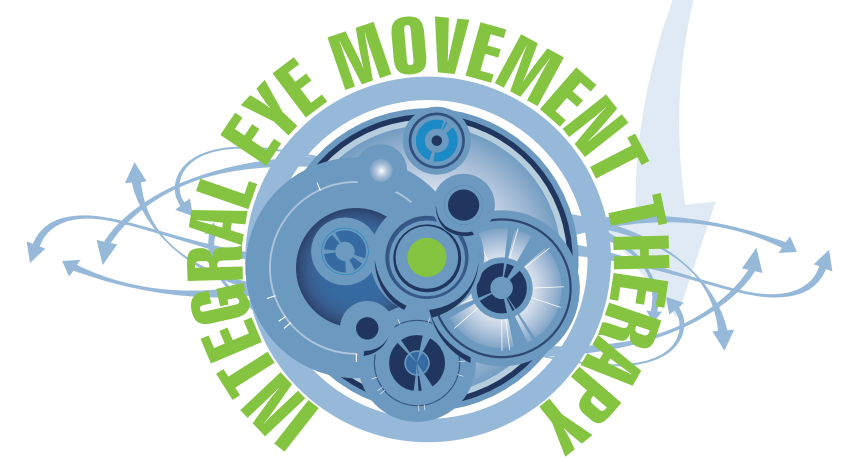


INTEGRAL EYE MOVEMENT THERAPY

Creating change in the blink of an eye

Patterns of Chronicity and Emotional Chaining



THE 3 STAGE ABREACTION PROCESS



The Signal. - (Implied Threat)

"I feel bad..." (There is usually a non-verbalised implication which suggests, "I am handing you the responsibility for changing the way I feel...")

Example 1: *"I have a headache."*

Example 2: *"I am very angry with you."*



Increased Amplitude of the Signal - (Threat)

"I told you that I feel bad!" (There is an increased emphasis on the signal, an increase in the symptom and an increased implication that the other person is responsible for the solution.)

Example 1: *"My headache is getting really bad."*

Example 2: *"I told you that I was angry with you and still you continue."*



Abreaction - (Punishment)

"Now I feel so bad, I am giving you no choice but to be responsible for my solution." (This stage may take the form of a tantrum, a convulsion, unconsciousness, total helplessness, becoming bed bound, being unable to leave the bathroom, extreme nausea, fainting, and so forth.)

Example 1: *"Now I have a migraine, you have to take me home."*

Example 2: **Kicks other person in the shins*

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Designed and Developed by Andrew T. Austin (c) 2014

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