

Explanation and Description of IEMT for Participants.

Integral Eye Movement Therapy (IEMT) is a brief therapy that utilises simple eye movements and questioning techniques to change a particular thought pattern that may be problematic for the recipient.

IEMT techniques help to create change by rapidly reducing unwanted feelings to help you to resolve some emotional issues. Moving our eyes in certain ways appears to connect to the part of the brain that stores our memories and emotions. For reasons that are not fully understood this can lead to a rapid release of emotions bringing about long term relief.

IEMT can also show you why you may repeat unwanted behaviour and how to deal with this without the need for digging into the past with lengthy psychological analysis.

Unlike many psychological therapeutic processes, IEMT does not require the client to disclose lots of details about their experience or give details about troublesome events. It is in effect as “secret therapy”. Disclosure is not required and the recipient's secrets remain secret.

An IEMT session involves the practitioner asking some specific directive questions. The client is asked to concentrate on the answers whilst the practitioner instructs the client to move their eyes by pointing and moving their finger or a pen in the directions required.