

**Practitioner Level
IEMT On-Line Training
With Sonia Richards
International Chair of the Association
for IEMT Practitioners**

DAY/WEEKEND ONE



COURSE EXERCISES

IMPORTANT

**Please download these exercises
or have them available on a
device for this training**



Exercise Session 1

Name that Emotion or Feeling

- ❖ Emotion is often associated and considered reciprocally influential with mood, temperament, personality, disposition, and motivation. It also is influenced by environment, hormones and neurotransmitters such as dopamine, noradrenaline, serotonin, oxytocin, cortisol and GABA.
- ❖ There is no absolute list of emotions universally.
- ❖ **Exercise: Pair & pull faces at each other to demonstrate an emotion or feeling!**

1. **Guess the emotion your partner is demonstrating.**
2. **Is there a difference between feelings and emotions?**
3. **Are Emotions Analogue or Digital?**





Exercise Session 2

Eye Accessing Cues

- ❖ **Group exercise or in pairs - ask the following questions noting down the primary eye axis movement**
- ❖ 1. What is the colour your front door?
- ❖ 2. What does your car/bike look like?
- ❖ 3. What did you have for breakfast?
- ❖ 4. How would the man in the moon look?
- ❖ 5. Picture a pink elephant with green spots?
- ❖ 6. What does your National Anthem sound like?
- ❖ 7. What is your favourite piece of music?
- ❖ 8. Imagine feeling ice in your hands?
- ❖ 9. Remember a time you felt embarrassed?
- ❖ 10. How does your skin feel when its massaged?
- ❖ 11. What will you eat tonight?
- ❖ 12. Recite the alphabet backwards in your mind.



Exercise Session 3

Elicit a Vivid Undesired Memory

1. Partner up preferably with somebody that you don't know.

One is to act **“the client”** the other **“the therapist”** - **you will swap over**

2. **“Client”** think of something that stands out in your memory, something as bothersome or negative, it can be from a long time ago and stands out as **vivid**, doesn't have to be major, traumas aren't always (e.g losing your lunch money or keys on the way to school). **No more than 6/10 if you scored it.**

No Content Required.....

3. **Concentrate on the vivid memory that has the negative feeling.**

NO DISCLOSURE & NO SHOWING OFF YOUR “THERAPY” SKILLS

4. Person acting as the **“therapist”** ask the “client to move their eyes **6 times** each way whilst the “client” thinks of the memory a vividly as possible.

5. Start with the Horizontal axis and cover visual field to the peripheries. Remind the client to keep their head still and keep thinking of this memory. **This should only just take 30-40 seconds.**

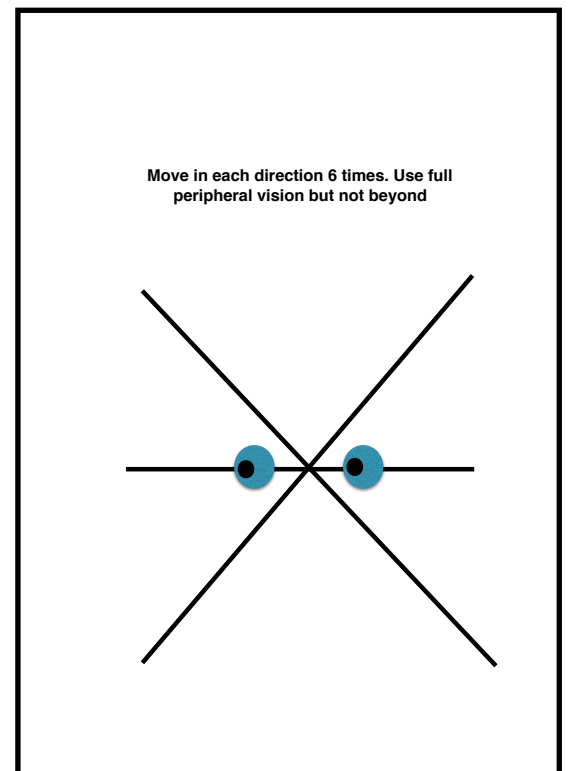
6. **Feedback** - Brief only

(i) What do you notice about that memory now?

