

Using InnerActive Parts Cards as IFS and EMDR Resources

ACC – Pursue Your Passion 2023



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Objectives



- 1) Participants will be able to identify the neurological changes possible with Internal Family Systems and EMDR according to memory reconsolidation theory.
- 2) Participants will be able to describe the use of InnerActive Parts cards as a means of integrating sensory cues to emotionally activate short-term memory.
- 3) Participants will evaluate the use of IFS parts as resources during EMDR trauma processing.



Neurological Changes

Memory Reconsolidation Treatments

Eye Movement Desensitization and Reprocessing (EMDR)

Emotion-Focused Therapy (EFT)

Coherence Therapy

Interpersonal Neurobiology (IPNB)

How does Memory Reconsolidation Work?

Memories Stored

Our nervous system
receives and stores
memories

Synaptic Connection

The brain makes
synaptic
connections in our
neural network

Memory is Updated

Our memory is
constantly updated
with new
experiences

Ecker & Bridges, 2020; Ecker & Vaz, 2022; Post & Kegan, 2017; van der Kolk, 2014; Rogel et al., 2020

Long Term Memories Can Change

Fragile

Altered in Short
Term Memory

Unstable

Subject to change

Altered

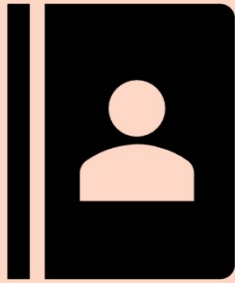
Edit and Rebuild



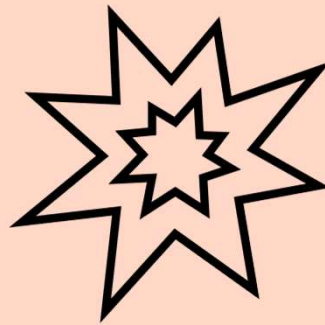
Reconsolidation of Traumatic Memories

Gray et al., 2019, 2021

Process



Identify Parts
with
InnerActive
Cards



Target
Traumatic
Event Using
EMDR



Use Parts as
Resources for
EMDR

Gray et al., 2019, 2021



What are Parts in IFS

Self

Exiles

Managers

Firefighters

InnerActive Parts Cards

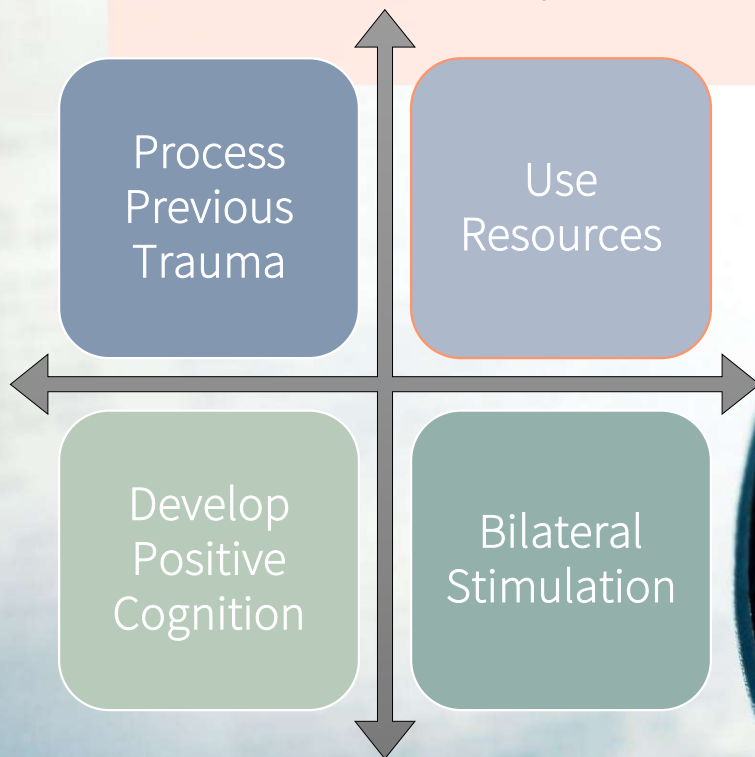


<http://www.inneractivecards.com/understanding-parts-with-inner-active-cards.html>

All artwork ©/™ Sharon Sargent Eckstein & Backwoods Press, 2012.

EMDR

Eye Movement Desensitization and Reprocessing



Visser & Arntz, 2023).

Shared Concepts

IFS EMDR

- **Client Guided/Centered**
- **Strength Based**
- **Encourage Mind-Body Connection**
- **Increase tolerance and regulation**
- **Dual Awareness (Implicit & Explicit Memories)**
- **Internal-Externalized**
- **Creative Thinking**
- **Therapeutic Alliance**
- **Negative Cognitions of Parts**
- **Curiosity**
- **Overcoming Blocks**
- **Unburdening (Exiles)**
- **Closure**
- **Unfinished Business**



Questions??? Comments

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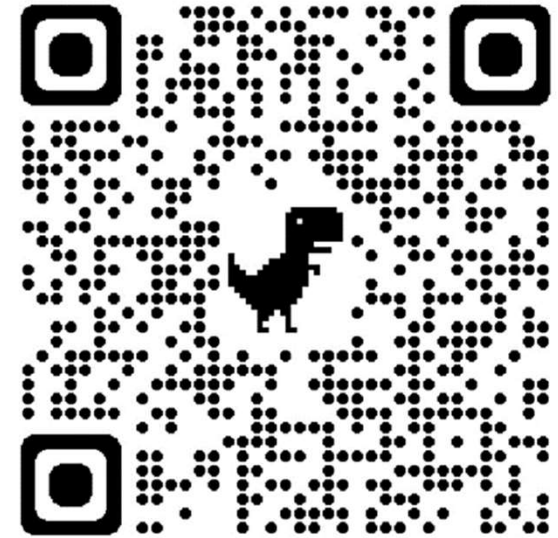
Resources:

<http://www.inneractivecards.com/home.html>

<https://www.coherencetherapy.org/index.htm>

<https://ny.pbslearningmedia.org/resource/nvfb-sci-memhackers/wgbh-nova-memory-hackers-full-length-broadcast/>

<https://ericarhoads.com/research-scholarship/>



Thank you

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