

# **IEMT**

## **Certification Process**

**CHANGE IN THE BLINK OF AN EYE**

**PRESENTER LORI DONNELLY**

***CREATED AND DEVELOPED BY ANDREW T AUSTIN***

# IEMT

## Certification Requirements

The certification process verifies trainees' level of competence in the model. The criteria for receiving IEMT Practitioner Certification are based on both observational processes of effective Integral Eye Movement Techniques and written requirements.

Certification is optional, and attendance at the training does not guarantee it. It is contingent on successfully completing the assessment criteria.

The trainee is given a 3-month period from the initial training to decide whether or not to be certified.

Trainers may extend this to 9 months where circumstances dictate necessity.

Certification is only granted upon successful completion of coursework and case studies and after joining the Association For IEMT Practitioners.

Trainers are discouraged from issuing "Certificates of Attendance" to non-certifying participants as often this is subsequently misinterpreted and used later as practitioner certificates.



**The requirements for certification as an IEMT Practitioner include:**

- Trainees must register and complete the IEMT Practitioner training with an approved trainer.**
- Trainees must participate in the live training course  
(online or in-person, and not via pre-recorded sessions).**
- Trainees must submit two written case studies  
(a sample case study is available to all members on the  
Association for IEMT Practitioners website.).**
- Trainees must submit a recording of a live session of around 20 minutes in which they work  
with a demo subject to demonstrate their understanding of the process.  
(The session can take place with anyone, with or without challenges.)**
- The trainee is not permitted to charge a fee for this demonstration subject.  
If necessary, the trainer may request a second video demonstration.**

- **Trainees will have up to 3 months to make their submissions; trainers may request a shorter period for their submission, but it must be stated clearly at the time of booking.**
- **Trainers may also charge a fee for assessment at their own discretion. This must be specified when making the booking.**
- **Failure to submit the requested material for certification may result in certification denial or in a request to retake the training.**

**(Most Trainers offer discounts for retraining)**

- **In order to receive certification, the trainee must join the Association for IEMT Practitioners as an Associate member after passing the assessment requirements.**
- **Upon successfully passing the assessment, Associate members can upgrade to Full membership for free.**



# THE INTRODUCTORY EXERCISE

## Intro Exercise

- Elicit a negative memory
- (2 qualities: Vivid and sticks out as unpleasant)
- Move the client's eyes 6 times on each axes
- While asking them to keep thinking of that memory.

# Basic Kinesthetic Pattern

## THE 6 STEPS

1. Elicit a memory
2. Get the client to give it a label
3. Record the sub modalities
4. Move the eyes 6 times on each axis
5. Recalibrate
6. Repeat if required or move onto the integrative algorithm



# **PRACTICE THE INTRODUCTORY EXERCISE**

## **BASIC KINESTHETIC ALGORITHM**

### **BASIC PATTERN EXERCISE (When working with a negative memory)**

- **Step 1: Elicit a negative memory**
- **Step 2: Give the memory a label, ie. the basement**
- **Step 3: Record sub-modalities**
- **Step 4: Move the client's eyes 6 times on each axes**
- **Step 5: Recalibrate "What is like when you think of the memory now?"**
- **Step 6: Repeat the eye movements if required (if memory remains)**

# THE INTEGRATIVE KINAESTHETIC ALGORITHM

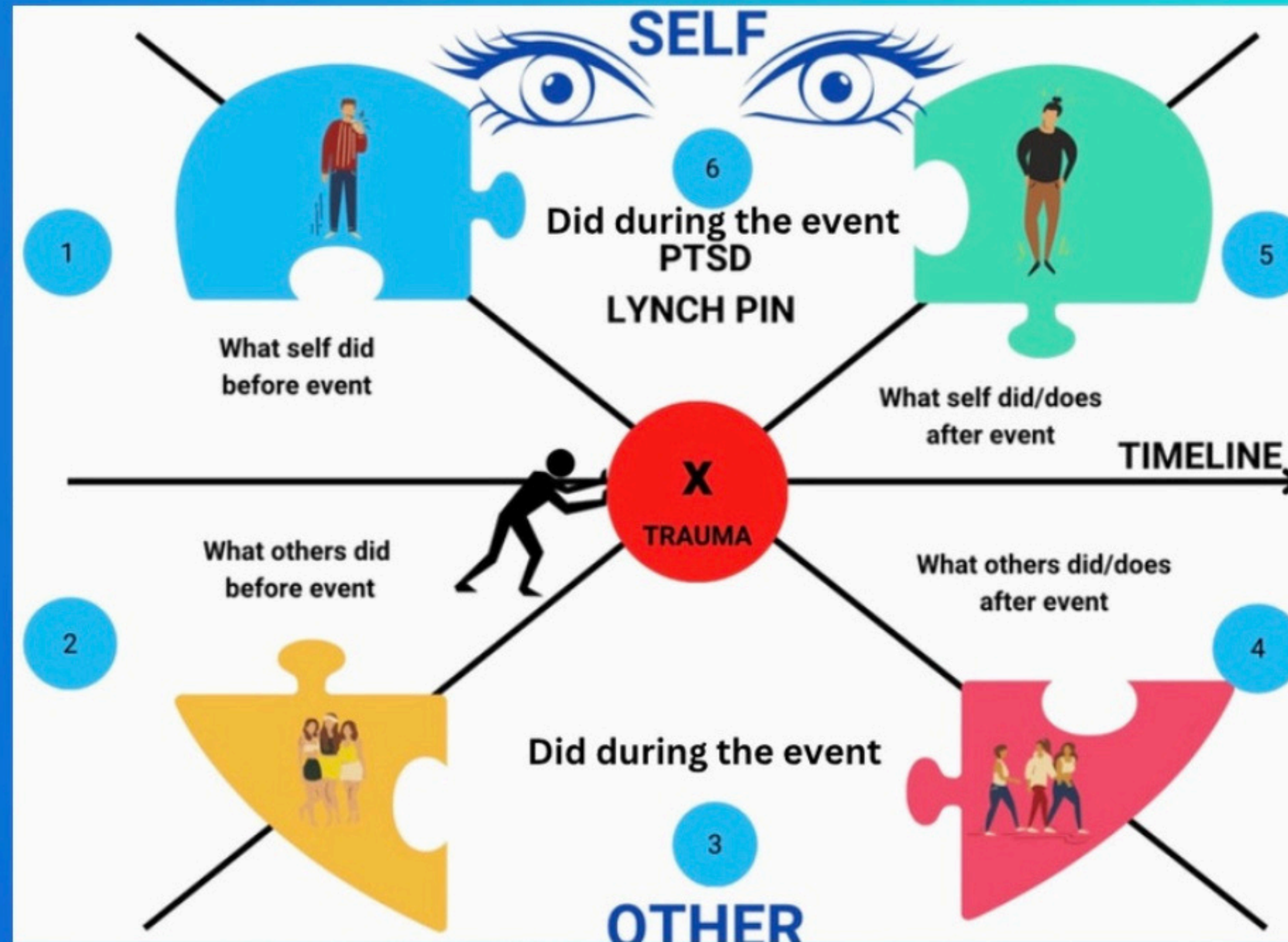
Here is the structure for working with a feeling/emotion