(ii) What did you notice about that feeling now?

7. Swap over & repeat.

8. Group discussion as to the observations and experiences.



Exercise Session 4

Sub-modality Overlap

What are sub-modalities?

Sub-modalities are the fine distinctions or the subsets of the Modalities (Visual, Auditory, Kinaesthetic, Olfactory, Gustatory, and Ad = **VAKOG**) that are part of each representational system that encode and give meaning to our experiences. They are the building blocks of the representational systems by which we code, order and give meaning to the experiences we have. Sub-modalities are how we structure our experiences.

- 1. Close your eyes, pens down, feet flat on the floor.
- 2. Go back to the previous representation bring it back if you can.
- 3. Notice what happens to the distance when you try and increase the level of focus?
- 4. How many people notice that it got further away? Raise a hand.
- 5. Any other observations? Open Eyes.





Exercise Session 5

Anticipatory or Current State Change

Basic Kinaesthetic Pattern

Elicit the undesired state (whole being) or kinaesthetic expression (part body feeling)

- 1 • Ask client to assign amplitude scale (1 – 10). *“...and out of ten, how strong is **this feeling**, with ten being as strong as it can be?”*
- 2 • Ask: *“...**And how familiar is this feeling?**”*
- 3 • Ask: *“...**And when was the first time that you can remember feeling this feeling... now... it may not be the first time it ever happened, but it is the first time that you can remember now...**”*
Allow the client 20- 40 seconds to access imprinting event. Do not offer guidance or advice and allow the client to perform their own kinaesthetic transderivational search.
4. When client has accessed their earliest recollection ask,
*“...**And how vivid is this memory now?**”*
 Instruct the client to **hold that memory vividly** in their mind for as long as possible...
5. Guide client to perform eye movements through the different access points. Periodically reminding the client that, *“...**And if this memory fades, try very hard to bring it back...try as hard as you can to retain that experience...**”*
30 - 45 secs per round.

Test 1. Ask: *“**And what happens when you think about that memory now?**”*

Test 2. Ask: *“**And what happens when you think about that feeling now?**”*

If imprint event still triggers negative kinaesthetic, repeat process.

RE-SCALE, THIS MAY BE A DIFFERENT FEELING HENCE A DIFFERENT MEMORY, SO DO THE FULL PROCESS AGAIN IF NEEDED

6. Repeat once or twice until client says that they cannot retain or recall visual memory. *(If score changes the feeling has changed do the full protocol again)*

Alternative questions: 1. And when you think about that memory now, what happens/what do you notice/experience?

2. And when you think about that feeling now what happens/what do you notice/ experience/how does it feel?

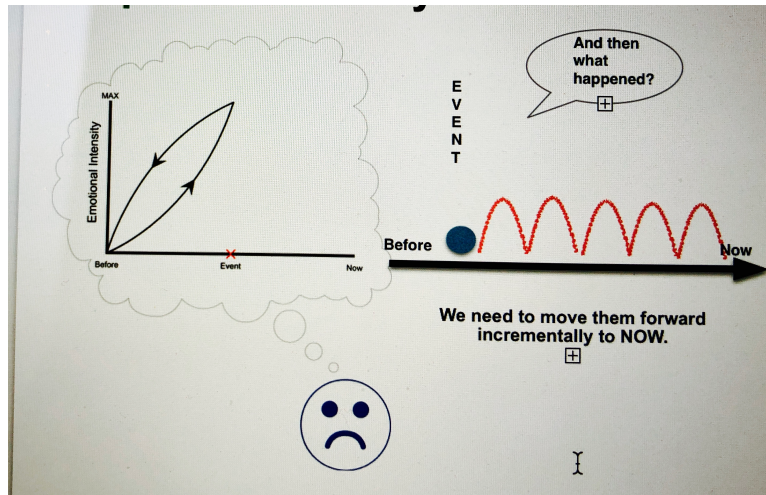
Test 3. (optional) Ask: *“...**And when you think about <ANTICIPATORY EVENT> event now, what feeling comes up for you now?**”* **If negative kinaesthetic emerges then repeat basic process and locate next imprint.**



Exercise Session 6

Episodic Memory Movement

Used for those stuck and looping round an event such as trauma. Often phrases like “my life ended”, “I have nothing since then”, “I died that day”, their time line stops at the accident, they delete what followed.



