IEMT

PRACTITIONER TRAINING
Review and Certification

CHANGE IN THE BLINK OF AN EYE

PRESENTER LORI DONNELLY
CREATED AND DEVELOPED BY ANDREW T AUSTIN

IEMT

- REVIEW
- SESSION STRUCTURE
- CERTIFICATION PROCESS

CHANGE IN THE BLINK OF AN EYE

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THE INTRODUCTORY EXERCISE

Intro Exercise. TEST EXERCISE

- Elicit a negative memory

- (2 qualities: Vivid and sticks out as unpleasant) Not why they are there

- Move the client's eyes 6 times on each axes

- While asking them to keep thinking of that memory.

Basic Pattern

THE 6 STEPS

1. Elicit a memory

2. Get the client to give it a label

3. Record the sub modalities

4. Move the eyes 6 times on each axis

5. Recalibrate

6. Repeat if required or move onto the integrative algorithm

THE INTRODUCTORY EXERCISE
BASIC KINESTHETIC ALGORITHM

BASIC PATTERN EXERCISE (When working with a negative memory)

- **Step 1: Elicit a negative memory**
- **Step 2: Give the memory a label, ie. the basement**
- **Step 3: Record sub-modalities**
- **Step 4: Move the client's eyes 6 times on each axes**
- **Step 5: Recalibrate "What is like when you think of the memory now?**
- **Step 6: Repeat the eye movements if required (if memory remains)**

THE (KPATTERN)
## INTEGRATIVE KINAESTHETIC ALGORITHM
Here is the structure for working with a feeling/emotion

- **Step 1: Elicit negative state and rate it out of 10 (or rating stuck in the basic pattern)**
- **Step 2: And how familiar is this feeling?**
- **_Step 3.And_ _(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,**
- **With the new level of emotion, locate the next imprint.**
- **Repeat steps 2-5 for a maximum of 4 imprints.**

PTSD MODEL

Remember we are telling client (a) story that allows them to follow the pattern... not their story
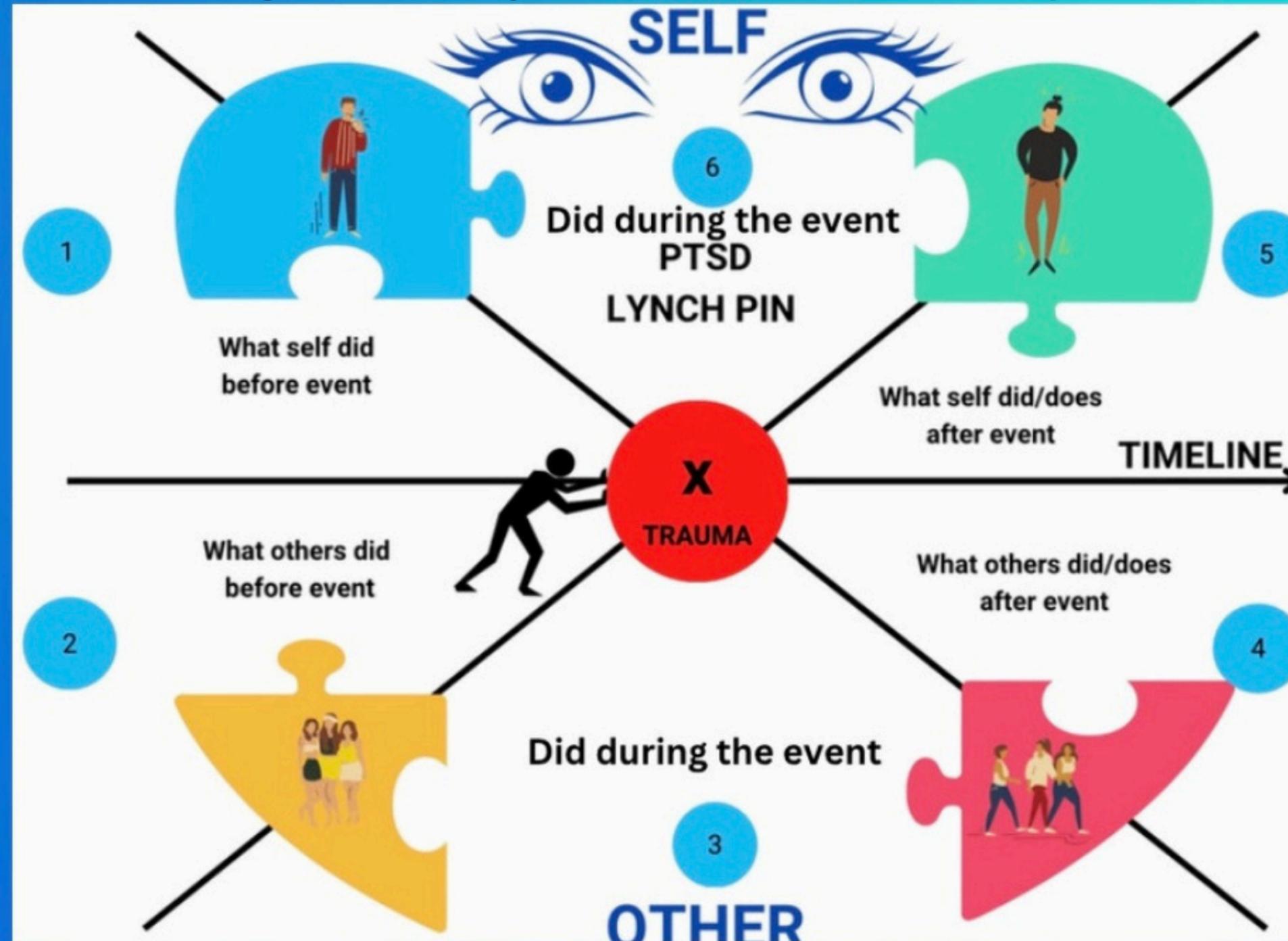
OVERVIEW SIMPLE IDENTITY

