The background is a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several concentric circles and arcs in a lighter blue color. A prominent circular scale with degree markings (40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) is visible on the left side. Arrows and dashed lines suggest a sense of movement or flow.

EmRes[®]

- Emotional Resolution[®] -

Professional Training

-Module 1-

- “Radical changes happen when one can shift from Human Being to Living Being”

François Roustang



“Let’s not forget that the little emotions are the great captains of our lives and we obey them without realizing it.”

— Vincent Van Gogh



THE HIDDEN EMOTIONS EXERCISE...

- One participant describes in the present tense, slowly with as much sensorial details as possible, her/his day starting from as early as they can (i.e. Waking up) even what s/he remember thinking about.

Narration should be slow and meticulous without extra explanations.

Visualize, first person, as you are narrating. Eyes open or closed. Just like if the movie of your morning was replaying in slow-motion in “POV”.

- Do not try to be “courageous”, don’t try to make sense of things or to rationalize. Let your partner know when you are encountering an emotion, or sensing tensions in the body by raising a hand.
- If the "Practitioner" notices an emotion in narrator, dive into it, even if hand is not raised.

Steps for Group Exercise: Hidden Emotions...

Once an emotion is perceived...

“What sensation are you feeling in your body?”

Close your eyes...

“What other sensation are you feeling? (2 sensations total)”

“Feel your sensations simultaneously” (1 second)

“Do Nothing” (3-4 Seconds)

“Tell me as the sensations change in your body”

... then from time to time after changes are voiced...

“Let them change”

90 seconds max OR when sensations disappear or become lighter

“Open eyes”

*"Our sensations hold our whole history.
Let the sensations come... after that, there is nothing to do,
the Soul heals what needs to be healed".*

Dr. Ludwig Janus



Instant EmRes

Supporting a person who is experiencing an emotional difficulty



Instant EmRes®

08-01-2020

What sensation are you feeling in your body?

Close your eyes - *Agreement* -

What else are you feeling in your body? - *1 more sensation* -

Feel your sensations simultaneously - *1 second* -

Do nothing – *3 seconds* -

Tell me as the sensations change (in your body)

Let them change – *after each change* -

If it's over you can open your eyes.

How are you feeling when you are thinking again about...
(the trigger)?

Emotion

2 Sensations
or
"Emptiness"

Transformation
of Sensations
2 to 90 seconds
max

Viscero-Somatic
Quieting

Note:

- You might have to repeat the first instruction "couple of times".
- The tempo of the instructions is important. As soon as the person follows an instruction, give the following one.
- If the person doesn't close her/his eyes, do not go any further for this time.
- Your voice should be calm and strong.
- If you are too triggered this protocol will not work. Take care of your emotion first.
- During the transformation phase after 15 sec of silence, ask client to voice the changes.

HUMANS SPEND A LOT OF TIME TRYING TO FIGURE OUT WHY THINGS WENT WRONG IN THEIR LIFE.



"A past that does not pass is a future that does not open..."
B. Cyrulnick

*"You can't change your past...
What you can do is change your present,
which will become your past".*
Lisa Feldman Barrett

The Classic EmRes Protocol



What emotion / behavior / issue would you like to resolve?

Remember an actual time when you felt the emotion / that way.

When you have it in mind, please tell me about it using the present tense...

When does the emotion start in this situation?

*Client needs to be re-involved through the five senses or an action:
i.e. (choose the most appropriate): What are you seeing / hearing / doing...*

Close your eyes

What sensations are you feeling in your body, right now?

What else?

What else?

Feel your sensations simultaneously...

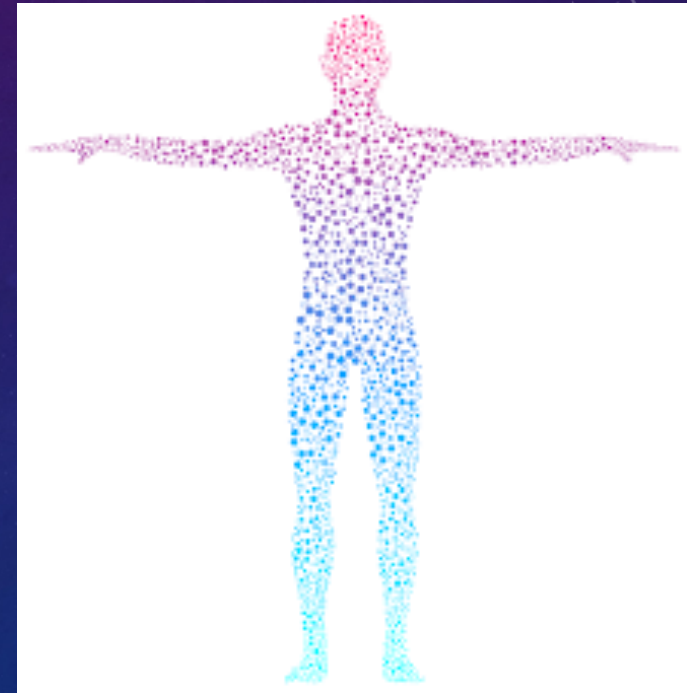
Do nothing... (3-4 Seconds)

Tell me as the sensations change in your body...

