

SHAPIRO SERIES #5

SLIDE # 5

B - BRAIN IS PART OF THE BODY

- * INFORMATION PROCESSING SYSTEM IS PHYSICAL, INTRINSIC AND ADAPTIVE
 - o -GEARED TO TAKE DISTURBANCE TO MENTAL HEALTH
 - o -HEALTH AND PHYSIOLOGICALLY BASED
- * PHYSICAL MEMORY NETWORKS INTERACT TO PRODUCE PSYCHOLOGICAL PATHOLOGY OR HEALTH
 - o -MULTIPLE BRAIN AND MEMORY SYSTEMS
 - o -ALL PERCEPTIONS AND IDENTIFICATION BASED UPON INTERACTION OF MEMORY NETWORKS of memory networks
- * THERE IS A PHYSICAL RESONANCE TO COGNITIVE PROCESS AND VICE VERSA

There are multiple brain and memory systems involved. All perception and identification is based on the interaction of the memory networks. There is a physical resonance to cognitive process and vice versa. Do you remember the "yes-no" exercise? Close your eyes for a moment and notice how your body feels. Just notice how your body feels. I'm going to repeat a word. Please repeat the word in your own mind in your native language and notice what happens to your body. "NO!, No! Notice how your body resonates. Now, blank that out. I'm going to repeat a different word. Again, repeat it in your mind in your native language. "Yes!, Yes! How does that feel? Different than the first word? There is a physical resonance to cognitive process. Cognitive therapy would say "it's what you think that causes what you feel" but what we recognize in EMDR, it's vice versa. What you feel in your implicit system is going to bring up the thoughts. When you're tired you think differently. When you're sick you think differently. Don't make any major decisions when you've been sick or really tired. You're not thinking real well. Things don't look as bright; they don't look as happy. What happens when we are walking through the world with this perspective and something happens that is similar to an event that was really disturbing that's not been processed? While we don't make a cognitive link between the two, the memory networks link up and the original file folder's emotions and physical sensations arise. These associative links cause us to think; "Gee I'm terrible", or "This is hopeless" or "That's hopeless" Implicit or unconscious perceptions link up this way. We then have our neocortex try to make sense out of it. We may think we have the whole picture of the incident, but it has been contaminated by an earlier memory network. The affect stored in a dysfunctionally, unprocessed memory network came through our body and boom, now our thoughts are corresponding to the affect!

In EMDR we strive to process those earlier events so our clients no longer react in that way. We are talking about perceptual information linkage in what arises. That's why we're looking for the earliest file folder target.

END OF SHAPIRO SERIES #5