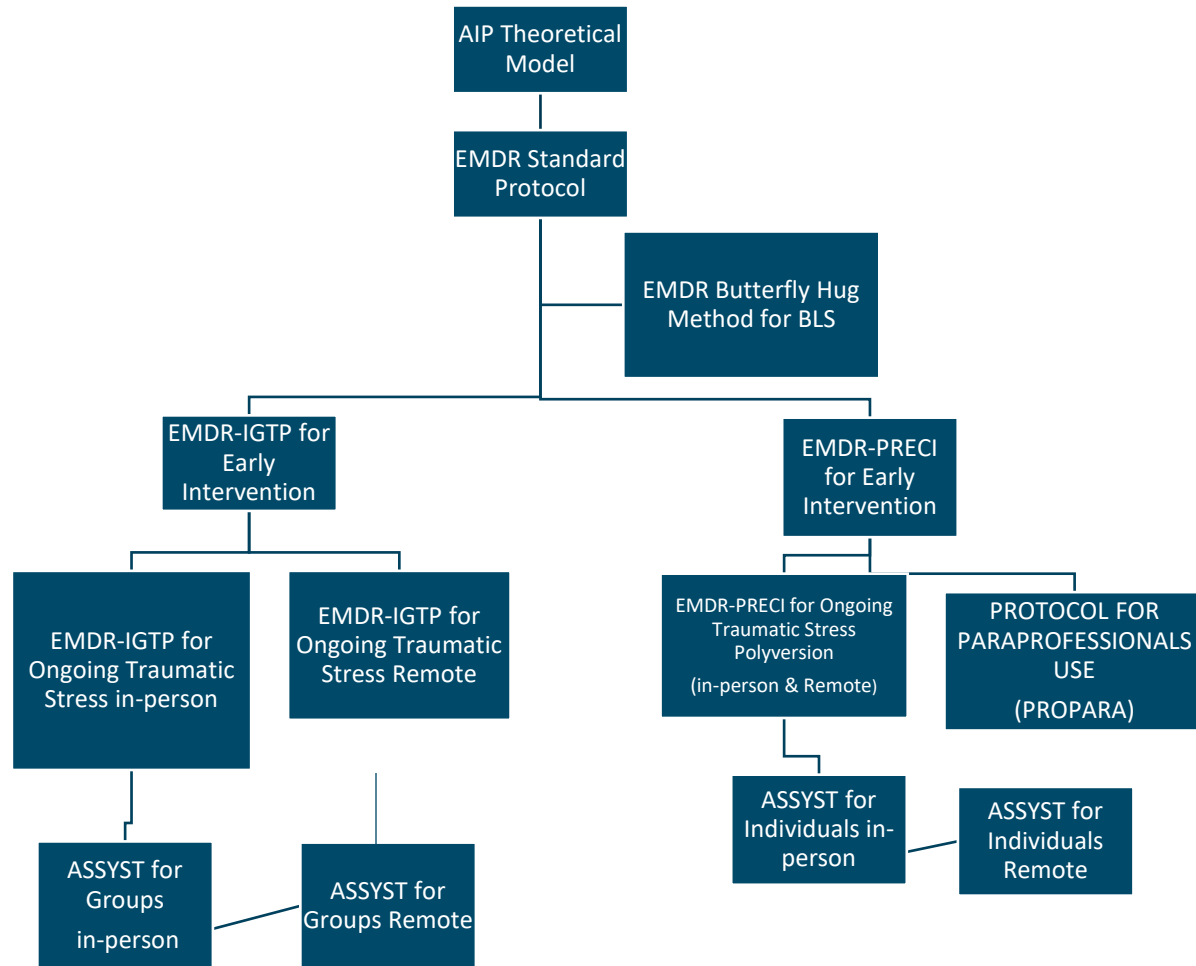


"We do not stand by in the presence of trauma and suffering"

—Dr. Ignacio (Nacho) Jarero.



WHAT IS THE BUTTERFLY HUG FAMILY TREE?

