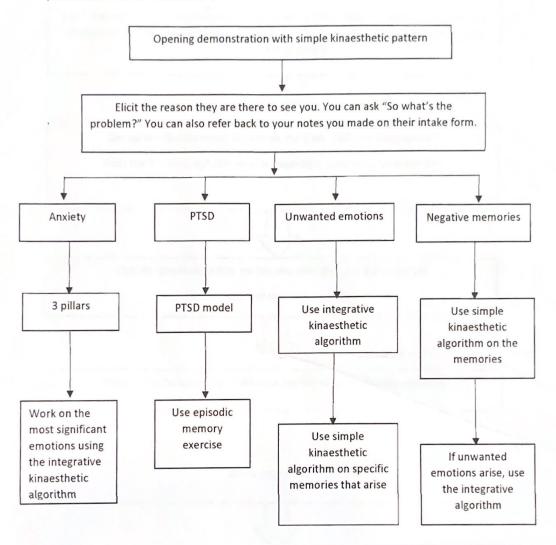
Session one flow chart IEMT

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



In the first session we are primarily focused on kinaesthetic however the client is likely to mention identity issues. For example there is a big difference between "I feel afraid" and "I am afraid"

If a client should use an identity statement such as "I am afraid", do the following: This I, who is afraid, how familiar is this way of being? When was the first time you can remember being this way? Then ask them to hold that experience (or experiences) while applying the simple identity algorithm.

IEMT Session 2 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 and You example Elicit the location, age and what is happening around for 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



Move onto PSAC's



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