

## **emotionSync® , EMDR, REM Sleep, NLP and the Horizontal Eight**

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### **Abstract**

**Introduction:** *Therapy methods using eye movements might be considered unusual but are becoming more and more scientifically accepted. The underlying effect mechanisms are still largely unknown.*

**Objectives:** *The objective of this article is to review what phenomena occur during REM sleep and how knowing this can be used to make therapies using eye movements more effective.*

**Methods:** *Firstly, a relatively new method using eye movements, emotionSync®, is introduced and described. Then, we provide a review of the literature about REM sleep. emotionSync® is compared to concepts from kinesiology, NLP and the well-established Eye Movement Desensitization and Reprocessing (EMDR).*

**Results:** *emotionSync® uses concepts that are successfully used in kinesiology and have a theoretical foundation in NLP – loop shaped movements, hence the horizontal eight – which EMDR typically does not use. Loop shaped movements are supported by studies on REM sleep. Regarding the temporal dynamics emotionSync® emphasizes high speed and acceleration while EMDR nowadays allows for much slower movements.*

**Conclusions:** *This study shows similarities and differences between emotionSync® and EMDR. Empirical studies are needed to compare the effectiveness and efficacy of emotionSync® and EMDR.*

**Keywords:** *emotionSync®, EMDR, NLP, kinesiology, trauma therapy, PTSD, REM sleep, eye movements, eye accessing cues*

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# Neuro-Linguistic Perspective of Long- and Short-Term Psychotherapy of Grief. Theoretical Background, Method and Case-Studies

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## **Abstract**

**Introduction:** *Grief and loss are topics that appear quite often in psychotherapy. They have always been present in people's lives through culture and religion. Existential ideas (Yalom, 1999; Frankl, 2008) and the ideas of Elizabeth Kubler-Ross (1969) are quite common in the psychotherapy of people in mourning.*

**Objectives:** *This article shows a neuro-linguistic model of work with loss and grief. It draws from the assumptions of neuro-linguistic psychotherapy (NLPT) and is inspired by contemporary research on effectiveness (Milman, 2013; Hall, 2014). The “4 steps for handling bereavement and loss” were developed as a result of modelling of successful mourning processes and modelling of psychotherapeutic activities aimed at supporting people in mourning, developed in the constructivist and narrative trends (Marwit, Klass, 1996; Gillies, Neimeyer, 2005; Fuller, 2009; Stroebe, 1997; Walter, 1996; Gillies, Neimeyer) taken by the people working with the NLPT approach (Witt et al, 2011).*

**Methods:** *This paper presents the assumptions of the model, theoretical background, models and tools, 2 case studies and conclusions on the applicability of the model in psychotherapy of clients reporting various symptoms.*

**Results:** *The cases discussed illustrate its usefulness in both short-term and long-term therapeutic processes. A short-term, structured, 5-session intervention led to measurable changes described by the client and his family. In a long-term psychotherapy of a person suffering from bereavement for a person who, during life, evoked ambivalent feelings and traumatic issues in relationship, there were observed several positive changes (also at the level of personality) and personal growth.*

**Conclusions:** *The model shows potential at supporting people in bereavement and as a practical set of techniques and it allows working in a form similar to crisis intervention and undertaking deeper work at the level of personality disorders.*

**Keywords:** *grief, loss, bereavement, neuro-linguistic psychotherapy, NLP*

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## **mBIT as an Experiential Coaching and Therapeutic approach, a series of case studies and scientific background**

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### **Abstract**

**Introduction:** *This paper outlines the scientific background behind the mBraining approach (mBIT - multiple brain integration techniques) regarding the recent research in neuroscience revealing the relationship between the cerebral, enteric and cardiac neural systems and its potential as an optimization tool. In addition, a number of case studies have been detailed, to confirm the effectiveness of this approach and a number of extensive references have been included for further study. Moreover, parallels and common principles with experiential therapeutic approaches are being discussed.*

**Objectives:** *This paper aims to promote the mBIT approach as a complementary diagnosis and optimization tool with applications in coaching, therapy, counseling and overall personal optimization.*

