

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

WEEKEND TWO



COURSE EXERCISES

IMPORTANT

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



Exercise Session 1

Identity - Who am I?



"I am" is a statement of self awareness, self identification, self definition.

Homo Narrans - the Narrative view of humans according to John Niles , is we are sense making creatures. "We are the story we tell ourselves!"

1. Pair-up and ask the question: **'Who are you?'**
Keep it the answers as comfortable as you wish, you don't have to disclose anything too personal, it's your choice.

2. Verbalise your answers. Start the answers with - **I AM.....**

3. Write the answers down for yourselves.

4. Find 5-6 and swap over.

5. Which are stronger or more important, is it possible to distinguish this?

6. Find another 2 or 3 each if there is time.

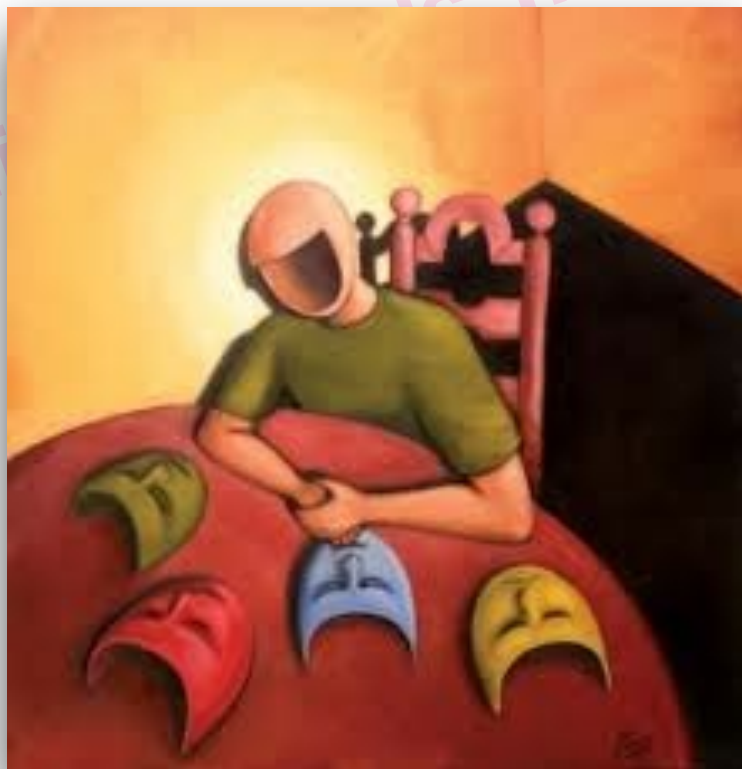
Research papers on identity:

<https://www.papermasters.com/self-identity.html>

Exercise Session 2

Group Exercise to Decipher Identity Issues & POC in Questionnaires

1. You will be assigned into groups.
2. Read through the transcript of the Client Questionnaire and pick-up any identity statements or conflicts.
3. Also what Patterns of Chronicity are being demonstrated by this client?
4. Highlight or write onto a sheet of paper.
5. Feedback your findings when you re-join the whole group.



Identity & Chronicity Example for Exercise 2

This is an answer to Q1 of the client questionnaire all clients complete prior to a session.

1. What specifically do you want to change?

Mainly motivation, organisation and lack of perceived achievement (even though I'm doing ok, I'm very ambitious). I am constantly striving to achieve things and I'm very money motivated. Yet through circumstances I'm not where I want to be. I'm a very determined person when I put my mind to it, but there are certain anomalies in myself that I am struggling to get to terms with and I will try and explain. Also binge drinking is something I am aware has followed me since 16, and in the past 1-2 years I have made a concerted effort to stop this and realise that in order to fulfil my ambitions I need to try to move forward without this old habit. This may have left a gap inside me or it has just allowed me to see my issues clearer or a combination of both.

