

Six components I work with.

Integral Eye Movement Technique in practice: a diagnostic core, two eye-movement protocols, and what they make possible together.

01



Patterns of Chronicity

DIAGNOSTIC LAYER

Recognising what holds a pattern in place — before any technique comes into play.

02



K-pattern

PROTOCOL · EMOTIONAL

Working with emotional charges that do not belong to the present situation.

03



Lazy-8

PROTOCOL · IDENTITY

Working with patterns rooted at the identity level.

04



Three Pillars

LENS · CLUSTERING

Reading how feelings cluster and flow into each other under pressure.

05



PSACs

COMPASS · BODY

Reading what the body shows during the work.

06



Lynchpin

LINCHPIN · CORE

The core pattern that holds the whole together — the pin the rest turns around.



+ METAPHORS OF MOVEMENT (MOM)

Working in your mental space. MOM is how I work with IEMT — a sixth foundation that grew from IEMT, woven in seamlessly. Identity-work in IEMT is about you in your mental space; MOM reads that space through the movement-metaphors you use to describe yourself.