



Case Study Guidelines

Submission guidelines for IEMT Trainers

The purpose of a case study is to demonstrate a trainee's comprehension of the IEMT material and is not to demonstrate efficacy of IEMT application. Whilst IEMT has been demonstrated to be a highly effective model for therapeutic change work, a successful outcome is not necessary for a case study. The trainee is encouraged to consider which elements of the session were most useful for the client and which elements were least useful.

During the case study session we would like the trainee to demonstrate the application of the following aspects from IEMT:

- The core IEMT kinaesthetic algorithm in its simple and complex form.
- The Identity Pattern in its simple and complex form.
- Interaction with the Patterns of Chronicity if they should arise.
- Where anxiety is present, The Three Pillars.
- Awareness of Physiological State Accessing Cues

For convenience it may be tempting to use friends or family for a case study, but we advise against this owing to potential difficulties regarding objectivity. It is also worth noting that engaging in any form of therapeutic relationship with close friend or family can negatively alter the relationship between those parties.

We recommend that trainers give a specific time frame of three to six months in which the case studies are submitted. Failure to submit within that time frame would result in a failure in meeting the requirements for certification. Please advise trainees that they may require more than one session per client. Those trainees whom you feel have not grasped sufficient understanding of IEMT, you are welcome to contact the Chair of the Association to discuss options as to how to proceed.

Case Study Rules

- No IEMT trainee is permitted to receive payment for a case study session.
- A pre-session assessment form must be completed and screened for contra-indications.
- The session must be conducted in a suitable setting. For example, an impromptu session in the pub or similarly casual setting would not be acceptable.
- Remote sessions such as via telephone and Skype are not acceptable for a case study.
- The client must know that they are volunteering for a case study and sign a consent form to that effect.
- Other than gender and age, the case study should be coded e.g. CS1 and not carry any personal identification data such as name, address, email etc.
- Ensure they keep client's personal details in compliance with the Data Protection Act 1998.
- Trainees must ask clients for a brief write-up of their experience (a few paragraphs maximum) and Code this as above, to send to the trainer.

Case Study Format

The requested format for the case study may vary between trainers and we encourage trainers to both develop their own specific guidelines for their trainees whilst accepting that some trainees may use a different format. For example, medical practitioners and psychologists may well have their own standard format with which they are more familiar and this ought to be considered acceptable.

Suggestions for what should be included in the case study:

- A summary of the issues
- How many times the client was seen?
- What techniques were used and what was reasoning for using these techniques
- What was the outcome of the session? Ideally this is measured both at the conclusion of the session and 3-10 days later.
- Reflections of the session, what could have been improved, what worked well, what would be done differently next time.
- We also recommend that the trainees are advised to keep the write up fairly short and concise, i.e. within 2-4 pages per session.