

ASSYST PROCEDURES UPDATED DEFINITION AND REFERENCES AND THE FUTURE

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The Acute Stress Syndrome Stabilization (ASSYST) Procedures are Adaptive Information Processing (AIP)-informed and field-tested psychophysiological algorithmic approaches, whose references are the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress (EMDR-IGTP-OTS) and the EMDR Protocol for Recent Critical Incidents and Ongoing Traumatic Stress (EMDR-PRECI), specially designed for clients who present intense or overwhelming sensory input, body sensations, or emotions [1-6].

These ASSYST individual and group procedures, that can be provided in-person or online, give us the possibility of direct, nonintrusive, physiological engagement with the pathogenic memory and its components.

These procedures can be administered within the first hours or days in which the person shows severe symptoms of distress and/or deterioration in current functioning.

The objective of these procedures is focused on the client's nervous system activation regulation (stabilization) through the reduction or removal of the activation produced by the somatic-sensory components of the pathogenic memory to achieve optimal levels of nervous system activation; thus, facilitating the AIP system the subsequent natural adaptive processing of the information.

The ASSYST procedures follows the Psychological First Aid (PFA) reduction of distress and adaptive functioning objectives and must be administered within a continuum of care context (stepped progression of health care provided in an increasingly intensified manner) to help the person achieve a state of adaptive functioning or to facilitate access to the next level of care when necessary [7]

References

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