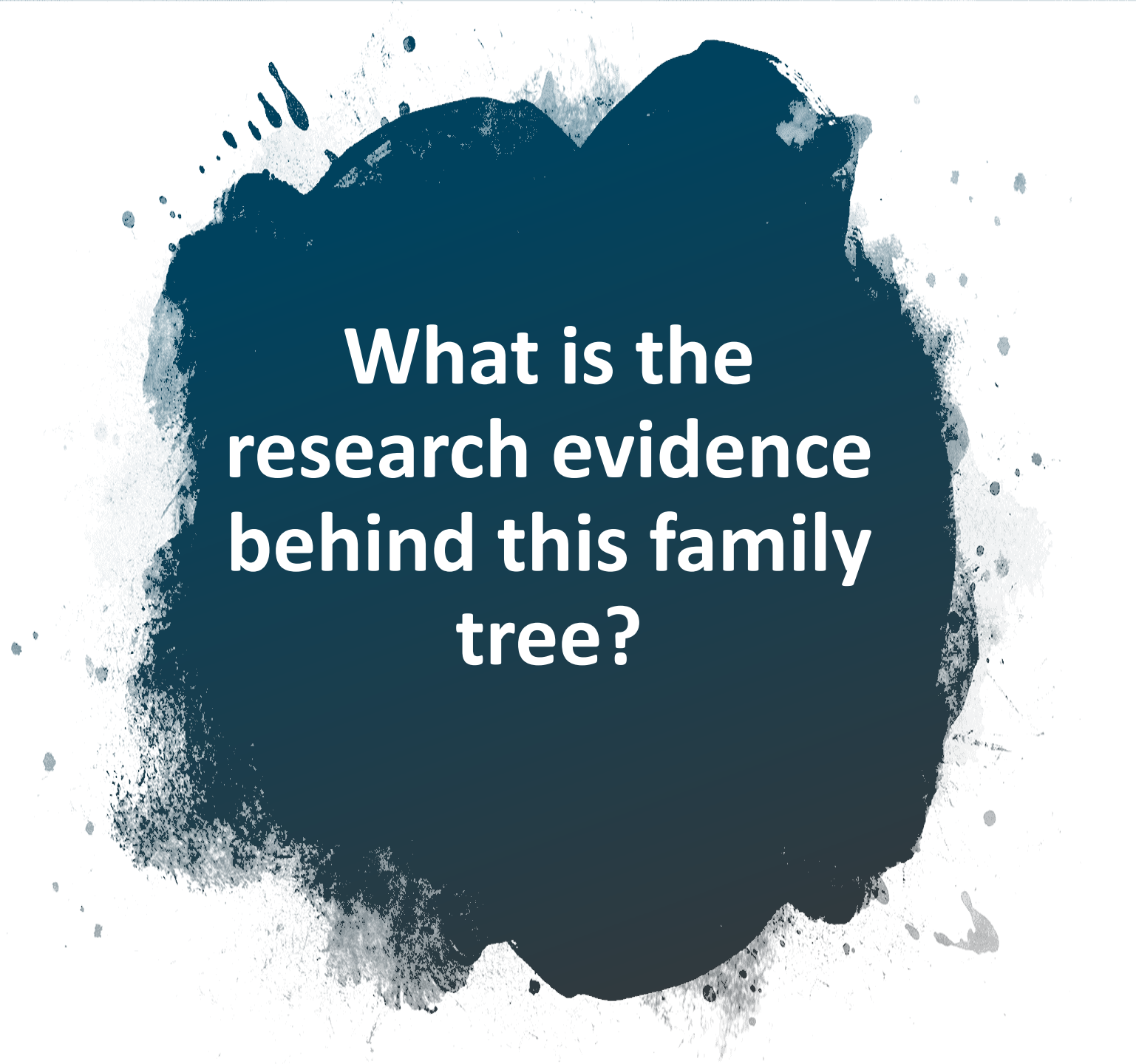




**Who are the
developers of this
family tree?**



Dr. Ignacio (Nacho) Jarero and Professor Lucina (Lucy) Artigas (the Butterfly Hug originator) are the developers, and also, the world pioneers in the provision of EMDR Therapy in a group format.



**What is the
research evidence
behind this family
tree?**

AS OF JULY 2026,

Our ASSYST Treatment Interventions, Butterfly Hug method, and EMDR Therapy protocols have

OVER 100 PEER-REVIEWED PUBLICATIONS IN ACADEMIC INTERNATIONAL JOURNALS

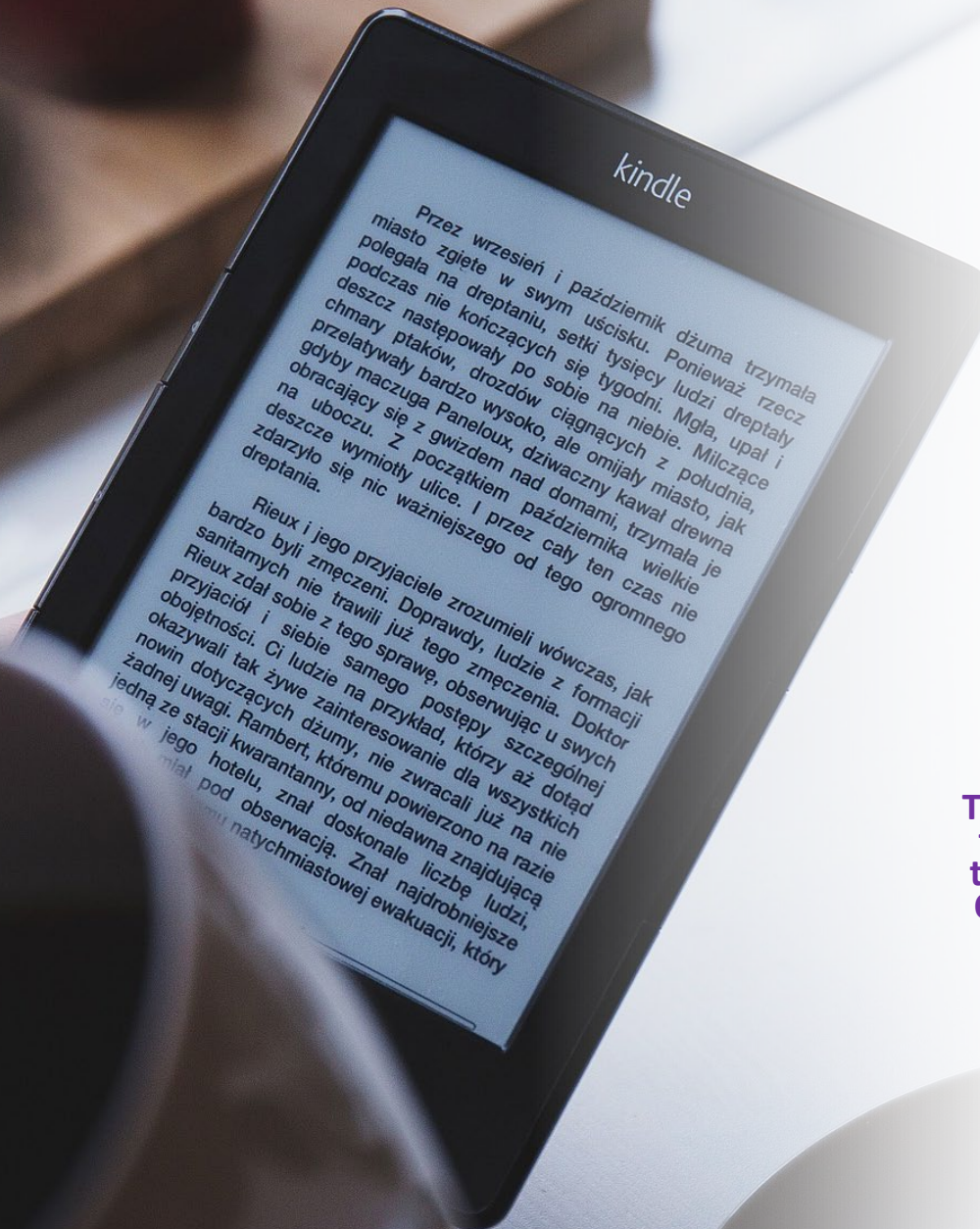
SPANNING IN NEARLY 60 CLINICAL POPULATIONS

