



Joanna Harper: Creating Change in the Blink of an Eye



Joanna is an experienced therapist, coach, and trainer, she specialises in coaching clients who have experienced a trauma or loss in their past helping them develop peace and acceptance. She brings warmth and compassion and enhances her presentations with practical applications and relevant case histories. Gain an introduction to Integral Eye Movement Therapy (IEMT) as a useful modality for change work.

TOP EMBODIMENT TIP: Come to a Place of Stillness and Take an Extra Breath

Introduction: What is Integral Eye Movement Therapy (IEMT)?

- Find out what IEMT is and how you can use it to make the changes to the way you feel
- IEMT vs EMDR (Eye Movement Desensitization and Reprocessing) what's the difference?
- Precautions and contra-indications

Exercise: IEMT Self Application

- Self Guiding Exercise
- Join in the optional exercise using IEMT to change the way you feel about a memory.
- Begin with a grounding exercise and then move into a simple eye movement technique as Joanna expertly guides you. The presentation slides are available as a handout.

Discussion: Commonly Reported Changes

- Participants join in a discussion with Joanna, describing the changes they experienced
- Joanna shares the most commonly reported changes, sometimes these can occur 20 minutes after the exercise as the memory becomes more distant, less vivid, and clients move from being associated into the memory to being disassociated.

Models: Specific IEMT Models

- IEMT offers various models depending on the needs of the client.
- Different models for Anxiety, Trauma, Guilt, Remorse, Regret, Shame

Resources

- ❖ **Website:** integratetraining.co.uk
- ❖ **Social:** Facebook [Integrate Training](#)
- ❖ **References:** [The Association For IEMT Practitioners](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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