

HAPPINESS STARTS HERE

# IEMT

## DELVING INTO THE ARCHITECTURE OF THE MIND





## IEMT in a Nutshell

Integral Eye Movement Therapy (IEMT) is a psychotherapy model aimed at reducing intense negative emotional states. It involves recalling a negative event while moving the eyes in specific directions, leading to a reduction in negative emotions associated with that event or image.

The therapy observes neurological phenomena during eye movements, particularly when the emotional coding of problematic imagery changes.

Our memories and imaginations aren't just abstract constructs; they are deeply rooted in the physiological and psychological processes of our being.

The way we store and access these memories, and how we visualize our futures, are all intertwined with the dance of our eyes. It's a dance that tells a story, one that's often hidden beneath layers of consciousness.

By observing and influencing eye movements, we can tap into the neural pathways that store our most profound emotions and experiences.

This isn't merely about alleviating symptoms; it's about confronting the dragons of our past, understanding them, and integrating their lessons into our present.

### **Approach:**

IEMT addresses how a person learned to feel and be a certain way, focusing on both emotional and identity imprints.

The therapy also aims to resolve emotional loading associated with traumatic events.

Integral Eye Movement Therapy thus represents a unique approach to psychotherapy, focusing on the interplay between eye movements, emotional and identity imprints, and physiological cues.



## I am Christine Philipp.

I hold the belief that the ultimate luxury is a mind, healed and empowered.

As your guide, coach, and confidante, my mission is to provide a swift and simple path to lasting transformation, ensuring quality results that redefine comfort and well-being, where your past no longer dictates your present.

Welcome to a world where your mind becomes the ultimate masterpiece, naturally and effortlessly.