Let them change ... *After each change*

The VAKOG

Visual, Auditory, Kinesthetic, Olfactory and Gustatory



What emotion / behavior / issue would you like to resolve?

Remember an actual time when you felt the emotion / that way.

When you have it in mind, please tell me about it using the present tense... Keep this part as conversational as possible.

When does the emotion start, in this situation?

Client needs to be re-involved through the five senses or an action:
i.e. (choose the most appropriate): *What are you seeing / hearing / doing...*

Close your eyes -Right away-

What sensations are you feeling in your body, right now?

What else? -Right away-

What else? -Right away-

Feel your sensations simultaneously... (1 Second)

Do nothing... (3-4 Seconds)

Tell me as the sensations change in your body...

Let them change ... After each change

You can slowly open your eyes.

Emotional
Difficulty

Intellectual
Memory

Emotional
Retriggering

3 Sensations
or
“Emptiness”

Transformation
of Sensations
3 min Max.

Viscero-Somatic
Quieting

- Never lead the client.
- Is the client motivated to resolve the emotion for themselves?
- **No situation comes to mind?** No Problem...
“Use the next few days to see if you recall a situation and/or notice a moment when the emotion surfaces again.”
- If the moment when the emotion appears is too difficult to isolate, hone in on the moment when the emotion is the strongest.
- After 20 seconds of silence, remind the client to tell you about the sensations as they change.



EmotionalHealth
INSTITUTE

EmRes® Protocol - 08-01-2020

Sessions Logistics

- 30 minutes maximum per session
- We will Resolve Emotions (ie. anger, frustrations, anxiety, phobias, fears, inhibitions, etc.)
- A Session has a minimum of two rounds
- Time the period of sensorial transformation (3 min max) – If the body takes longer to resolve the sensorial prediction it is because we or our client are preventing the natural flow of the Resolution
- Between rounds, ask open questions to understand what might have disturbed the natural update of the prediction – Be curious!
- While the pair is working, all other cameras are OFF, sound is muted
- The Practitioners do their best to guide their clients without any help
- After each session we will regroup and debrief.
- Have fun!

Suggestions for the practitioner's mindset...



With EmRes the less we do or want, the more our client will benefit...

Our main role is to create the safest outer and inner conditions so that our client's body can resolve or update an archaic prediction of danger naturally, effortlessly, without any mental or physical control.

- We should not want anything for our clients...
Not even wanting for them to be better. It's already too much on us.
Why being invested in their process?
- Simply KNOW they can be better. Trust their body's natural resilience.
- Entering a session free of any pressure, free of any need to obtain a "result".
- Simply to be Present, in relationship with them, committed to doing our very best.
- Creating an environment and an inner state conducive to their natural emotional resolution process.
- We can only take our client as far as they can go at the moment of our session.
- Follow the protocol.
- Love!
- Do our own Resolutions if/when needed...

Potential “Challenges”

- No personal demand
- Always start by a situation clearly defined...
Situation must be “current”, real, specific / NOT the Traumatic (shifting) event
- Emotion not clearly defined:
The situation proposed by the person might include several emotions
(i.e: Fear of Flying: buying the ticket / at the airport, when getting in the plane, when the plane takes off?...)
- Client does not start from an anchored moment (senses / action), narrated in present tense.
- Client remembers the moment instead of re-living it: “That's when I realize...”
- Client keeps on going back to the “memory” or to the story around the emotion s/he is working on
- Client over-focuses on one or several sensations
- Client control Sensations Physically or Intellectually
- Numbness

Looking Ahead...

Module 2: Understanding and navigating the difficulties encountered by the practitioners

After at least 10 sessions

Date: - _____

\$200.00

Module 3: From Technician to Master Craftsman

After at least a total of 30 sessions

Date: - _____

\$600.00

Module Certif.

One-on-One – 2 hours

After at least a total of 50 sessions + 2 sessions with Certified Practitioners

\$350.00 (early bird) - \$400.00 (Regular)

Other Trainings:

EmRes Applied to the Body Anytime after Mod 3 | 3 Days –

EmRes for Parents and Educators - No pre-requisite | 6 hours + 4 hours (or 1-on-1)

Teaching Self-EmRes to Groups and Individuals Anytime after Certification | 1 day