

INTEGRATIVE KINESTHETIC ALGORITHM

THE 5 STEPS

1. Elicit a negative state or anticipatory event
2. Locate the imprint memory¹
3. Move the eyes until the deviations stop
or (run smooth) on each axes
4. Recalibrate and assess change
5. Continue if required

STEP 1- Elicit the negative state or *Anticipatory event **Negative State (feeling/emotion)**

Ask the client "so what's the problem?" OR "Do you have a negative feeling or a general way of being that you would like to change? Or (or work with the one that's in front of you) that has come up

***OR DO YOU HAVE AN EVENT COMING UP THAT IS CAUSING A NEGATIVE EMOTION OR STATE?**

Popular emotions to work on, fear, guilt, anger, sadness, remorse, regret etc.

1. Then Ask them "and how strong is this feeling 1-10.
2. And how familiar is this feeling?
3. And when is the first time you can remember feeling this way?
Mind you it may not be the first time just the first time you can remember now.
4. And how vivid is this memory?
(Notice where they look for this memory) this is where you will start the eye movements)

STEP 2 - LOCATE THE IMPRINT MEMORY

(If the client can't locate an imprint memory.. ask them when is the first time you can remember someone else feeling this way? *Occasionally we learn to be or feel a way from someone else (I often have people say... "omg its not mine!")*)

If the client is unsure if it is the first time they can remember feeling this way, ask "in this memory, does this feeling feel new or familiar?"

If the client responds with "familiar", then simply instruct them to go back even further. Repeat until they get to when the feeling feels new and the memory is vivid. Sometimes they don't go to the original right off.

The client will often access an imprint that just "clicks" and they know it is the right memory to work on. It is often something they have not thought about in a very long time and may seem to have nothing to do with why they are there

Just knowing this is the imprint is therapeutic.

Elicit Anticipatory event

1- B) Anticipatory event

Ask them to think about the event, When you think of whats it like?... elicit the emotion.

1. Then Ask them “and how strong is this feeling 1-10.
2. And how familiar is this feeling?
3. And when is the first time you can remember feeling this way?
Mind you it may not be the first time just the first time you can remember now.
4. And how vivid is this memory?
(Notice where they look for this memory) this is where you will start the eye movements)

(If the client cant locate an imprint memory.. ask them when is the first time you can remember someone else feeling this way?

For an anticipatory event, we are not looking for a label for the emotion, just the rating out of 10.

This could be a job interview, thinking about not be able to have a drink, sexual issues etc.

STEP 3 - RUN THE ALGORITHM same for Anticipatory

Ask the client to focus on this memory and move their eyes just like the Basic algorithm. This time we tell the client to hold onto the memory for as long as they can, but should it change and go to anything else, that's fine.

Unlike The Basic, we are looking for deviations or blips. This indicates that the internal representation is changing. Once one axis is smooth, change to the next one. Do this until all the axes are clear or for about 30-40 seconds

Here we are looking for those eye deviation, this little blips as you notice them you can comment on them.
Say things like “whats that there” or “something came up there” etc.

Keep in mind that you looking for these deviations which means something has changed.
(Advanced you can switch directions when you see these deviations)

2

STEP 4 - RECALIBRATE AND ASSESS CHANGE

Test 1: Ask When you think of that imprint memory now what happens?
When you think about that feeling now whats it like?
1-10. If any emotion 4 or above, or vivid visuals remains, run the pattern again.

Anticipatory Event: Ask When you think of that upcoming event now what's it like?. If the event triggers an emotion, or if any emotion remains, repeat the previous steps on the new imprint.

If the client reports that the issue is worse, Treat it as a new emotion. You are always wanting to work on the issue that is being presented. Work on the new emotion, then come back to the first one.

STEP 5- CONTINUE THE PROCESS

In this case, find the imprint for the second emotion (how strong, how familiar, when is the first time you can remember feeling this way... it may not be the first time just the first time you can remember now? And how vivid is this memory) and then run the algorithm again.

(Start where they look for the vividness) Do this for a maximum of 4 imprints or until the emotion is 3 out of 10 or less.

If at any time the client reports any specific negative memories arise, then switch to the Basic kinesthetic algorithm. Client's may also use identity statements, if so, switch to the identity algorithms as detailed later.

Keep notes of memories and identities that arise for calibration in the second session.

Again the structure of working with negative emotions

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.

STEP 3

Working with an anticipatory event

Step 1: Elicit anticipated event and rate it out of 10

(when you think of ____ what's it like?)

Step 2: Locate the first imprint

(when is the first time you remember feeling this way?)

go all the way back label event.

Step 3: Run the algorithm (give a moment to recalibrate)

Step 4: Test the Imprint. If anything remains, repeat eye movements.

Test the event/trigger. If above 4, 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.

pgs 30,32

Elicit the negative state or anticipatory event

You may have to search the emotion out..if so do this..

Example: If client says "I want more confidence" this isn't an emotion...

Ask what would you be doing if you had more Confidence?

And what's the lack of confidence stopping you from doing?

Client: "If I had confidence I would go for that job promotion..."

ASK.. So when you think about that job promotion whats it like?

Client: "I feel vulnerable".

Therapist: So when you think of that job promotion how strong is this emotion your experiencing?

You don't really need to name it at this point just the "this emotion"
is sufficient.

Anticipatory Event overview:

Step 1: Elicit anticipated event and rate it out of 10

(when you think of ____ whats it like?)

Step 2: Locate the first imprint

(when is the first time you remember feeling this way?)

go all the way back LABEL event.

Step 3: Run the algorithm (give a moment to recalibrate)

Step 4: Test the Imprint. If anything remains, repeat eye movements.

Test the event/trigger. If above 4, continue to step 5.

Step 5: With the new level of emotion, locate the next FIRST imprint.

Repeat steps 4 and 5 for a maximum of 4 imprints.

5. Continue if required