

## THE BASIC PATTERN FOR IEMT (INTEGRAL EYE MOVEMENT TECHNIQUE)

The Basic Pattern is used on specific problematic memories.

You are challenging the client to hold the imagery (memory) while you are moving their eyes along 3 axis.

We move the client's eyes all the way to the periphery in a slow rhythmic manner.

6 times on each axes.

- Basic Pattern
- THE 6 STEPS
- Find a negative memory
- Get it give it a label (title)
- Record the sub modalities (What does it look like)
- Move the eyes 6 times on each axis
- Recalibrate
- Repeat if required

### STEP 1-ELICIT A NEGATIVE MEMORY

**Ask:** Do you have a negative memory that stands out for you?

We are looking for memories that are problematic when the client thinks about it. (Vivid and unpleasant)

**NOTE:**(For purposes of demo not the worst thing that ever happened)

### STEP 2-GIVE THE MEMORY LABEL

Allow the client to locate a memory. Ask them for a label but no content.

A label could be a name, a location or an act. For example, "John, Paris or the incident?"

*Do not allow the client to give you any information about the memory.*

### STEP 3-RECORD THE SUB-MODALITIES

Is this memory in color? could be black & white

How vivid is this memory? (How clear and in focus it is)

Is this memory a picture or a movie? (What it looks like)

Is it subjective or objective?

(Subjective is as if they are in it) (Objective is as if they are observing)

Does it feel near or far? (This could be in space or time)

From 1-10 10 being the strongest, how strong is the emotion as they are accessing this memory now?

**NOTE:**

*(Occasionally there may be sound or they may feel it in the body as well)*

### STEP 4 - Eye movements

Move eyes on each axis 6 times while asking them to hold on to that memory...

(Repeat...keep holding on to that memory) is all you need to keep saying

### STEP 5 - RECALIBRATE looking for changes

Give the client a moment to gather their thoughts.

Or take a deep breath

Then ask "And when you think of that memory now.. whats it like?"

And out of 10 how strong is it now?

### STEP 6 - REPEAT IF REQUIRED

If visual is still vivid or emotional components remain above a 3, repeat the eye movements.

If after a second cycle there is an emotional component we have a different pattern for emotions.

**We are looking for 4 predictable outcomes:**

**Change of perspective (from subjective to objective)**

**Decreased emotion (best 3 out of 10) 3 or lower**

**Loss of focus/ color quality**

**Possible Time/space progression**

**Other things to notice**

**Sound to no sound**

**Somatic experience to none**

**Some describe "growing up"**