

Anxiety, Depression and Stress Management

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AIP: Adaptive Information Processing

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Understanding the neurobiology of stress, depression and trauma helps the clinician develop effective treatment plans for their clients' presenting symptoms. Adaptive Information Processing, a phrase coined by Francine Shapiro, suggests that the brain has a constant drive to emotional health and survival. Neural networks are constantly linking, binding and consolidating past and present experiences. Psychological issues are an indication that this process has broken down.

This brief introduction to neural network formulation will lay the foundation for conference participants to under their

client's issues from a brain functioning perspective.

Speaker Biography

Roy Kiessling was initially trained by Francine Shapiro in 1994, became an Institute facilitator in 1997, a trainer for HAP (USA) in 2001 and a senior trainer for her Institute in 2006. In 2013, he resigned his positions and formed EMDR Consulting. Since 2013 EMDR Consulting has grown to be one of the largest training organization in the US. EMDR Consulting's training approach stresses an integrative EMDR approach based upon core beliefs, The Processing Continuum and neural network consolidation. His presenting experience includes over 360 EMDR trainings, conference presentations and advanced trainings in the US, Canada, Russia and the Middle East.

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