No Posters, Conference Presentations, in-press, or Newsletter publications are included on this list.

This consolidates their position as the undisputed world leaders in the EMDR Early Intervention and Ongoing or Prolonged Traumatic Stress field.

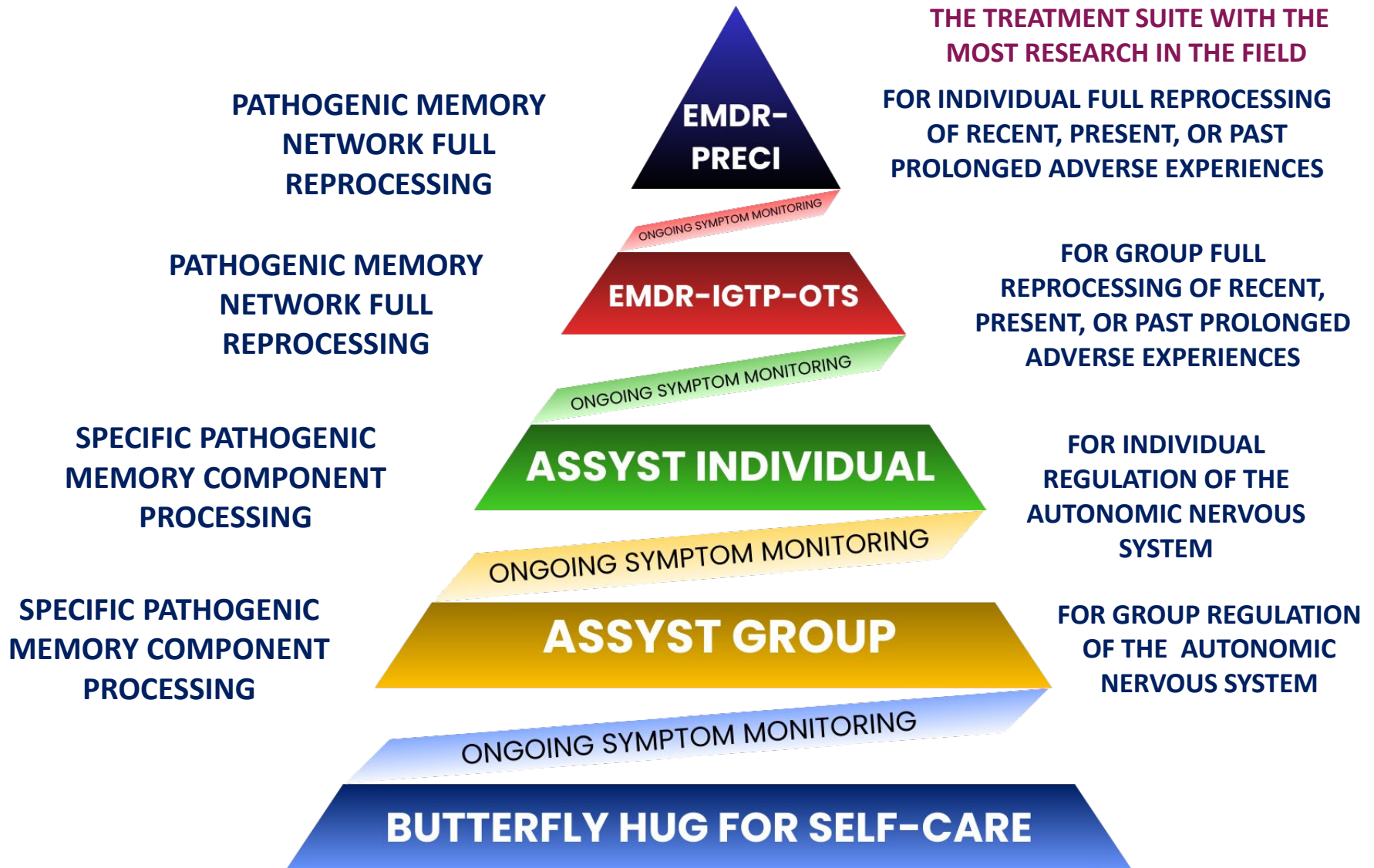
Follow the link to the Bibliography.

