

Emotional Mind Integration (EMI)

EMI is a complete neuro-trance-psychotherapy modality founded by Yildiz Sethi (2016) with its own unique philosophy, theory, process and techniques. EMI locates and resolves the roots of human emotional and psychological disturbances so that people can be free to fulfil their potential. As the name suggests EMI is a fusion of psychotherapy within a trance state via neural pathways for accurate and fast resolutions.

EMI philosophy takes into account the human requirements for love, connection, safety, justice, dignity and autonomy as a foundation for wellbeing knowing that their absence often leads to Dis-ease. The modality facilitates the resolution of depression, anxiety, panic attacks, recovery of sexual abuse, trauma and the underlying dynamics of addiction in 3-5 sessions.

Sethi recognised that people are held back from being the best that they can be by personal, emotional and mind-based disturbances that have their roots in their past, personal choices and experiences. These come out in disturbed thoughts, beliefs and emotions and mental illness. These states often become triggers or buttons in daily life and cause a great deal of pain and confusion to the person concerned and to those they are with.

Sethi realised that in looking at what was available, a more cutting edge, up to date modality was required that included the vital elements of former modalities and the latest findings in neuroscience.

Through her clients Sethi found that we attempt to solve more stubborn, destructive or uncomfortable thoughts, feelings or behaviours with logic or behavioural strategies and become frustrated when this doesn't work out. She found that the roots of deeper issues are often located in the unconscious mind. Attempting to think a problem through, or apply strategies to it misses the mark. This is because logic is not equipped to locate or deal with emotional or painful material in an effective and appropriate manner. They don't speak the same language.

The good news is the unconscious mind is not only the source of problems, but also a treasure trove of wisdom, creativity, innovation and possibilities. When these are opened up they create unique solutions and insights and from this place new perspectives, more confidence and the potential for more fulfilment and autonomy can emerge.

The EMI process focuses on the presenting issue, locates the source and guides a resolution and integration within a 60-minute session for each disturbed neural pathway. This is a fusion of phenomenology, counselling, psychotherapy, hypnotherapy, ego state therapy and aspects of Family Constellation theory and practice and neuroscience in an elegant and streamlined series of processes through innate healing pathways. It operates to guide the client's self-healing.

EMI spans the psychotherapy and hypnotherapy fields in bringing together relevant philosophy, knowledge and techniques in a way that provides a new way of dealing with trauma, mental health and human suffering in a cost effective way for a large proportion of the population

Yildiz Sethi is a psychotherapist innovator, clinical hypnotherapist, Family Constellation facilitator and trainer, educator and author who's latest book *Rapid Core Healing pathways to growth and emotional healing* (2016) introduces EMI to the therapeutic world is available on Amazon.

Yildiz provides training in Emotional Mind Integration
If you would like to know more about Emotional Mind Integration see <http://emotionalmindintegration.com/emi-training/>

+61 412 172 300

