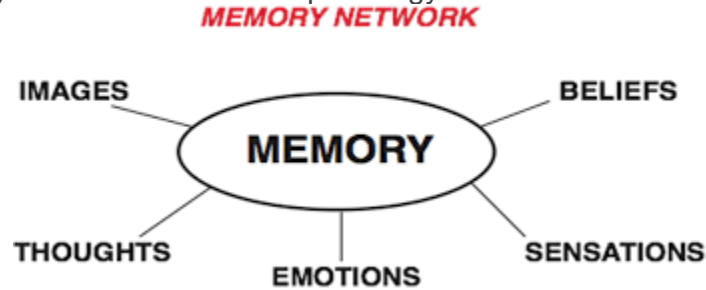


## The Adaptive Information Processing Model

Memory networks store positive beliefs, learning, and resources. The memory networks that are stored in a traumatic way are the source of the pathology. This includes the response at the time.



**It's Both What Happened and What Didn't Happen**• Trauma can include DSM IV, V Criterion A events and/or the experiences of neglect or abuse that under mines an individual's sense of self-worth, safety, and ability to assume appropriate responsibility for self or other, or limits one sense of control or choices.

**Traumatic Events Appear to Be Stored in Isolation**• If experiences are accompanied by high levels of disturbance, they may be stored in what functions like the implicit, short-term memory system. These memory networks contain the perspectives, affects and sensations of the disturbing event and are stored in a way that does not allow them to connect with adaptive information networks. When triggered, the memories feel like they are happening now.

**Events in Life Trigger the Unprocessed Memory** • When similar experiences occur (internally or externally), they link into the unprocessed memory networks and the negative perspective, affect, and/or sensations arise. It feels like it is happening now.

**The Negative is Reinforced: "Ah... more proof that the lie is true."**• This expanding network reinforces previous experiences.