<https://tinyt.co/4edi>



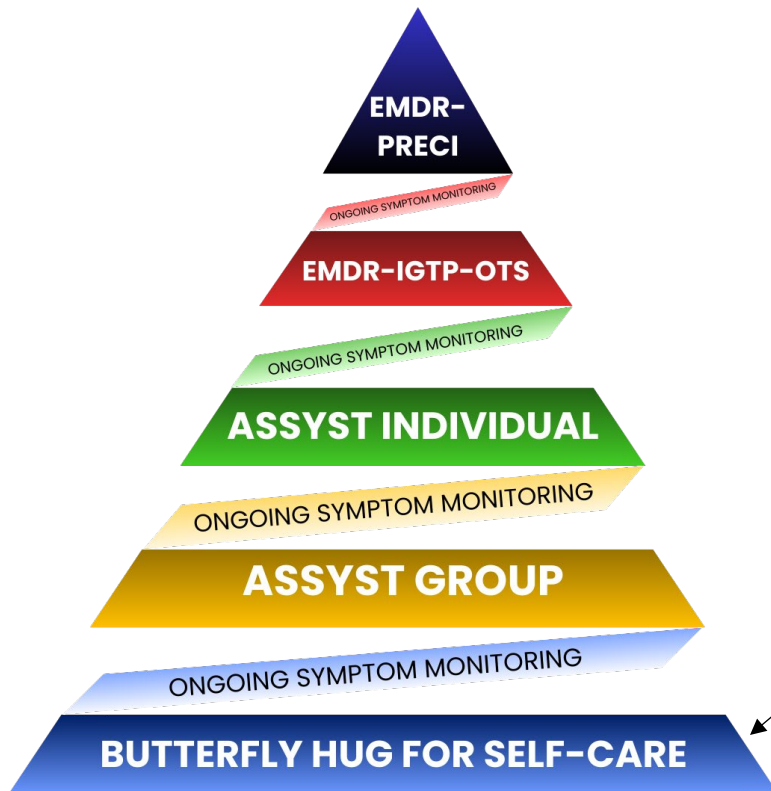
**OUR SYMPTOM-
TRAJECTORY BASED
STEPPED CARE
APPROACH
TO ADVERSE
EXPERIENCES WITH OUR
SUITE OF TREATMENT
INTERVENTIONS AND
PROTOCOLS**

OUR SYMPTOM-TRAJECTORY BASED STEPPED CARE APPROACH TO ADVERSE EXPERIENCES
WITH OUR HIGHLY EFFECTIVE AND SAFE SUITE OF TREATMENT INTERVENTIONS