1. Think about a difficult time in your life something bothersome to you may be something someone else did....
2. And when you remember is it a still picture or movie?
3. If it's a still just notice the precise moment in time where it starts & ends, note what it is.
4. If it's a movie run it through notice where it precisely begins & ends.
5. Still pic turn it into a movie by noticing what happens next 2 mins, 2 hours or 2 days, run it through beginning to end (eyes open if prefer)
6. If its a movie do the same and run it through & make it longer.
7. Repeat and & make longer again, notice how its different, may not be dramatic.
8. Then run it again but add all stuff happened 2mins, 2 hours or 2 days after as appropriate to get to a neutral point.
9. Re-run the new extend movie and again but further forward and again further forward an so on to now..... Notice what happens.



Exercise Session 7

Anticipatory or Current State Change

Integral Kinaesthetic Pattern

- Differs from the simple pattern only in as much as the **movements are calibrated specifically to the axis deviations that are observed.**
- With each axis deviation, the practitioners marks the occurrence with a rhetorical question:
“Wow, what happened there...oh, there again....and and there's another one...”

Axis deviations occur when there is a change in the mental representation. There are two categories of representational change:

1. There is a sub-modality shift.

- Distance
- Focus
- Dissociation with age progression
- Reduction in kinaesthetic

Most often when this change occurs the person comes out of their “trance” and is much more present in the room, in there here and now. The process is complete at this point and the eye movement can be discontinued.

2. There is a change in the content of the representation.

- i.e. the person is having different ideas, memories, concepts etc come to mind. Often these things have no obvious connection to the original event.

- There is little value in continuing until there are no further axis deviations.

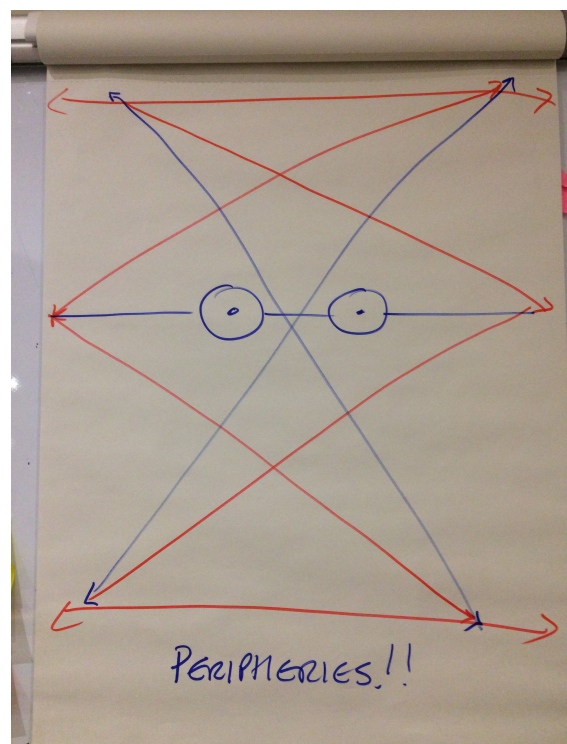
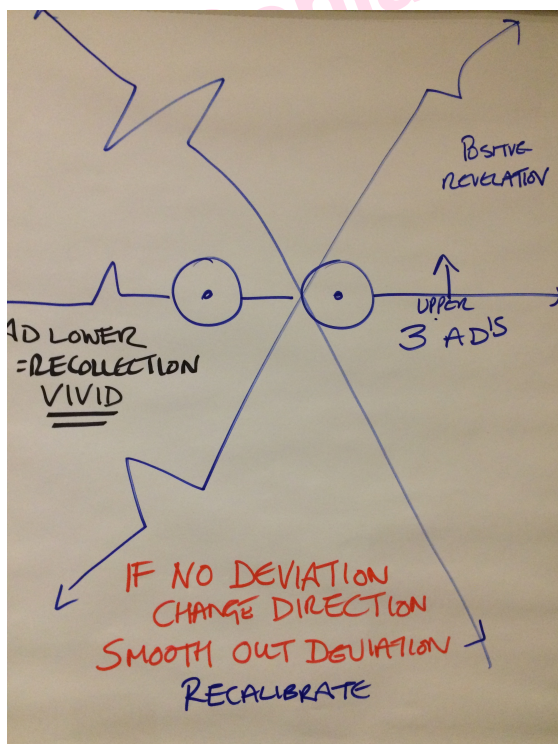
20-40 seconds is sufficient to initiate the change process.