In many ways I have replaced that addiction/stress-release with increased physical activity and now go running/gym several times per week. In the past 8 months I have successfully managed not to drink for first 8 weeks and then 12 weeks. I intend to continue this and my ideal scenario would be to happily go out at night to socialise/try to meet a girlfriend, but without alcohol. Alcohol leaves me with a hangover for days and I just don't feel right for ages afterwards. However the other side of me still really enjoys drinking and it is a battle with myself to quit this old habit.

I took the Sommer brain test on your Facebook page and I came out 81% right-brained which suggests I find it easy to dream and aspire to things. But I feel there is a gap between thoughts which I have sometimes and then putting them into practise at other times. This leaves me frustrated and anxious and I sometimes dig myself into a hole when I don't achieve what I set out to do. I feel like I almost put myself into a trance/subconscious state sometimes. The late nights at Uni when the pressure was on and I would only have a few hours left to hand a project in I would, stocked up with caffeine, manage to get into a flow that I find difficult to replicate now and always for the more mundane things. But now I still sometimes feel this to a lesser degree, for example when I'm on a long drive somewhere, listening to uplifting music, following a successful day at work I get into a very positive and ideal state of mind almost tapping into my motivated self again where I feel like I can do and achieve anything again and keep going and going. But then either going to sleep or returning home will seem to snap me out of it. It is these points of thought which keep me aspiring to be very successful and realise ambitions which I had since I was young to make a fortune.

Procrastination is something which has followed me through school and uni. Always doing homework at the last minute on the train, then asking for extensions at Uni. My standard of work is fine when I finally focus myself to do something, and I always felt like I work better under pressure. Once I start something I find it difficult to stop and this seems like a contrasting addictive side to me (alcohol, smoking, gambling are all vices I have tried to get under control since aged 16), but the hardest thing is getting myself to start. I'm also very good at ideas for something, but seeing it through is much much harder. For example, at the moment I have about 20 tabs open on my internet browser of tasks I'm meaning to research or complete. Often finding myself doing a few minutes on one and then moving to

something else. Maybe my attention span is limited or maybe one side of my brain just can't keep up with the other.

Alcohol used to push me into this positive state too but now it is decreasing less and less to the point where the highs are short-lived, I quickly get drunk, then have little memory of the part I used to enjoy and the next thing I know I wake up with a hangover for a day/2/3. Then the anxiety which follows almost flips me into another lethargic and bored state of mind then the procrastination gets worse and my confidence is dented. The most productive/active years of my life were aged 16-24, working full time in a sales-environment and attending college/university full-time to complete a degree. It was my first time out of a prosperous but disrupted upbringing in a compulsive hoarders house (which I will describe later). Then I totally burnt myself out with various habits and it feels like the relaxed university life did me more harm than good. In some ways I think I peaked too soon, but I still have the desire to get back to that point of motivation, be it without alcohol and other stimulants. I need to find a way to bring this positive/ambitious side of me into the present day and cut out all the procrastination/organisation problems.

I've had counselling following a mini-breakdown last year in May when I hit 30 and a sequence of events led me to become totally helpless. I felt like I had nothing going for me in this period. The counsellor helped me to realise a lot about my past upbringing and how it has moulded me to how I am now and I've been at a point of acceptance for several months and I'm now trying to be pro-active and develop myself. I have inherited many traits from both parents and it is particularly the negative behaviour patterns I wish to conquer. My family background is as follows. My mum is a compulsive hoarder, (she has only just come to terms with this issue following hypnotherapy and began to tackle her overcrowded house where she now lives alone with no hot water or heating for 10 years, where the rest of my family left one by one). I think I have inherited poor organisation skills and a habit of messiness in my room/car etc. This is probably a reflection of my mums and my state of mind.