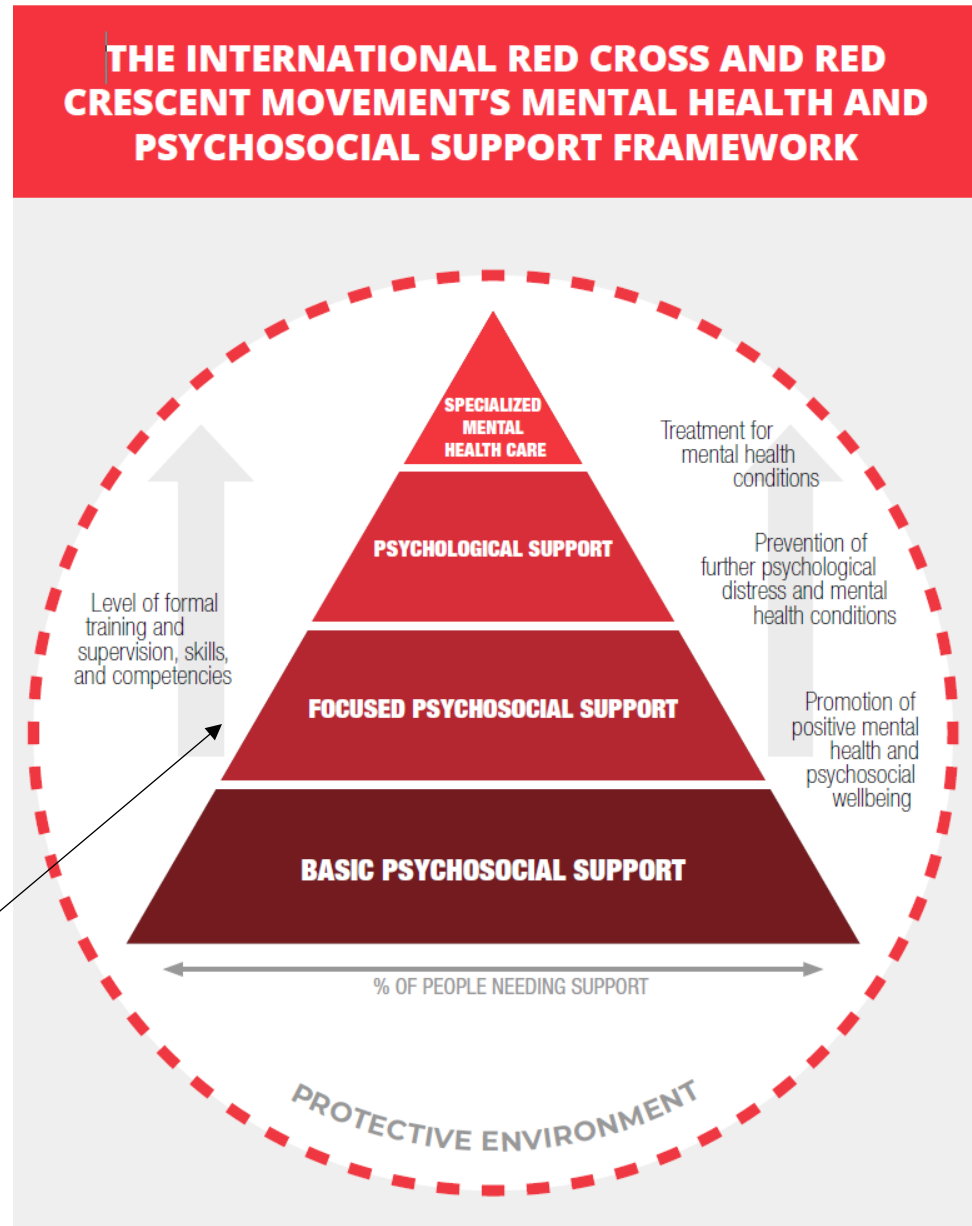


By Ignacio (Nacho) Jarero. All rights reserved

OUR APPROACH IS ALIGNED WITH



The MHPSS Framework
<https://tinyurl.com/ymlk2rcy>



Three pens with textured barrels and flower-shaped erasers are arranged on a wooden surface. The pens have a metallic finish and the erasers are in the shape of small flowers with multiple petals. The background is a soft, out-of-focus light blue and white gradient.

OUR AIP & SYMPTOM TRAJECTORY-BASED STEPPED CARE APPROACH MAIN OBJECTIVES

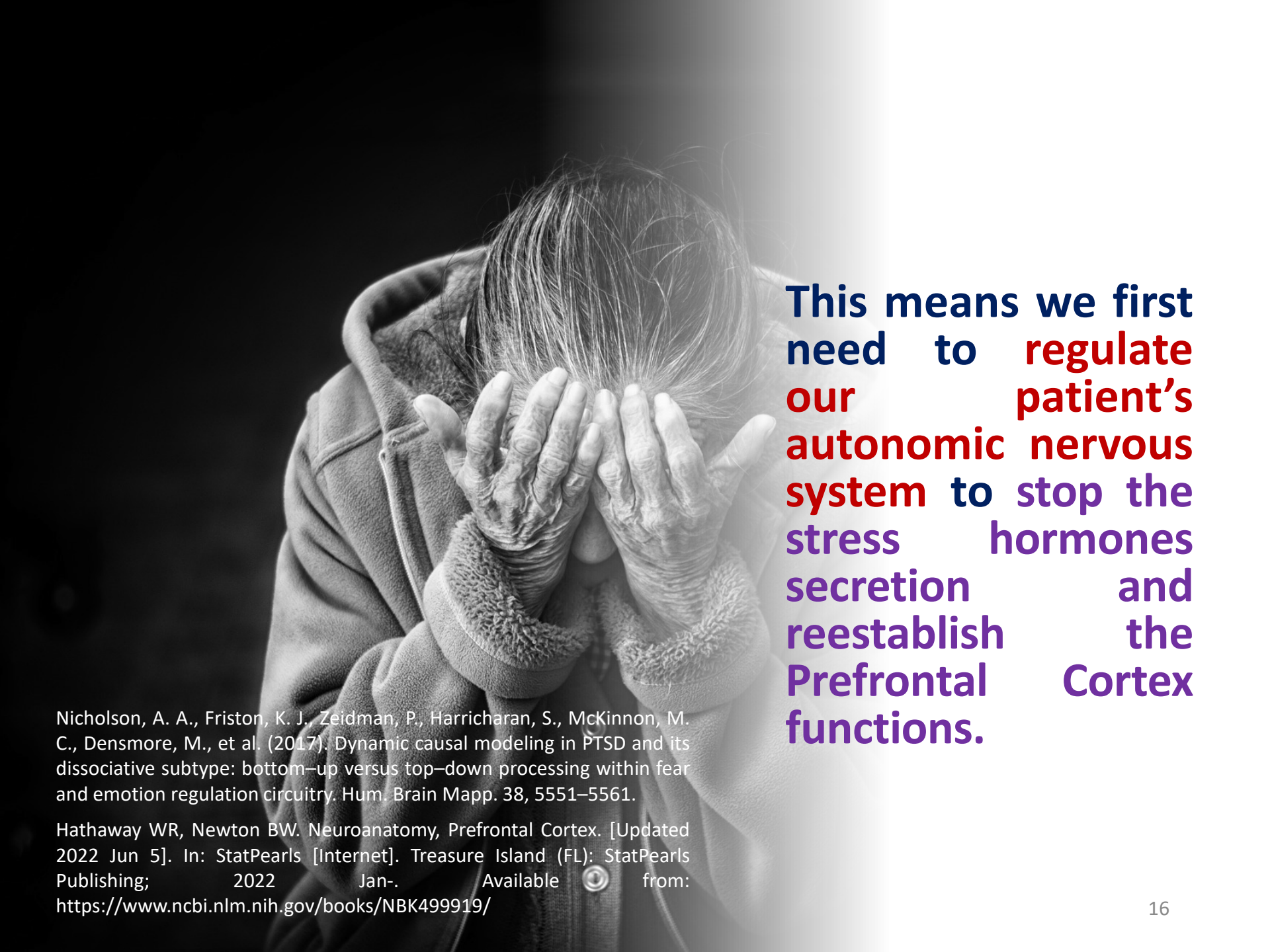
- **Strategize treatment.**
- **Provide the treatment interventions according to the progression of the pathophysiology.**
- **Improve symptom relief and clinical outcomes.**



