

# High Intensity Interventions (HIIS)

## Interventions



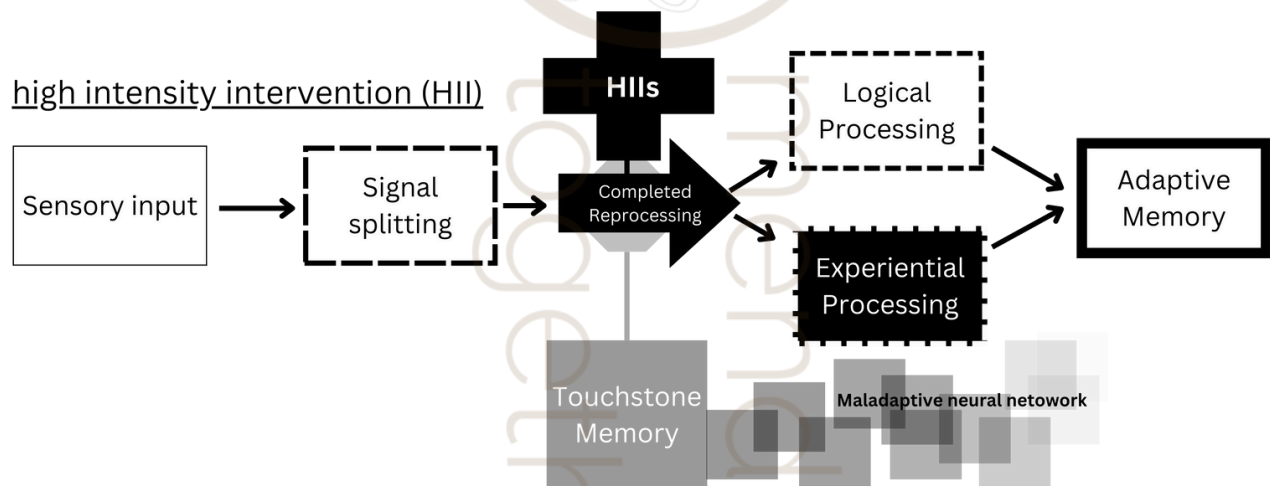
Used to address any potentially **overwhelmingly intense (traumatic) event** or **neural networks**, but in a larger and more holistic way than **LIIs**. Processing tends to be broader and less focused, often including **negative cognition/core beliefs** along with **positive alternatives** in order to help ensure the **full maladaptive network is accessed** if needed. Higher likelihood of accessing “new” or previously dissociated **memories/experiences**. Intensity/SUD may decrease more slowly or may take several rounds of processing the same target to notice improvement. Earlier on it is helpful to look for **feeling different** vs **feeling better** (ie, new insight).

Goal:

- Exploration of, insight about, and desensitizing of FULL maladaptive neural network
- Integration of positive neural network with previously previously overwhelmingly intense experiences
- Decrease of SUD and increase of VoC (validity of cognition, “alternative belief”)

Result:

- Overall less activation, related to past experiences AND future stressors
- Increased connection to alternative beliefs/positive neural networks



*When taking “bigger and bigger bites”, it can feel more challenging to “digest” the experience. But WHEN it shifts/changes, it can be significantly more noticeable and even encouraging. (ie. “smaller bites” result in smaller improvement, “bigger bites” results in bigger improvement. NOT better or worse, just different. So starting with the “right size bites for you” is most important.)*

### Modalities

- EMDR Standard Protocol
  - Shapiro
- Adaptive iNSight Development (AiD)
  - Saroni & Mosher
- Integrative Group Treatment Protocol (IGTP)
  - Dr. Ignacio Jarero

Others include:

- Brainspotting
  - Dr. David Grand
- Emotional Transformation Therapy
  - Dr. Steven Vazquez
- And many more! (Including many traditional “talk therapy” modalities)