My Dad was very successful in his work and I have inherited this desire to succeed (and also his procrastinating/last minute work ethic), however his Achilles heel in some ways was allowing my mum to keep spending the proceeds of his success and create a totally unliveable home. I have only in the past 6 months accepted that my father was 50% responsible for the hoarding problem and started to see it from my mums point of view (he was always away at work and didn't spend enough time in the home) and so repair the relationship with her. Whereas before I would blame everything on her for the tangible, visual problems I cared about when I was a child/young adult. Overall this is an issue that I grew up with and have been determined to conquer since the age of about 10, always choosing to aspire to the things my Dad has achieved at work and side with him in the process. But until last year failing to realise his responsibility in the manifestation of the hoarding/organisation problems. The culmination was the point where the cash ran out, my Dad gave up tackling the house and my mum filing for the divorce when he didn't have any more money to give her. This was the point I broke-down like it was years of wasted effort to just hand an addict half of everything to 'bury herself in more stuff/increase the fire-hazard'.

However to my surprise I'm much happier now because I had to take myself out of the equation for several months, cut out the alcohol and it allowed me to see everything much clearer. In some ways I did waste years on something which was between my parents and this feels like procrastination and a failure to address my own issues, but I'm now at the point where to understand myself I've had to understand my parents.

Exercise Session 3

Basic IEMT Identity Elicitation Protocol



When working with clients you will need to give examples of I, Me, Self & You, as per the ones on the course. It will be too confusing to just launch into this work without any references or personal examples.

Locate identity components specific to the client.

Remember to start with the word ... “And” when asking these questions...

1. Ask: “...and when you think ‘I’, where is ‘I’?”

2. Ask: “...and how old is ‘I’?”

3. Ask: “...and what is happening around I?”

<inserting the age here is optional>

- Use a blank piece of paper and draw it out to on a whiteboard.

The client often will ask for clarification on the third question – **maintain your own state and offer no guidance.** If the client gets stuck, repeat the question.

4. Repeat sequence for “ME”, “SELF” and “YOU.”

5. Identify aspect(s) of identity that may be problematic, “immature” or unintegrated.

6. Lazy ‘8’ Eye Movements on the aspect most out of kilter, remember to switch direction after 4-6 rounds.

7. Re-ask the questions for that aspect. If still immature or integrated repeat.

Note: If “I” hates “self”, both parts may need addressing, i.e. “I” has an issue with “hating” and “self” may have a behavioural issue that is hate-worthy, and so forth.

Exercise Session 4



Updating Identity Imprints with IEMT

Integral Form - almost identical to basic form but look for the axial deviations/saccades and work with them to smooth them out.

1. Set Up as in Simple Form. Same 3 questions.

Locate identity components in client.

The client often will ask for clarification on the third question – maintain your own state and offer no guidance. If the client gets stuck, repeat the question.

2. The integral 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 there's another one...”*** and so forth.

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

(i). There is a sub-modality shift.

- ***Distance increases***
- ***Focus decreases***
- ***Dissociation occurs with age progression***
- ***Reduction in kinaesthetic***

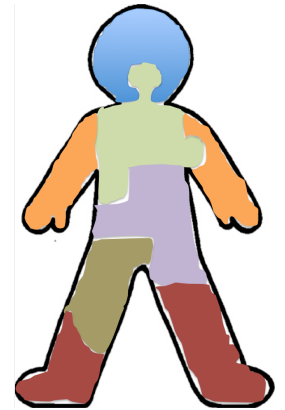
Most often when this change occurs the person comes out of their “trance” and is much more present in the room, in there here and now. The process is complete at this point and the eye movement can be discontinued.

(ii) 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.

