

FUNCTIONAL MEMORY NETWORKS

- Memories form into networks of similar experiences shaping our past, present and anticipated future attitudes, behaviors, emotions, responses and “**core beliefs.**”
- When language becomes available core beliefs are affixed, encapsulating all the components of the ever-developing memory network system (past, present, and future).
- The AIP system is constantly updating the memory network as similar experiences occur, solidifying the core belief.
- With each update, upgrades occur in attitudes, behaviors, perception (learning, integration, and reconsolidation).
- When activated/triggered, core beliefs are validated by the updated emotions, sensations, and behaviors.

DYSFUNCTIONAL MEMORY NETWORKS

- Dysfunctional memories are formed when an adaptive (at the time) response is unable to update (have access to healthy, adaptive experience) due to the nature of the experience.
 1. “T” Criteria “A” traumatic experiences (PTSD/Complex PTSD)
 2. “t” life experiences due to absence of healthy adaptive information over an extended period of time
 3. Only responses consistent with the original experience are added to the memory network, thus processing “learning” is based on outdated/now dysfunctional information
- Over time, due to the absence of updates, these networks become maladaptive/dysfunctional attitudes, behaviors, emotional responses, and dysfunctional core beliefs (NCs)