

Structural Dissociation Quick Reference

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****ANP (Apparently Normal Part):**** Daily life functioning, avoids trauma reminders, may feel detached/numb, often unaware of EPs

****EP (Emotional Part):**** Holds traumatic memories/emotions, stuck in trauma-time, fight/flight/freeze/submit responses, intrudes as flashbacks

Three Levels			
Level	Structure	Presentation	Treatment
Primary	1 ANP + 1 EP	Simple PTSD	Standard processing
Secondary	1 ANP + Multiple EPs	Complex PTSD, BPD, OSDD	Phase-oriented, parts work
Tertiary	Multiple ANPs + EPs	DID	Specialized dissociation Tx

EP Types & Switching Signs		
EP Type	Function	Signs
Fight	Rage, protection	Posture change, voice deepening, clenched fists
Flight	Panic, escape	Restlessness, rapid speech, scanning exits
Freeze	Numbness	Blank stare, slowed speech, rigidity
Submit	Shame, collapse	Slumped posture, soft voice, gaze aversion
Attach	Desperate seeking	Pronoun shifts, childlike voice

Phase Treatment & Modality Applications			
Phase	Goal	----- -----	**1. Stabilization** Safety, skills, expand window
			2. Processing Memory integration
			3. Integration Unified functioning
		Modality	Approach
		----- -----	**DBR** Orienting tension before affect
			EMDR ANP stability before EP work
			IFS Managers=ANP; Exiles=EPs
			Somatic Pendulation ANP ↔ EP

Key Principle: Establish ANP stability before EP work. All parts served survival function—none are "bad."

Session Language

Identify: "Is there a part that feels differently?" • **Educate:** "Part of us focuses on daily life while another holds difficult feelings." • **Work:** "Can we let that part know we're here now and it's safe?"