

Integral Eye Movement Technique

Kinaesthetic State Change (*Basic Pattern*)

Elicit the undesired state.

Ask client to assign amplitude scale (1 – 10). “...and on a score out of ten, ten being strong, how strong is this feeling”

Ask: “...and how familiar is this feeling?”

Ask: “...and when was the first time that *you can remember feeling this feeling... now... it may not be the first time it ever happened, but rather the first time that you can remember now...*”

Allow the client 20-40 seconds to access imprinting event. Do not offer guidance or advice and allow the client to perform his or her own kinaesthetic transderivational search.

When client has accessed their earliest recollection ask, “**...and how vivid is this memory now?**”

Instruct the client to hold that memory vividly in their mind for *as long as possible...*

Guide client to perform eye movements through the different access points. Periodically reminding the client that, “**...and if this memory fades, try very hard to bring it back...try as hard as you can to retain that experience...**”

Test 1. Ask, “...and how does that memory *feel* now...?”

Test 2. Ask, “...and *what happens* when you try access that feeling now?”