- Step 1: Elicit negative state and rate it out of 10
- Step 2: how familiar is this feeling
- *Step 3. (when is the first time you remember “feeling” this way? Mind you it may not be the first time rather the first time you can remember now)*
- Step 4. And how vivid is this memory (note where they look for the memory)
- Step 5. Starting at that location move eyes
- Test the Imprint. If anything remains, repeat eye movements.
- Test the emotion. If 4 or above, continue to step 5.
- Step 5: With the new level of emotion, locate the next imprint.
- Repeat steps 4 and 5 for a maximum of 4 imprints.



# Overview

## PTSD MODEL



# OVERVIEW SIMPLE IDENTITY

## SIMPLE IDENTITY EXERCISE

- **Step 1- Elicit the "I, Me, Self and You" reference from within the problem the client has come to see you with or an area they want to change.**
- **Step 2 - Apply the lazy 8 pattern to the identities who are unintegrated. (6 times each way)**
- **Step 3 - Recalibrate and apply the lazy 8 pattern again to identities that are still unintegrated.**



# **OVERVIEW COMPLEX IDENTITY ALGORITHM**

## **COMPLEX IDENTITY EXERCISE 4**

- **Explore and elicit any negative identities of other people.**
- **Direct the client to think of the identity of that person.**
- **Bring up their own internal representation of how they see that person.**
- **Instruct the client to hold onto this representation as you move their eyes in the lazy 8 pattern. Recalibrate and repeat if required.**

# SESSION ONE FLOW CHART

**Look through the client form to identify patterns. Make notes of memories, identities and feelings you want to address in the session**

**Opening demonstration with simple kinesthetic pattern**

**Elicit the reason they are there to see you. You can ask "So what's the problem?" You can also refer back to your notes you made on their intake form.**

**ANXIETY**

**3 PILLARS**

**WORK ON THE MOST SIGNIFICANT  
EMOTIONS USING THE  
INTEGRATIVE KINESTHETIC  
ALGORITHM**

**PTSD**

**PTSD MODEL**

**USE EPISODIC  
MEMORY EXERCISE**

**UNWANTED  
EMOTIONS**

**USE INTEGRATIVE  
KINESTHETIC  
ALGORITHM**

**USE SIMPLE KINESTHETIC  
ALGORITHM ON SPECIFIC  
MEMORIES THAT ARISE**

**NEGATIVE  
MEMORIES**

**USE KINESTHETIC  
ALGORITHM ON  
MEMORIES**

**IF UNWANTED EMOTIONS  
ARISE, USE THE  
INTEGRATIVE ALGORITHM**



# SESSION TWO FLOW CHART

**Evaluate from the previous session**

**Check to see how the memories are that you worked on and the emotions  
See if any other issues have arisen during the week. Often new memories and emotions will have made themselves present. If so, deal with them appropriately before moving onto the identity work.**

**Set up the identity work. Give them the I, ME, SELF, & YOU example. Elicit the location, age, and what's happening around each identity**

**Use the simple algorithm on the identities that are unintegrated  
recalibrate and repeat if required**

**Move onto the identities of others using the complex identity algorithm**

**PSAC's**

**If any time left, ask them what they want to now go and do? If they show any appreciation for a new challenge, use the complex Kinesthetic algorithm to resolve.**



# **CERTIFICATION**

## **1. COMPLETE 2 CASE STUDIES**

**1-20 min video of one of the techniques**

## **2. JOIN:**

**THE ASSOCIATION FOR IEMT PRACTITIONERS**

**[integraleyemovementtherapy.com](http://integraleyemovementtherapy.com)**

**ABOUT \$62.00 A YEAR**



# Certified IEMT Practitioner



Lori Donnelly Along with The Association for IEMT  
Practitioners Awards

*Your Name*

The Achievement of IEMT Practitioner  
November 14, 2023

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

Andrew T Austin  
IEMT CREATOR



A stylized, handwritten signature in black ink, featuring a large, elegant 'L' and 'D'.

Lori Donnelly  
TRAINER





# THANK YOU

**SUPPORT 805-444-7379**





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