

What you learn to apply.

Six components of Integral Eye Movement Technique. Not separate techniques — a working whole you take into your own practice.

01



Patterns of Chronicity

DIAGNOSTIC LAYER

Recognising what holds a pattern in place — before you reach for technique.

02



K-pattern

PROTOCOL · EMOTIONAL

Working with emotional charges that don't 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 emotional states 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.

SCOPE

What I teach: the IEMT technique as Austin developed it — pure, no private variations.

What you bring: your own field, clinical responsibility, judgement on when IEMT fits.