

# Pilot Study

## Introduction

Integral Eye Movement Therapy (IEMT) is a psychotherapy model that has gained attention for its effectiveness in reducing intense negative emotional states. The therapy involves the patient recalling and maintaining a negative image of a past event, while the therapist directs eye movements in specific patterns. The aim is to induce a shift in emotional coding of the image, resulting in a reduction of negative emotions associated with it.

The roots of IEMT can be traced back to eye-movement integration therapy (EMI) and eye-movement desensitization and reprocessing therapy (EMDR), developed by Steve Andreas, Connirae Andreas, and Francine Shapiro, respectively. Andrew T. Austin, a therapist from the United Kingdom, developed IEMT, building on the psycho-neurological phenomena observed during therapeutic eye movements.

IEMT has shown promise in reducing the emotional impact of neurological imprints related to emotion and identity. This pilot study aims to explore the effectiveness of IEMT in reducing negative emotional states associated with traumatic memories. By investigating the effects of IEMT on a small sample of participants, this study seeks to contribute to the growing body of research on the therapeutic potential of IEMT.

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