

# EYE MOVEMENT THERAPY

Presented by  
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**Join us in this one-day workshop to learn this amazing emotional healing technique**, one of the fastest, most efficient ways to treat those emotional problems which limit and spoil our lives, for example, post-traumatic stress, fears and phobias, anxiety, grief ... **the results are magic!**

**Reprogramming your thoughts** and emotions via rapid bi-lateral eye movements is an incredibly simple technique, but at the same time, profoundly powerful.

**Thanks to this method**, you can almost instantly unblock old habitual thought patterns which hold you back, thus creating new flexibility and creativity to be able to deal with your problems **and move forward to a positive future.**

**It has now been proven that the human visual system is linked to the neurological pathways connected with stored emotions, particularly at unconscious levels in the limbic area.**

During dream sleep, also known as REM (Rapid Eye Movement) sleep, the brain processes the events of the day to understand, heal, and integrate.

By rapidly moving your eyes from side to side, or in different directions, guided by a facilitator, you can speed up the processing of difficult events, unblock those which have become "stuck", even a long time ago, and access new possibilities and more choices, thus achieving greater emotional freedom.

Already known and applied in Kinesiology, NLP, and other systems, this technique has recently become more well-known to the public as part of a complete psychotherapy protocol known as EMDR (Eye Movement Desensitization and Reprocessing) developed by Dr. Francine Shapiro.

*\* Please note, EMDR training is a long and complex course only open to doctors and psychologists.*

## **In this hands-on workshop:**

- you will learn how to apply the technique both for yourself and for your loved ones.
- If you are already a therapist, you will be able to easily incorporate this technique into your usual treatments.
- You will be able to release your own problems as well as practice on others.

**AND... with this technique you do not have to talk about the problem if it is too painful or embarrassing. So you can free some of your deepest, darkest secrets without having to mention them to anybody else!**

**PROGRAM:**

- History and comparison of eye movement methods.
- Self application for stress
- Demonstration of the technique
- Explanation: movement, speed, repetition
- What to expect
- Possible applications
- How to structure a session
- How to customize the movements for a particular subject
- How to deal with reactions
- Supervised practice sessions