Easy Solutions for Complex Patients : The Parts Interweaves

Summary :

The key of complex patients and dissociation take its roots in their inner fragmentation and parts conflicts. The « Parts Interweaves » model gives original and unique solutions to unlock fragmentations problems.

Originality :

Standard protocol based to face complex trauma
EMDR Model integrated to Structural Dissociation Model
Parts Language
A.I.P focused on macro-integration

Presentation :

Complex clients treatment is an important challenge in EMDR and Trauma therapy. Emotional overwhelming, self-hatred, suicidal thoughts and behaviors, OCD, addictions, eating disorders and dissociation are the most common symptoms of this complexity (J.Fisher, 2017). In this conditions, just « staying out of the way » and « trusting the process » are not enough and founds serious limits.

Structural dissociation theory (O. Van der Hart and al., 2010) helped the trauma field with a better understanding of these symptoms etiology and functioning. Personality fragmentation in different parts, and conflictualisation between these parts explains global dysfunctioning, dysregulations et patients difficulties.

EMDR practitioner learns in standard training to use cognitive interweaves when the process is stuck, and also resourcing work. It is far from enough with complex clients. Disruptions, intrusions and dissociation interrupts the A.I.P process too often. Cognitive interweaves and resources may have some impact on the content during the process, which i call « micro-integration ». The Parts Interweaves focus on the structural integration, the « macro-integration », in order to limit disruptions and dissociation impact on the treatment.

Part's Interweaves will help :

- Clients to stay in their window of tolerance, allowing the A.I.P to do the job.
- Clients to integrate their complexity and fragmentation. Think oneself as a system is already integration.
- Therapists to let go with fear of dissociation. Fear of client's dissociation stuck too many therapists and doesn't stop clients disruption and dissociation.
- And more.

Learning Objectives :

-        Integrate the EMDR standard protocol into the Structural Dissociation Model

-                      Learn the « Parts Language »

-        Use EMDR A.I.P for another integration level : introduction to macro-integration