



The Eye Issue 7

1 July 2019

Creating Change in The Blink of an Eye

Case Study on Misplaced Guilt By Mickey Berkal (For the full article please go to the Association website)



I had a youth counsellor and therapist that came to me going through a difficult trauma. She was helping a young teenager to release Separation Anxiety. After a few sessions the teenage girl had released this.

The day after the last session, the teenagers mother was killed in a car crash. At the funeral the teen came to the therapist and told her: "it happened on the first day I didn't kiss and hug my mother goodbye..."

The counsellor came to me a few hours after the funeral, highly charged with very bad emotions.

Without getting too deep into the story, we realised that she was riddled with guilt, and although we could logically understand where the guilt comes from - it was misplaced guilt.

It is important to remember - we don't have control over people. On what happens to them in life, on how they behave, and how they choose to react to life's happenings. Although from an ethics viewpoint, we should put as many elements on the conversational table; check the ecology of change process and achieve behavioural and emotional goals - we don't have the ability to see everything nor predict the future. So we do the best we can with the tools we have, and the circumstances. In this case, no one could have predicted that the mother will be killed in a car accident 2 days after the girl released her abandonment anxiety.

Newsletter of the Association for IEMT Practitioners

Editor: Sonia Richards

Association for IEMT Practitioners Members

This is your newsletter.

Do you have an article, case study, book review etc, that you would like featured in forthcoming issues?

If so contact me : sonia@soniarichards.com

The Association for IEMT Practitioners is Evolving By Andrew T. Austin

Thank you to everyone who took the time to fill in the members feedback survey. This has been very useful feedback that has assisted us greatly in developing the Association.

Hopefully by now you will have noticed the changes (finally!) to the website which are as follows:

- new improved search function for "Find a Practitioner." There is now a search by country function and the accuracy for the search has now improved significantly. Do please test this for your own profiles and if you see room for improvement, please let us know.
- in your profiles there is now a 'booking' tab. Please add a link to your client booking page or appointment calendar if you use an online service.
- there is also a video tab on your profiles if you want to add an introduction or promotional video on there. I'd suggesting keeping it short and precise, use good lighting and a microphone. And please, do not record it sat in front of an interior door or bookshelf!

And here this therapist has a cognitive dissonance - because the therapist knows that all of this is not under their responsibility, BUT and it is an important 'but' "It feels different. It feels as if the therapist could have done something about it. They were not acting on their own rules and the guilt comes in and fills them up.

Using IEMT with the therapist

As I noticed that she has some misplaced guilt, driving her Emotional-Intellectual battle, I chose one of the more effective tools in my therapist arsenal. I used the IEMT Kinaesthetic protocol. Doing this we discovered that her emotion of guilt, which was at of 8 out of 10, is an echo from a much earlier guilt memory from an event 15 years ago. Completing the eye movements on that memory, the guilt was gone, and replaced by a strong feeling of missing out. Doing the protocol again, it became aware that that feeling was from an older memory, 20 years ago. After the eye movement on that memory, the strong feeling of missing out, reduced and changed to an emotion of understanding.

She understood she did the best she could on that moment. The IEMT Kinaesthetic Protocol helped the therapist release emotional charges that she was carrying with there for many many years, and it allowed her to reprocess the memory of the girl in the funeral from a totally different place.

In a follow-up I did with the therapist, a few days later, I've checked how she feels with the whole event and what are her thoughts about it.

- many people requested a closed/private forum for discussion of IEMT, client practice and so forth. This has now been added to the forum and is members only. Do please us it.

- addition of a sample case study and video'd client session if my working with a client with depression.

- upcoming webinars. You'll find the list of upcoming webinars on the Events section of the members pages. These are free to members and guest speakers will be announced as they confirm. If you have a request for a webinar subject or speaker, or would like to offer yourself to present a webinar, do please get in touch or post it on the forum.

- Article of the month. We will be having an article of the month, or material relevant to IEMT practice. First one has been added in the Information Pages section, subject being The Limbic System.

- BADGES! We now have badges back in stock. These are free to members, please login and click on the Badges page in the members section for details on how to receive these.

What can you do to help?

With nearly 400 members, a little bit of effort by everyone accumulates rapidly. Here's what you can do:

1. Please complete and format your profile so it looks both complete and looks nice. There are still a significant number of profiles that are empty or full of typographic errors and formatting issues. I am removing these now.
2. Create a link to your Association profile from your website and social media profiles.
3. Write us an IEMT success story for the blog. We need much more positive PR. A common comment in the feedback survey was that IEMT is still so

I was very happy to know that not only she is in a very trusting and strong place, she is also there for the girl who kept coming to her to continue working and coping with the unfortunate event.

Summary, insights and some more questions:

From my experience and my understanding of IEMT, I see again the way that a person has a misplaced emotion... an emotion that is an echo of a early emotional imprint.

And their (sometime futile sometime destructive) attempt to find a rational explanation for their dissonance or their feelings of uncertainty that they feel when the Misplaced Emotion happens, in order to explain to themselves - why do I feel this way, in this event, although logically I am not supposed to feel this? When we understand this, we might avoid unnecessary dissonances.

The understandings and questions that arises as a therapist and as a human being, that when I have this or that emotion in an event - it will be good to be able to recognise when it is an emotion (that I don't have a name for it yet) and when it is an 'Although', if and when we find the difference between them, we might avoid unnecessary dissonances and be free from the "Curse of the intelligent people".

Good luck.
Mickey Berkal



unknown. Well, a few of us are working exceptionally hard to correct this and you can help us tremendously. We just need 200-400 words for the blog. If everyone wrote just one post, this would give us a good news story to put out every week for the next 4 years! 400 IEMT good news stories going out in a steady stream would be tremendous. Come on everyone, please do this!

4. Get the badges, post a photo on social media. I have had other merchandise (key rings, fridge magnets, pens) made up and this will also be distributed soon.

5. Periodically post a link to your Association profile on social media. With everyone doing this, this will create a regular stream of IEMT references on social media.

6. Post links to your IEMT webpages on the Reddit page. For those unfamiliar with Reddit, go here: <https://www.reddit.com/r/IEMT/> and post links to your IEMT related webpages. Post all of them ("deep linking") but don't post them all at once, spread it out over time. I have put a video explaining marketing strategy on the members section for you all to watch. Here's the reddit page: <https://www.reddit.com/r/IEMT/> - use it!

I look forward to receiving your contributions!

Contraindications and Adverse Effects

Feedback survey - It is clear that headache/nausea/dizziness is a common reported side effect of IEMT. I seek to change this as in my own work this is not so commonly encountered. I'm fairly certain this is related to the duration and speed of the eye movements employed. I'll be sending out another questionnaire next week to everyone to isolate the variables and make recommendations based on the feedback. In the meantime if anyone has any thoughts or observations regarding these side effects, do please post them on the members forum.

