

Is this an EMDR patient?

How understanding the basis of the AIP model makes it possible to utilize EMDR Therapy across a very broad range of disorders. EMDR processing is frequently underused, and a transdiagnostic perspective provides a better vehicle for grasping the many opportunities to use BLS processing.

While EMDR has become a well-established psychotherapy for PTSD, clinical supervision often reveals that many practitioners overlook how the Adaptive Information Processing (AIP) model — and EMDR therapy itself — can be effectively applied across a much wider range of disorders and clinical presentations. This presentation explores how unprocessed and Pathogenic memories shape maladaptive behavioural and emotional patterns, and how recognizing these dynamics helps therapists identify meaningful targets for reprocessing. By broadening the understanding of AIP, practitioners can overcome blind spots, move beyond a narrow trauma definition, and discover the full adaptive potential of EMDR therapy across diverse clinical contexts.