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The AIP

How to Set the Stage for a Deeper, Smoother Healing

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 EMDRIA Approved Consultant

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Welcome

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About me

- Ann Arbor, MI
- Clinical Social Worker in private practice
- Basic Trained through PTI in 2019
- Joined the PTI team in 2022
- Trainer-in-training



China EMDR
 SciFi Biology / Neuroscience Running
 Polyvagal Business
 Public Health

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My Answers

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The Nerd

- Overdeveloped: Loves Sci-Fi. Reads science journal articles for fun. Fantasize in my head, self-absorbed, self-entertained. Obsessed with how humans work.
- Underdeveloped: Difficult to stay connected, reciprocal conversation..


The Know-it-all

- Overdeveloped: Overachiever, works hard to prove "I'm good enough".
- Underdeveloped: Difficult to admit "I don't know", to trust I'm enough, and everything is okay.

Predictions

- I might lose you. You might get bored or disengage.
- I might go on and on and talk down to you. You might try to write down everything I said.

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The Adaptive Information Processing Model

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A little history

1987	EMD
• Desensitization	
1991	EMDR
• Accelerated Information Processing	
2001	Dr. Shapiro's Text 2 nd Edition
• Adaptive Information Processing	

The History of EMDR Therapy <https://www.emdr.com/history-of-emdr/>

Borrowed from the field of education

--It's about information processing & learning.

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How do humans process info & learn?

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We experience life through our senses
(The raw input)

- Exteroception
- Interoception
- Proprioception
- Vestibular
- Neuroception

Mind & body's patterned reactions to the above input:

- Emotions
- Thoughts

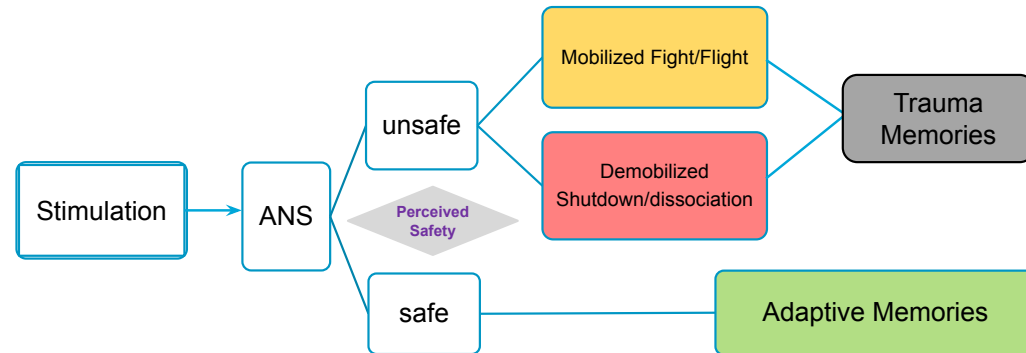
We learn from watching others, interacting with other people, things & ourselves.



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AIP Centers on Perceived Safety

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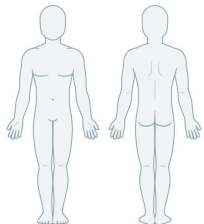


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Perceived Safety: Somatic & Attachment

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- ❖ Perceived safety is the condition that allows trauma memories a second chance to be processed
- ❖ Perceived safety lies within the body (somatic) and in relationships with others (attachment patterns).



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The S.A.F.E Concepts & Key Principles

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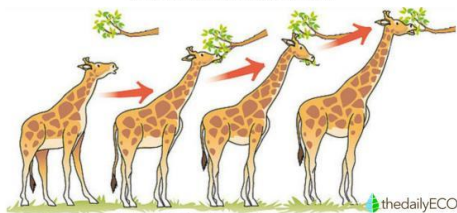
- ❖ The Answer Concept
- ❖ Finding the Experiential Root Under the Answer
- ❖ Four key principles of the S.A.F.E. Approach
 - Mindful Awareness
 - Compassionate Assumption
 - Non-violence
 - Healthy Boundaries

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The Answer Is An Adaptation

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THE LONG NECK OF THE GIRAFFE IS AN EXAMPLE OF A BIOLOGICAL ADAPTATION, SINCE IT HELPS GIRAFFES REACH LEAVES, BUT ALSO SERVES AS A DETERRENT TO RIVALS OR PREDATORS.



- ❖ Every adaptation comes with its advantages and disadvantages
- ❖ Going towards pain/ under stress: the Answer will show up to protect
- ❖ Genuine appreciation: a cue of safety; "Go away!": a cue of threat.

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Getting to The Experiential Root

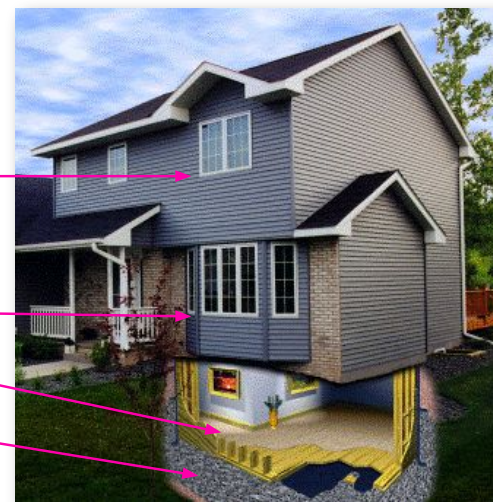
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Higher levels

First Floor

Basement

Foundation

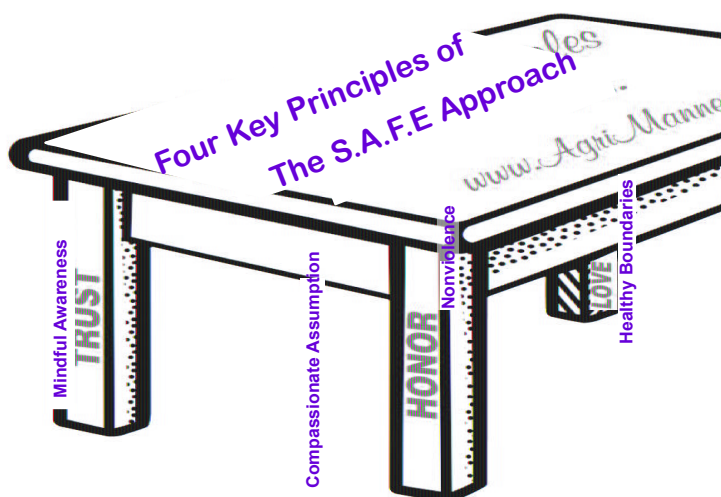


Start fixing the foundation,
then basement,
then each level above.

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Connection Between PVT and AIP

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Four Key Principles

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- **Present moment awareness:** our perception is always a combination of the present & the past--dual reality
- **Compassionate assumption:** The adaptation was always helpful at the time. Whatever is here, it's trying to "help" the only way it knew how.
- **Non-violence/anti-trauma:** Whenever our ANS detects a threat, our brain shifts gear into survival mode, and our Answer takes over, driving the agenda. We are not fully present.
- **Healthy boundaries:** We are here to create the right conditions for healing. The client's system knows exactly what to do to heal when the condition is right.

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Thank You



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