**WHY IS OUR **FIRST
STEP** TO FOCUS ON
THE CLIENT'S
AUTONOMIC
NERVOUS SYSTEM
REGULATION?**

A black and white photograph of a person with long, dark, curly hair sitting on a window sill. They are looking down, and their hands are clasped together in their lap. The person is wearing a light-colored, long-sleeved shirt and patterned socks. The window behind them shows a blurred view of a city street. The text "Because we need to strategize treatment" is overlaid in yellow, bold, sans-serif font. A white horizontal line is positioned below the text.

**Because we need to strategize
treatment**



This means we first
need to regulate
our patient's
autonomic nervous
system to stop the
stress hormones
secretion and
reestablish the
Prefrontal Cortex
functions.

Nicholson, A. A., Friston, K. J., Zeidman, P., Harricharan, S., McKinnon, M. C., Densmore, M., et al. (2017). Dynamic causal modeling in PTSD and its dissociative subtype: bottom-up versus top-down processing within fear and emotion regulation circuitry. *Hum. Brain Mapp.* 38, 5551–5561.

Hathaway WR, Newton BW. Neuroanatomy, Prefrontal Cortex. [Updated 2022 Jun 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK499919/>

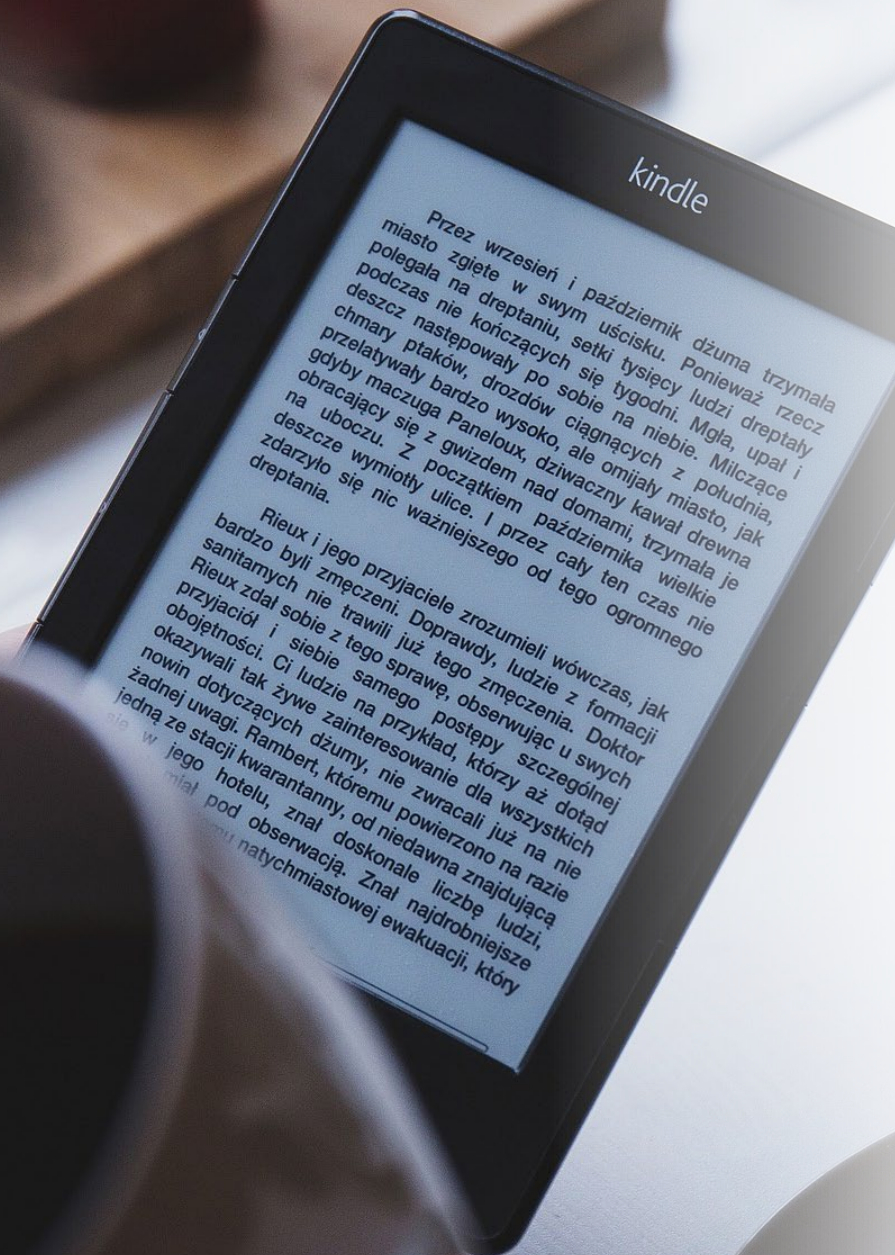
A large, dark, irregular ink blot with a rough, splattered edge. Inside the blot, the text "THE BUTTERFLY HUG RESEARCH EVIDENCE" is written in a bold, yellow, sans-serif font. The background is white with some faint, scattered ink splatters.

