

WHY YOU'RE READING THIS

A method for that layer.

You coach. You've seen plenty. Clients come with patterns that are cognitively clear, but emotionally keep coming back — and you notice talking no longer lands on them.

IEMT works on that layer.

WHAT YOU'LL FIND HERE

- What IEMT is
- Who this training fits, and who it doesn't
- How I teach — and how you start

FOR A DISCOVERY CONVERSATION

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APPROVED IEMT TRAINER & COACH

CONTACT

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PRACTICAL

Open enrolment · in-company on request

Dutch · English

Small groups for practice space

Discovery conversation

30 minutes — to see if it fits.

iemttrainingen.nl/en/contact

IEMT · FOR COACHES

Add IEMT to your practice.

For coaches and practitioners who want a working whole to apply, not a separate technique.

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01 · WHAT IT IS

IEMT in one minute.

Integral Eye Movement Technique.
Specific eye movements,
paired with a sensory moment
— not with a memory. The
ingrained reaction shifts;
the story around it doesn't.

Diagnostic

First read why a pattern holds
itself in place.

Two protocols

Specific eye-movement patterns
for emotional and identity
imprints.

Lens and compass

Three Pillars and PSACs as
instruments alongside the
technique.

02 · WHO IT'S FOR

Not for everyone.

GOOD FOR

- Coaches and practitioners with an active practice.
- Therapists who want to add a working whole to their palette.
- Trainers who want to deepen their own toolkit beyond cognitive models.

LESS SUITABLE (WITH ME)

- No coaching or therapy practice — the practice work requires an experience base.
- Wanting only a quick certificate — I teach skill, not marketable paperwork.

03 · HOW I TEACH

Safe learning, sharp practice.

"People learn best where it's safe. I take care of that."

THREE PILLARS

Safety

Calm to practise, explicit permissions.

Service

Your development, not my positioning.

Craftsmanship

Pure IEMT as Austin developed it.

WHAT NOW

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30 minutes — to see if it fits.
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