**Methods:** *mBIT approach methodology and literature review.*

**Results:** *The five case studies included in this paper clearly indicate the effectiveness of the mBIT approach in managing and resolving issues such as: occupational stress, anxiety, depression and even in more delicate areas such as takotsubo and bipolar disorder.*

**Conclusions:** *The mBIT research so far shows us that it can successfully work as a complementary approach with other types of therapeutic approaches, especially experiential psychotherapies.*

**Keywords:** *neuroscience, coaching, multiple brain integration, embodied cognition*

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## **Engaging for Performance: Measuring Change in a Multi-Dimensional Leadership Development Program**

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### **Abstract**

**Introduction:** *A global technology company, in collaboration with an international pioneer in emotional intelligence (EQ), designed and implemented a talent development program to enhance leadership knowledge and practice. Utilizing a normed, multi-rater leadership assessment and collaborative, experiential learning, the program emphasized open communication, coaching, and connection to help participants develop a personal vision of leadership.*

**Objectives:** *To create a multi-dimensional leadership development program based on established leadership competencies; a collaborative, experiential learning philosophy; a focus on the people side of leadership; internal coaching; and integration of a pre- and post-program leadership assessment tool.*

**Methods:** *The company partnered with a global emotional intelligence organization to design the program curriculum and certify human resources staff to administer a comprehensive leadership assessment. The 360° assessment, which requires a one-to-one debrief, was given to selected participants upon entry and repeated at 9-10 months. Additional quantitative and qualitative feedback was solicited to measure satisfaction and identify opportunities for improvement.*

**Results:** *Improvement was noted in a variety of key leadership attributes, as well as aggregated leadership performance scores and normed top quartile percentages, based on results for 124 participants who received pre- and post-program assessments. Analyzing matched pair data for aggregated leadership scores given by raters yielded a very low p value of .000046 when evaluating statistical significance. Feedback from participants and pre- and post-program results from the leadership assessment are guiding further talent development efforts. Across three global regions in a highly technical engineering organization, the program proved to measurably improve the people-side of leadership effectiveness for 73% of program participants.*

**Conclusions:** *Blending actionable data, experiential learning, and coaching support, the program earned acclaim from participants and sponsors. Quantitative and qualitative results supported the positive impact of the multi-dimensional program and a variety of key characteristics were identified that contributed to successful outcomes.*

**Keywords:** *360° feedback, assessment, effectiveness, training, coaching*

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## **Using the Intelligence of the Experiential Mind in Decoding Facial Expressions**

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### **Abstract**

**Introduction:** *The ability to accurately perceive facial expressions can predetermine a few highly important adaptive functions, and the information acquired can promote efficient interpersonal behaviour that maximizes social outcomes. We used the concept known as ‘the intelligence of the experiential mind’, introduced by Epstein in the cognitive experiential self-theory – CEST, a theory of the mind that offers a whole new perspective in developing and understanding emotional intelligence.*

**Objectives:** *Our study aims at investigating and explaining to what extent does one’s experiential intelligence influence his/her capacity of decoding emotions showed through facial expressions. We have captured an already existing relationship between constructive thinking (the operationalization of the intelligence of the experiential mind), and performance in recognizing the value of emotions transmitted through facial expressions.*

**Methods:** *Constructive thinking, or the intelligence of the experiential mind, was assessed by the Constructive-Thinking Inventory (CTI) (Epstein, 1998). The Reading of the Mind in the Eyes test was used (Baron-Cohen et al., 2001) to measure the participants’ ability to identify emotions.*

**Results:** *The result of the statistical analysis showed that the adjusted R<sup>2</sup> was equal to 0.512, which means that the intelligence of one’s experiential mind accounts for 51.2 % of one’s performance in identifying the emotions rendered by facial expressions.*

**Conclusions:** *The originality and novelty of our study – compared to the existing literature – was the focus on empirically validating the theoretical framework regarding performance predictors in recognizing facial expressions and their meaning – with the help of a modern emotional intelligence theory, focused on automatic, preconscious intelligence, and the information the individual learns, without really being aware of learning. A possible follow-up of our study could explore the differences between the predictive value of constructive thinking and other tests/dimensions that might be performance predictors in decoding emotions rendered by facial expressions.*

**Keywords:** *Constructive-Thinking Inventory, CEST, emotional intelligence, experiential mind, facial expressions*

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