THE BUTTERFLY HUG RESEARCH EVIDENCE



The EMDR Therapy Butterfly Hug (BH) method for self-administered bilateral stimulation (BLS) was developed by Lucina (Lucy) Artigas while working with survivors of Hurricane Pauline in Acapulco, Mexico, in 1998.

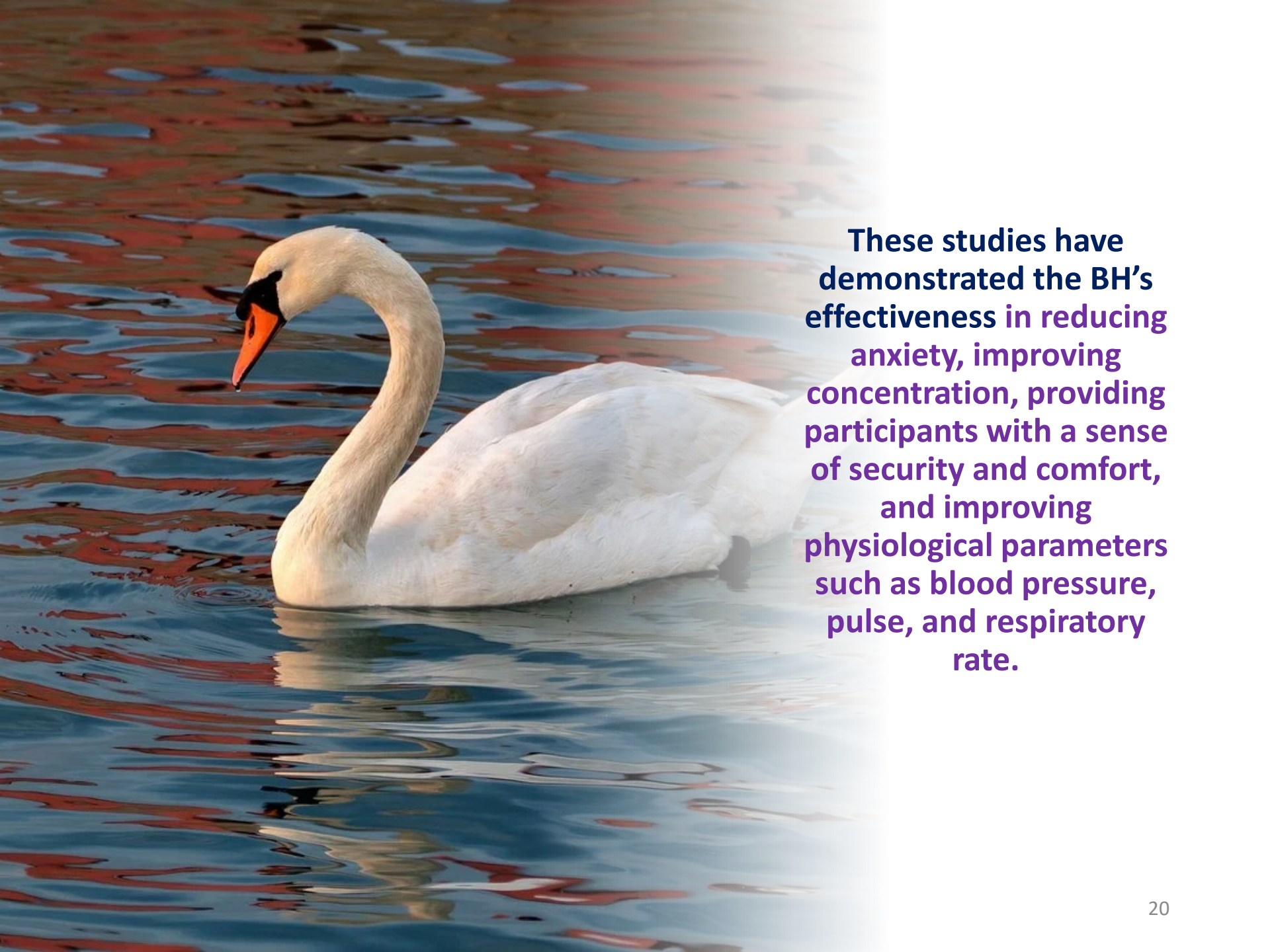
In 2000, Lucy received the EMDR International Association (EMDRIA) Creative Innovation Award for developing the BH method.



