The Association for IEMT Practitioners

IEMT Case Study - Sample

Client no. A11

Age 37, female.
Single session, August 2009

Session length: 50 minutes.

Pre-session

The client volunteered to be filmed as part of a ongoing project in the development and practice of IEMT. She was unknown to myself prior to this session and had no prior experience or familiarity with IEMT or related therapeutic processes.

The presenting problem was that of persistent low-level depression presenting as a quality of life issue without psychiatric or medical complication.

Presentation.

The client attended the session by herself and was of well kept and smart appearance, polite and articulate. She was fully engaged with the session without defensiveness or evasiveness.

Session Summary Part #1

The session was opened with the presupposition that there was a feeling that was a problem which is partly what brought the client to the session. The client immediately agreed and the IEMT Basic Pattern implemented on the feeling. During this exchange, the client scored the feeling as "about a 7" and the "maybe man" element was ignored to be tackled later in the session and the feeling was reported as being "VERY familiar."

As a result of the IEMT Basic pattern, both the memory was lost and the feeling reduced to "about a 3." The IEMT Complex Pattern was then applied on this new feeling which was also reported as being very familiar. Following this the client was unable to access either the memory or the feeling.

Session Summary Part #2

The client was asked to pick another problematic feeling, "the worst one" which was reported as a "nine" on the SUD scale. On asking "And when was the first time…" the client's demeanour changed and she became tearful, turning away slightly and withdrawing eye contact. A pattern interrupt was used and the IEMT Complex Pattern resumed with visible flooding of images during the eye movements which was confirmed verbally by the client during a pause in the eye movements.

At calibration the client reported a change and a reduction in the feeling to "about a seven" which was "quite familiar" and something she commonly suppressed. Another round of the IEMT Complex Pattern was used on this feeling resulting in a deep sigh and visible flooding of images.

At calibration the client reported the feeling was "about a five" and at this point a challenge to the "Maybe Man" pattern was discretely introduced. The Complex Pattern applied to this new feeling with good effect. At calibration, "..about a two out of ten" was reported with another gentle challenge to the "Maybe Man" pattern. Subsequently the client self-corrected on "Maybe Man" behaviour.

Session Summary Part #4

At this point, circular eye movements were implemented on the "two out of ten" feeling as the client had suggested that the feeling was something that she had always had and was part of her with some effect.

Next, I introduced the pattern of "testing of evidence of the problem and ignoring the change" by explaining the pattern and giving a simple example of that pattern and then to

illustrate the point, the client was asked again about the "two out of ten" feeling and the complex pattern was applied on this feeling.

Session Summary Part 5.

At the conclusion of the above pattern and at approximately 15 minutes into the session, I changed tonality and style and asked the client what the problem was that brought her to the session and spoke as though the session was now about to begin. The client reported her "underlying depression" and I asked her to think about it now and tell me what happens. The client had difficulty feeling it and was encouraged to try harder. She was unable to do so.

At this point, via a combination of confusion and presupposition, I introduced the identity elements from IEMT and explained the differentiation of the 4 key pronouns, I, me, self and you. The location, age and "what is happening around…" were elicited and and noted down for the Identity Pattern. "Self" was noted to be most busy with a lot of activity, mostly negative, happening around it. I then fed back the information to the client for verification and to build additional rapport with these identity experiences.

I gave some stories and examples of identity experiences that were matching to her information and then applied the Identity Pattern "lazy 8" to the identity experiences with calibration each time. The client reported "feeling more mature" and more grounded in her experiences of her self.

Further explorations of identity were carried out over about 20 minutes with some emergent kinaesthetics, including anger which were ameliorated with the kinaesthetic patterns.

Overall summary.

The client demonstrated good engagement with the session and evidently understood the processes and rationale for what we were doing. At the conclusion of the session the client reported that the feelings worked on were "deep seated" and that she now felt quite different, comfortable and relaxed. Follow up one week later indicated good response to the session with notable improvement and that the client would like further work and continued support.

In a future session I would like to explore physiological state accessing cues with this client. What is most noticeable is that the client is someone who likes to make a good impression and takes care of her appearance. Part of this involves masking her feelings, so that she is someone vulnerable to a "smiling depression" - happy on the outside, sad on the inside. I suspect that part of this is controlled by sitting very still and minimising her physiological movements, something that she did throughout the session. Using physiological state accessing cues I believe that she will be better able to connect with more positive states and partly substitute her current "away from" strategy of minimising her negative states.

Additionally, as depression is a key feature an exploration of The Three Pillars is likely to be useful.