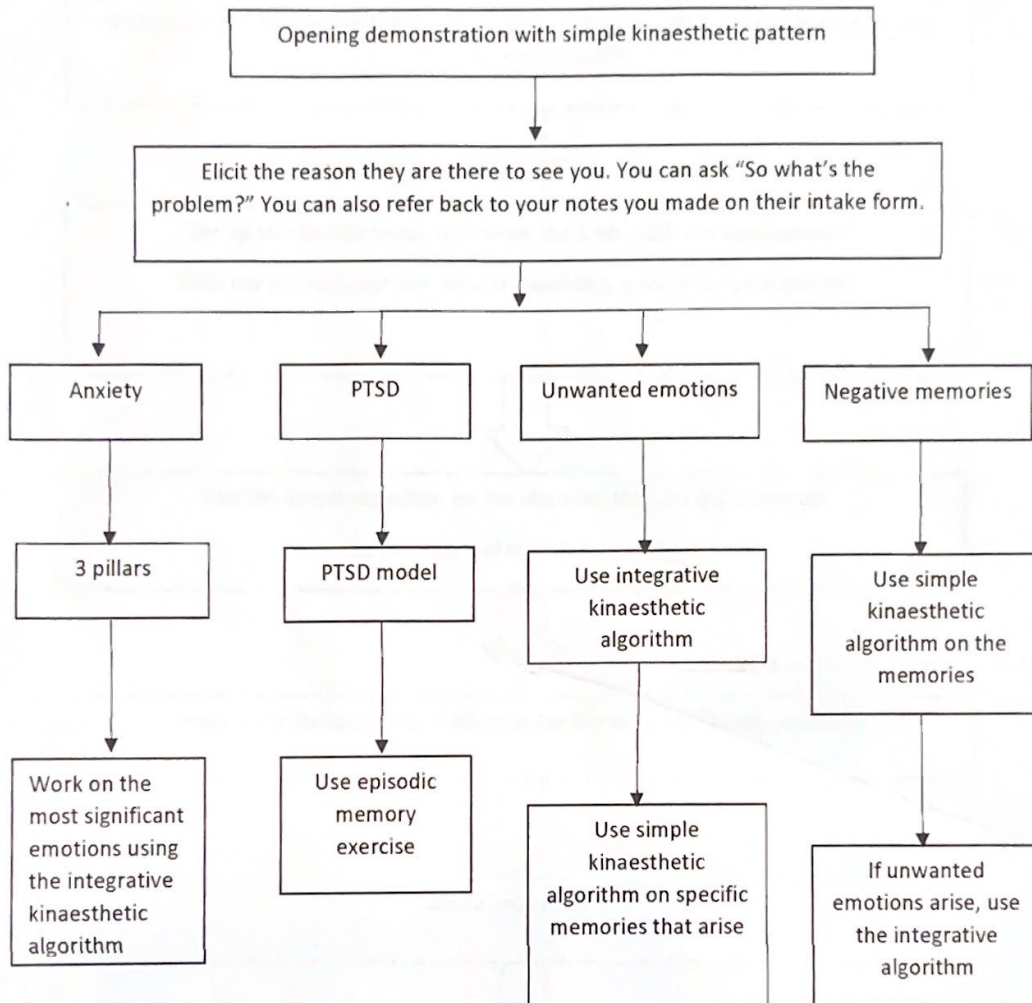


Session one flow chart IEMT

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

