

SHAPIRO LECTURE SERIES: EMDRIA Denver 2003

SHAPIRO SERIES PREFACE

> The Shapiro Series is the posting of the presentation Dr. Shapiro gave at the EMDRIA International Conference in Denver Colorado, 2003. The material was presented in slide format. Roy Kiessling, EMDR Institute List Moderator, has written the additional comments clarifying topics in the slides, therefore, they may not be the exact wording used by Dr. Shapiro during her presentation. Whenever possible, however, Roy has used materials from Dr. Shapiro Book or Institute Training manuals to support and clarify topics listed on the slides. Dr. Shapiro statements are in bold text, Roy Kiessling statements are in plain text
You have permission to share the Shapiro Series with all those trained in EMDR, through other internet discussion lists discussing EMDR, no fee study groups, peer study groups, EMDRIA regional meetings, and one-on-one consultation.

The audiotape of Dr. Shapiro presentation at the 2003 EMDRIA International Conference may be ordered through:

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> Title:

> Adaptive Information Processing and Case Conceptualization

> Francine Shapiro, PhD

> Session: 220

> Preliminary Comments:

> As a starting point of I would like to post the following definition of EMDR as written by Francine Shapiro in her Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures, 2nd edition.

> Goal: The goal of EMDR is to achieve the most profound and comprehensive treatment effects possible in the shortest period of time, while maintaining client stability with a balanced system (Shapiro, pg. 6)

> Components of the EMDR Approach:

> 1. Dual attention stimulation is merely one component integrated with procedural aspects synthesized from all the major psychological orientations

> 2. As a comprehensive approach, close attention is given to images, beliefs, emotions, physical responses, increased awareness, and interpersonal systems in achieving EMDR effects.

> 3. Clinicians must use different EMDR protocols, depending on the types of pathology, and follow therapeutic procedures customized to the need of the client.

> 4. The purpose of the eight-phase EMDR treatment is to help liberate the client from the past into a healthy and productive present. (Shapiro pgs. 1 & 2)

> EMDR catalyzes learning:

- > EMDR is used to:
- > 1) Help the client learn from the negative experiences of the past,
- > 2) Desensitize present triggers that are inappropriately distressing, and
- > 3) Incorporate templates for appropriate future action that allows the client to excel individually and with her interpersonal system. (Shapiro pg. 2)
- > Adaptive Information Processing Model (A principal that is critical to EMDR Practice):
There is a system inherent in all of us that is physiologically geared to process information to a state of mental health. (Shapiro pg. 15)
- > Critical elements of the Adaptive Information Processing Model
- > 1) The possibility of direct, non-intrusive, physiological engagement with the stored pathological elements.
- > 2) An information processing system that is intrinsic and adaptive.
- > 3) A change in identity constructs as the embedded information shifts
- > 4) A release from previously accepted temporal limitations. (Shapiro pgs 18-19)
- > End of SHAPIRO SERIES PREFACE

- > Roy Kiessling
- > List moderator

SHAPIRO SERIES #1

Francine Shapiro in bold,

Roy Kiessling's additional comments in plain text, most of which are based on materials provided by Dr Shapiro's articles and Training Manuals

Adaptive Information Processing and Case Conceptualization

Francine Shapiro, PhD

EMDRIA 2003

Denver, Colorado

Slide 1

INTERNET RESOURCES

Web sites where the latest in EMDR research may be found:

www.hqp.org **Overview, clinical aids, outreach to underserved and communities in crisis**

www.EMDR.com: **Latest research (including updates on bls) commonly asked questions**

www.perkinscenter.net **Preprint of published articles addressing misinformation and spurious attacks**

www.emdria.org EMDRIA web site – sections and links to EMDR research are availa

Slide 2

ADAPTIVE INFORMATION PROCESSING

The key components of the AIP Model are that it:

- **Explains: Clinical phenomena and personality development**
- **Predicts: Positive treatment outcomes**
- **Guides: Case conceptualization and procedures**
- **Is a Physical information processing system**
- Defines **Memories/Information** as being **stored in associative networks**
- Forms the **Basis of perception, response, attitudes, self-concept, personality traits, symptoms**

Comments (R):

As an overview, The AIP system is geared to move toward health. There is a self-healing quality in the AIP that corresponds to what we observe in the body. If the body is cut, it has a tendency to heal and close unless it is blocked. Emotionally, The AIP works similarly. When something bothers us, disturbs us, we think about it. We talk about it. We mull about it. We dream about it. We read about it, and then it feels fine. This is AIP that's able to take it's own course.

When a trauma occurs there is an imbalance in the AIP system and the information that's taken in at the time of that traumatic event – what is seen, what is felt, what is thought, what is heard – all of that information is basically locked in the nervous system because an imbalance has caused that information processing system to stop, to lock up.

EMDR defines successful treatment of pathology as a clinician assisted “self-healing” process. Specifically, the individual reprocesses the dysfunctional information stored in the brain as a result of previous disturbing events. EMDR seems to catalyze an accelerated adaptive processing system which allows the individual to assimilate stored experiences into previously established positive frameworks, or shift cognitive/affect perspectives to accommodate the presenting material. It is best to conceptualize the term “processing” as “learning.” That is, what is useful is learned, stored with appropriate affect, and able to guide a the person in the future. What is useless, is discarded. Targets can therefore be the negative experiences, which inhibit optimal functioning, and the positive experiences that forge an adult able to love, bond, succeed, feel joy, and become a proactive member of a healthy community

The Train Track Metaphor:

What we are looking at imaginably, is a metaphor of an information train moving down an information processing track. The information on the train starts off in dysfunctional form and eventually gets to an adaptive resolution. Each set of eye movements takes the information one stop further along the way towards this adaptive resolution. At each stop along the way some dysfunctional information gets off, and some positive information gets on.

END of Shapiro Series #1