

Knowledge of the Adaptive Information Processing (AIP) model

An ability to draw on knowledge of the AIP model, which proposes that:	
	there is an innate physiological system designed to assimilate disturbing experiences by linking them with existing memory networks (resulting in an adaptive resolution and a psychologically healthy integration)
	the operation of the AIP system can be disrupted by a trauma or other adverse life experience, such that perceptions:
	are stored not in the normal associative memory system but in a way that does not allow them to connect to the more adaptive information networks
	remain in a 'state-dependent' form that can be triggered by internal or external cues (and so give rise to the symptoms of PTSD and other disorders)
	bilateral stimulation paired with focusing on the trauma or adverse experience enables memories to be reprocessed and adaptively stored (shifting from implicit/non-declarative memory to explicit/declarative memory and from episodic to semantic memory systems)
	as the memory moves from a dysfunctional to a functional form:
	there is an adaptive shift in all components of the memory, including the sense of time and age, symptoms, reactive behaviours and sense of self
	the negative manifestations of the memory dissipate, and the positive ones become more vivid