Updating Identity Imprints with IEMT

Points to Look Out For & Tips



- * An axis deviations usually on the edges of the circles, corners or up top.
- * Where eyes almost cut the corners, you do a big lazy 8 they almost can't follow for some reason.
- * Something specific happens at that access deviation.
- * Re-partner-up use the same reference or use another for I, Me, Self or You.
- * Do it again it when you come round to that access deviation change direction, look for a new access deviation and change again and so on.
- * Keep going until no axis deviations, more that one change direction on the first one.
- * You may add words such as - '...And you can allow your mind to move through time and space'.
- * '...And you can allow memories, images, sounds and feelings etc to come and go'.
- * Talk to them. If no deviation check the head's not moving.
- * **Desired changes** - Updating and Reintegration
- * Change is spaceo-temporal locations (somatic change)
- * Now experiencing that me try for this updated and or adult perspective rather than the old or childhood perspective.
- * Feeling aspects integrated, feeling more whole and the self more stable, resilient and peaceful.
- * If Anger or other strong emotions occur, STOP, and work on this via then Kinaesthetic Patterns
- * Recalibrate the pronoun aspects, continue if it's required.

Exercise Session 5

Updating Identity Imprints with IEMT



Integral Form (Part 2): *Changing of Identity Referential Index*

❖ Other Personal Identity Markers

Having addressed “I”, “me”, “self”, and “you” examine other identity representations around the person’s name and titles.

For example, a man may be “Stephen” to his parents, “Steve” to his employer, and “Stevie” to his friends and so on. In some instances, he may be “Sir”, “Dr” or “Mr” in other contexts or possess some other title that provides a basis for a separate identity. Nick name’s, or derogatory names given to you (You can give yourself a bad name!)

- ❖ If problems are identified, repeat IEMT process as above on these areas.
- ❖ ... **And when you think of ‘4 Eyes’, where is ‘4 Eyes’ ?**
- ... **And how old is ‘4 Eyes’ ?...**
- ... **And what’s happening around ‘4 Eyes’ ?...**
- ❖ **Move the eyes as appropriate ID or Kinaesthetic patterns.**

Referential Indices of Third Party Identity

We may refer to ourselves or others may refer to us in 3rd party terms.

- ❖ Assuming your client already understands the concept of “representations” in three-dimensional space. If in doubt, explain with examples. Then...
- ❖ **Ask: “What representation do you have when you hear, ‘Him’?”**
Elicit visual representation and what the representation *means* to the client. (approx 75% will have a negative representation for one of these words)
- ❖ **Repeat for the following major themes:**
Him, His, He, Her, Hers, She, It, They, Them,
Their, We, Us, The others, That lot.



Explore pertinent themes such as:

Boyfriend, Girlfriend, Husband, Wife, Daughter, Son, Mother, Mummy, Mum, Dad, Father, Daddy, The Ex, The Mrs, even pet names etc

The Ex-husband/wife/partner we often divorce the good stuff & stay married to all the bad stuff for years! Take the names & do this exercise.

Exercise Session 6

Physiological State **Accessing Cues** (PSACs)

Exercise #1 – Eliciting the State Access Strategy

- Use rapport and state elicitation to enable client to access recurrent negative/problem state.

Ask: *“Do you have a negative that is a problem for you?”*

Ask: *“How do you know?”*

- As client answers, interrupt them with, *“Show me”* indicating that they access it physiologically.
- Observe and calibrate the physiological shifts that the client uses for state access. Mentally make a note of these.
- Make micro-adjustments of the client's physiology. With each movement ask, *“What happens when I do that? Better or worse?”*
- Then instruct the client, *“Put it back to how it is supposed to be”* before”.

Exercise #2 – Making the Negative State Uncomfortable Enough to Change

- Instruct client to access negative state.
- Mirror client as you do this, comically exaggerate client's movement whilst encouraging them to increase the muscular tensions, posture etc.
- Encourage the client to maintain holding this posture until it becomes too uncomfortable to maintain.



Exercise #3 — Incapacitating the unconscious physiological access to the negative state

- Use rapport and state elicitation to enable client to access recurrent negative/problem state.
- Feedback to the client the physiological shifts that are necessary to access state.
- Exaggerate their movements with your own movements and offer absurd verbal descriptions of the movements.
- Try to use humorous, rude, taboo and ridiculous concepts.

Remember: *reference only the movement/behaviour, not their body, appearance, or anything that isn't a behaviour related to the accessing of the negative state.*