Exercise 7 Continued

Integral Kinaesthetic Pattern

The Process:

1. Use when axial deviations have been spotted whilst using the Basic Pattern.
2. **If emotions appear to escalate in intensity after the Basic Pattern always ask what the new emotion is.** It may feel similar but if it rises on the SUD scale it is **NOT the same emotion**. A new memory may be needed to be worked on.
3. Follow the process i.e. ask all of the questions as per the Basic Pattern do not be tempted to work on the feeling whilst by-passing the TDS and location of a memory.
4. Use straight line eye movements when working on emotions and feelings. **Smooth out the saccadic movements - Recalibrate**
5. May experiment on the training with some different angles, however vertical movements tend not to work as there is no bilateral brain/eye movement occurring.



Exercise 7 Continued

Integral Kinaesthetic Pattern

Instructions that you can give to the client when you work integrally:

- ❖ As you start to do this instruct the client, “...and ***you can talk to me as we do this...***”
- ❖ Suggest to the client that they can allow their memory to, “...**move around through time to different events, experiences and memories, the logic of which need not make any sense...**”
- ❖ Whilst continuing to perform eye movement sequences, instruct the client, “...and **talk to me as this happens, tell me what images come to mind as we do this...**”
- ❖ **Observe closely for state shifting and changes in representation.** These are often represented by muscular twitches around the eye etc i.e. **The Integral Eye Movement.**
- ❖ At each shift, prompt the client's awareness, “...and what was *that* one...” etc.
- ❖ **To maintain state that is anchored, into the present, it is important to have the client talking you through their experience as you do this as you move through different representations. Usually, long forgotten emotional imprints arise but do not prompt for these or suggest what may occur.**

Observing Axial Deviations where there is a sudden shift to a new target.

- ❖ Keep going and when smooth STOP - recalibrate.
- ❖ Go again if required, but only for about 40 secs.
- ❖ If a new AD occurs where there wasn't one before, they have often gone to another part of the experience or a new one entirely.

Tips When Using the Integral Pattern

- ❖ When you ask them to access the problem watch where their eyes go & start the Integral Pattern at that access point.
- ❖ On a change direction their eyes may deviate to go back to that point.
- ❖ Keep going with that angle until the deviation clears and then change direction.
- ❖ Where there wasn't AD before and now is one, they have gone to a different time, different portion of the experience or different category of the experience. Keep going till it clears
- ❖ Go again change direction.
- ❖ Only do about 40sec per time. Stop ask how they're doing.
- ❖ What was the last one put finger back in that place and carry on.
- ❖ Go again has another deviation occurred work with that and change, may be 2-3 times.
- ❖ If they have a big revelation stop let them process, don't guide it, don't install, when they calm down carry on.
- ❖ **Often AD in lower quadrant is a very vivid recollection that they may have forgotten about (not traumatic)**
- ❖ **3 AD's in upper directions and they switch to the lower directions, more often than not is because they get a revelation (positive one). Stop then pick it up & carry on until all done.**
- ❖ **Remember we are not looking for ecstatic euphoria, a feeling "OKAY" or neutral will do nicely! The brain will continue the process for about 20 minutes by itself.**