SIMPLE IDENTITY EXERCISE

- **Step 1- Elicit the "I, Me, Self and You" reference from within the problem the client has come to see you with or an area they want to change.**

- **Step 2 - Apply the lazy 8 pattern to the identities who are unintegrated. (6 times each way)**

- **Step 3 - Recalibrate and apply the lazy 8 pattern again to identities that are still unintegrated.**

OVERVIEW COMPLEX IDENTITY ALGORITHM

COMPLEX IDENTITY EXERCISE 4

- **Explore and elicit any negative identities of other people.**

- **Direct the client to think of the identity of that person.**

- **Bring up their own internal representation of how they see that person.**

- **Instruct the client to hold onto this representation as you move their eyes in the lazy 8 pattern. Recalibrate and repeat if required.**

SESSION ONE FLOW CHART

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

Opening demonstration with (BASIC PATTERN) kinesthetic pattern

Elicit the reason they are there to see you. You can ask "So what's the problem?" You can also refer back to your notes you made on their intake form.

ANXIETY

PTSD

UNWANTED EMOTIONS

NEGITIVE MEMORIES

3 PILLARS

PTSD MODEL

USE (K PATTERN)

USE BASIC PATTERN

WORK ON THE MOST SIGNIFICANT EMOTIONS USING THE K PATTERN

USE EPISODIC MEMORY EXERCISE

USE BASIC PATTERNON SPECIFIC MEMORIES THAT ARISE

IF UNWANTED EMOTIONS ARISE, USE THE K PATTERN

SESSION TWO 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, & YOU example. Elicit the location, age, and what's happening around 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

PSAC's

If any time left, ask them what they want to now go and do? If they show any appreciation for a new challenge, use the K PATTERN Kinesthetic algorithm to resolve.

CERTIFICATION

1. COMPLETE and submit 2 CASE STUDIES
(2 clients 2 sessions) One 20 min video of either

2. JOIN:

THE ASSOCIATION FOR IEMT PRACTITIONERS
integraleyemovementtherapy.com
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November 14, 2023

Andrew T Austin
IEMT CREATOR

Lori Donnelly
TRAINER

THANK YOU

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