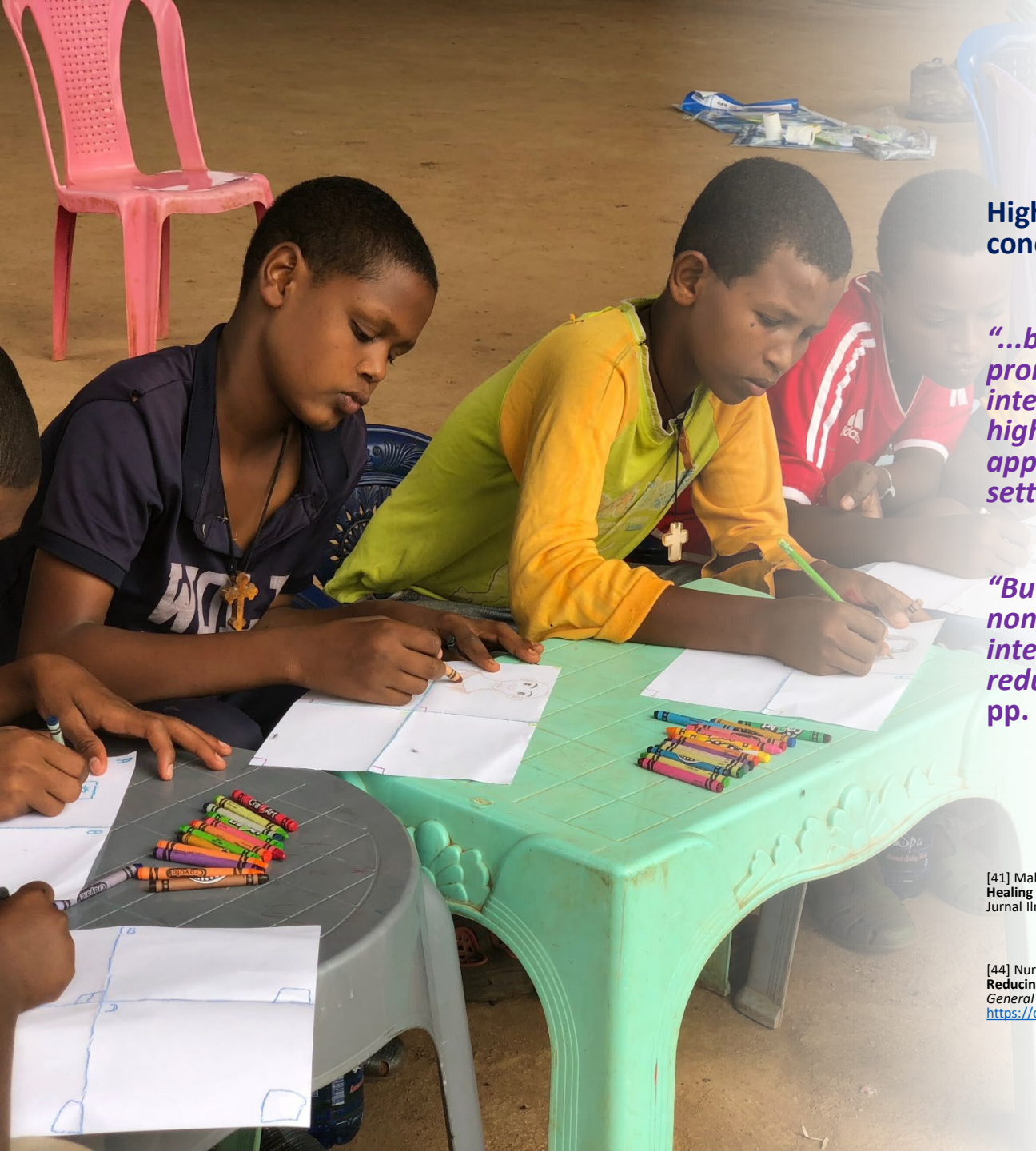
As of July 2026, the Butterfly Hug has one **technical report** on its **Neurobiological insights** and **30 peer-reviewed published papers** in Academic International Journals with **OVER 1,000 participants**

To see the studies, go to

<https://bit.ly/4tLohv9>

A white swan is swimming in a body of water. The water's surface is covered in ripples, and there are prominent reflections of red and blue colors, likely from the surrounding environment or a nearby structure. The swan is positioned on the left side of the frame, facing left, with its long neck curved downwards. The background is a soft, out-of-focus mix of the same red and blue hues.

These studies have demonstrated the BH's effectiveness in reducing anxiety, improving concentration, providing participants with a sense of security and comfort, and improving physiological parameters such as blood pressure, pulse, and respiratory rate.



High-quality systematic reviews concluded that:

“...butterfly hug therapy is a promising non-pharmacological intervention for reducing anxiety, highlighting its potential for wider application in clinical and community settings” [41, pp. 240].

“Butterfly hug therapy is a simple, non-invasive, and accessible intervention that shows potential for reducing anxiety in older adults” (44, pp. 284).

[41] Mahyuvil, T.& Ramadhan, S.C. (2025). Exploring the Effectiveness of Self-Healing Butterfly Technique for Anxiety Management: A Systematic Review. Jurnal Ilmiah Kesehatan Masyarakat. Vol. 4. N. 1. <https://tinyurl.com/2aot7wtp>

[44] Nurpidilah, M., et al (2025). Effectiveness of Butterfly Hug Therapy in Reducing Anxiety Symptoms Among Older Adults: A Systematic Review. General Nursing Science Journal. Vol. 6, N. 01, pp. 284-297. <https://doi.org/10.56359/gj.v6i1.527>



**Dr. Francine Shapiro
(creator and developer
of EMDR therapy)
pointed out in her book
“Overcoming Your Past:
Taking Control of Your
Life with Self-Help
Techniques from EMDR
Therapy” that the BH can
be used for self-care to
manage stress and
reduce anxiety.**

**Shapiro, F. (2012) Getting Past
Your Past: Take Control of Your
Life with Self-Help Techniques
from EMDR Therapy. Rodale
Books. New York.**



BHH TRAINING



This training is taught to persons who work helping others, such as medical personnel, counselors, social workers, teachers, nuns in shelters, frontliners, etc.



**Participants will learn the
BH Method for Groups and
Individuals.**

**The individual method can
be used individually and
taught to others to use on
themselves.**

workshop

The training has three parts

Part 1. Theory and Practicum on the same day (3:00 hours).

Part 2. Real-life practice.

Part 3. Question and Answers session.

To learn more about this project, visit

<https://www.emdrmexico.org/thebutterflyhughumanitarianproject>